

We invite you to walk the PPC Prayer Labyrinth

The PPC Prayer Labyrinth was constructed as an Eagle Scout project
by church member, Carter Herman in December 2020

You may choose your own way of spending contemplative time in the labyrinth or you may use the following Prayer Labyrinth Guide (courtesy of Michelle McDevitt-Askew) to guide your experience.

QUICK START OVERVIEW:

Start: Reflect - Set intention for prayer time

Walk path in: Release - Let go of what is burdening

Center: Receive - Open stance to allow room to receive

Walk path out: Respond - a response to what was shared or experienced in the center or a time of intercessory prayer

Exit: Reflect on experience

DETAILED DESCRIPTION:

REFLECT:

Ask God to help you use this time to reveal to you how this path could help you draw closer to Him.

RELEASING:

At the entrance to the labyrinth, pray silently or aloud a prayer of confession. When finished, slowly walk forward along the labyrinth. Move at your own pace toward the center. Let the words of the prayer stay with you.

Quiet your mind as you move through the labyrinth. Make room for emotions and stirrings that arise. What needs to be changed, forgiven, cleared, confronted, or healed in your life? Offer these situations to God as you move forward.

RECEIVING (CENTERING):

When you reach the center, rest there for a moment before you read a scripture passage. Verses can be found on the back of this page. When you are ready, read the passage slowly, as if you have never read it before. Center on God's Word and be open to what God reveals to you through the reading. Reflect on the passage and what it holds for you.

Or instead, just take some deep breaths and with an open stance, open your heart to receive what God would like to give/reveal to you.

RESPOND (INTERCESSION):

As you prepare to leave the labyrinth, lift up your intercessory prayers (prayers for others) for the day and when finished, begin along the path. Let the intercessory prayers stay with you and add to them as you make the turns and move along the pattern back out of the labyrinth. Be mindful of people and circumstances in the world that are in need of your prayers. Hold each one in your heart for a part of the journey outward.

REFLECT

As you leave the labyrinth, reflect on this experience and any new insight or understanding that was revealed to you. Reflect on what was positive about this experience and what was challenging about it.

Consider using the following verses during your time in the prayer labyrinth:

Psalm 46:1 "God is our refuge and strength, a very present help in trouble."

Psalm 46:10a - "Be still, and know that I am God!"

Psalm 121 "I lift up my eyes to the hills - from where will my help come? My help comes from the Lord, who made heaven and earth."

Psalm 130:7 "O Israel, hope in the Lord! For with the Lord there is steadfast love, and with him is great power to redeem."

Isaiah 40:28-31 - "Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary. His understanding is unsearchable. He gives power to the faint, and strength to the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

For longer passages, consider the following:

Psalm 23 "The Lord is my shepherd, I shall not want....."

Matthew 5:1-16: The Beatitudes

John 15:1-11

Philippians 2:5-11 (The Christ Hymn).

Romans 8:31, 35, 37-39 (the Love of God from which nothing can separate us)

1 Cor. 13 (the love we are to have for one another)