

# WHAT IS A Labyrinth

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Labyrinths are ancient pathways found across the world. The winding path helps us to 'unwind', to let go and rest in God.

Members of the early church as well as Medieval pilgrims have used them as a support for prayer.

Today, labyrinths are being created in churches, retreat centres, schools, hospices and cathedrals, to offer a spiritual space for prayer and reflection, providing a stilling space in a busy world.

A labyrinth is different from a maze. A maze is full of dead-ends and designed to get you lost. A labyrinth has only one path that always leads to the centre, if you stay on the path, you cannot get lost.

There is no right or wrong way to walk a labyrinth, no set pace, just follow the path in your own time.

Your labyrinth prayer time can be as open or as focused as you would like it to be. You might want to simply enter the labyrinth and be with the Lord or, before you enter the labyrinth, you might like to take time to:

- Read and reflect on a line or two from Scripture and ponder those words in the labyrinth.
- Consider an experience in your life where you are seeking peace, rest, healing or forgiveness and pray to God about that in the labyrinth.
- Think about a key celebration in your life and walk a prayer of thanksgiving in the labyrinth.

# Creating a Labyrinth

There are many different ways you can create a labyrinth depending on the space you have available. Below are some suggestions:

## Indoor Labyrinths

If you have the space available inside, an indoor labyrinth can be easily created using a variety of materials. If you have lots of space, make a labyrinth that several people could use at once. If space is more limited, a small labyrinth for individuals can work just as well. There are many materials you could use to lay out your labyrinth:

- Masking tape or electrical tape works well on carpets as it is easily removed.
- Stones, string, small beans bags or battery tealights can work well on hard surfaces. These ideally should be secured to the floor.

## Outdoor Labyrinths

If you have an outdoor space available, a labyrinth can be especially effective and may attract passers-by to stop and investigate. Get creative in the materials you use for an outdoor labyrinth and encourage all ages to be involved.

- Use natural, foraged materials to create your labyrinth – branches, stones, flowers, leaves.
- Perhaps you could create a permanent labyrinth outdoors using pavers, water, plants or flowers!

## Finger Labyrinths

You don't need to have lots of space for a labyrinth – making a 'finger labyrinth' available to people is a great way to be inclusive.

- People can trace the shape of the labyrinth 'on the go' or from the comfort of their own home.
- Finger labyrinths are a great way to get kids involved – use stickers or coloured pencils to help kids (or adults!) engage.

There are lots of different labyrinth designs – from very simple to beautifully elaborate!  
The design below is easy to follow and can be used to create any of the labyrinths above.

