

- As you enter the Labyrinth you may like to have a passage of scripture with you as you walk, and as you stop, reflect on this, or perhaps when you stop use the passage of scripture as a guide to pray for whatever is upon your heart.

### **Psalm 23**

<sup>1</sup> The LORD is my shepherd, I lack nothing.  
<sup>2</sup> He makes me lie down in green pastures,  
 he leads me beside quiet waters,  
<sup>3</sup> he refreshes my soul.  
 He guides me along the right paths  
 for his name's sake.  
<sup>4</sup> Even though I walk  
 through the darkest valley,<sup>[a]</sup>  
 I will fear no evil,  
 for you are with me;  
 your rod and your staff,  
 they comfort me.  
<sup>5</sup> You prepare a table before me  
 in the presence of my enemies.  
 You anoint my head with oil;  
 my cup overflows.  
<sup>6</sup> Surely your goodness and love will follow me  
 all the days of my life,  
 and I will dwell in the house of the LORD  
 forever.

- Walking and having a conversation with God
- Confession and forgiveness - letting go of past mistakes and forgiving yourself.
- Discovering your vocation or calling
- A walk of thanksgiving and gratitude
- A way to release grief.

Every labyrinth experience is different. You may feel nothing or have a powerful reaction. Don't over analyse it!