

What is a Labyrinth?

The labyrinth is a spiritual tool that has existed for over 4,000 years. It is a tool that enables us (in the midst of the busy-ness of life) to be still and focus our thoughts and feelings. Following the path of the labyrinth represents this spiritual path and is symbolic of our journey to the heart of God. Labyrinths can be found in cathedrals all over Europe and have been used by Christians for hundreds of years as a means of meditation and experience of the Divine Presence.

The Holy Trinity Labyrinth (on the reverse side) is modeled after the stone labyrinth in the floor of the Chartres Cathedral in France. The Chartres Labyrinth represents the culmination of the Christian design incorporating the cruciform image, rosette center, and small circles around the perimeter for a lunar calendar to calculate the date of Easter.

Suggested Meditation

1. Intentionally offer this time up to God. If there is a particular issue weighing on your heart or a direction you feel God leading you, be ready to include this topic in your meditation.
2. **RELEASING** (journey to the center): As you trace the path from the outside opening at the bottom to the center, move at whatever pace feels right for you. Take your time, quiet your mind, release your concerns, and open your heart. Breathe deeply as you let go of distractions and burdens.
3. **RECEIVING** (while in the center): Pause in the center, as long as you like. Take several slow, deep breaths (keeping your finger inside the center or place your hands comfortably on your lap). Here, many believe you are the closest to the center of your spirit and greater insight is available. If you have a question or intention, bring it to mind. Be open to listening to the quiet voice within to receive clarity, guidance, or insights. Rest and rejoice in God's presence. God longs to be the center of your life.
4. **RETURNING** (the journey back to the beginning): As you begin your journey outward, think about how you will take what God is saying to you back into your daily life. Reflecting on your experience, give thanks and gratitude to God for the opportunity to bring divine strength and insight back with you into your daily life.

For one week: Luther Seminary has graciously loaned us a walking labyrinth during this Lenten season. The walking labyrinth will be in the Gathering Place after worship tonight until Tuesday (March 10-17, 2020). All are invited to stop in and spend some time walking the labyrinth during this week.

Directions are also posted at the entrance to the labyrinth.



Messiah Lutheran Church

Lent 2020

