

Labyrinth

Welcome to our reflection for Church without Walls

Here are some ideas of how to use these reflections:

Pray that God will lead your thoughts.

Sit comfortably, take a few deep breaths and relax.

Let your mind wander as you read the reflection. Write down your thoughts in a notebook. If you are busy, try and pick out something to take with you in odd moments during the day.

You may wish to memorise the Bible verse. Write it out and stick it up somewhere.

Bible Verse

They cried to you and were saved; in you they trusted and were not disappointed.

(Psalm 22:5)

Reflection



Above is a diagram of a labyrinth. A labyrinth, unlike a maze, has no dead ends. There is only one path to the centre and you cannot get lost. People walk it as a sacred journey of prayer, starting on the outside and following the path to the centre, then resting in God's presence before returning to the outside. It is a time of contemplation.



The other day at Wakehurst Place I found this labyrinth carved out on the top of an old tree trunk. It had lost its centre. The way was unclear with parts missing. It lacked the organised way of walking a labyrinth. It raised questions for me.

Are we struggling to find the centre in our lives? Who we are?

Where is Jesus in all this mess we find ourselves in?

Are we wandering around with no clear destination? We know it in our heads but cannot see any evidence of it. The way is unclear. Parts of the path have disappeared altogether. We feel our way is blocked. We have to find alternatives.

For many of us celebrating events in our lives has not happened in the way we wished. There have been disappointments. We have found alternatives, but it is not the same. We don't like to grumble because we are all in the same boat. Perhaps we should share our thoughts more openly.

We live in hope and then find our plans our squashed. Is it good to plan or just not to plan? Sometimes another disappointment is just one too many and we lose our way. Do you need help?

When we are walking a labyrinth there are times when we seem to be moving further from the centre. Is that you at the moment either in your relationship with Jesus or your state of mind? Remember the centre will be reached, even if it is unclear as in the second picture.

You can follow the diagram to walk the labyrinth if you wish. Personally I didn't find it the same as actually walking a labyrinth, but many people do find it helpful, so if you have time, why not have a go?

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