



Winged Classic-7
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The Labyrinth

Walking the Inward-Outward Way

What is the Labyrinth? *The Labyrinth is an ancient symbol used to represent the Christian journey. The path in is the path out. The Labyrinth is not a maze and is not meant to confuse you.*

Walking the Labyrinth is a form of prayer involving your whole being. There is no “right” way to walk the Labyrinth, though typically you start at the entrance, follow the path to the center, and then follow the same path out. As you walk, allow everything to be a metaphor for your journey with God. It helps if you walk attentively and find your natural pace. As you encounter others on your journey, feel free to pass or make space for one another as needed.

A RHYTHM FOR WALKING

- **RELEASE:** *The journey in- What distractions or resistances are you called to shed as you journey deeper into God?*
- **RECEIVE:** *The center- feel free to linger here and rest into God’s presence. What is God inviting you to receive?*
- **RETURN:** *The journey out- Who is God calling you to become?*

“Thus says the Lord: Stand at the crossroads, and look, and ask for the ancient paths, where the good way lies; and walk in it, and find rest for your souls.”

Jeremiah 6:16, NRSV

“Understand that the road to transformation travels both inward and outward. The road to transformation is the path of the disciple.”

Doctrine & Covenants Section 161:3

“Collectively and individually, you are loved with an everlasting love that delights in each faithful step taken.”

Doctrine & Covenants Section 163

“You show me the path of life.”

Psalms 16:11, NRSV