



## MEMORY VERSE

Take off your sandals, because you are  
standing on holy ground.

Exodus 3:5

## Prayer Labyrinth

- Kyla and Pete have created a beautiful Labyrinth cut into the grass on the church field. If you can, come and take a walk and connect with God. It is pedestrian access only as the Church Car park is locked.
- Remember our breath prayers from a few weeks ago?
  - o Why not recite a breath prayer as your journey through the Labyrinth?
  - o Play a worship song as you wander through the wildflowers?
  - o Take your shoes off (I did!!) feel the grass and the warmth of the earth?





## Guided Labyrinth prayer:

*Take your shoes off and stand barefoot on the grass (If possible) at the start of the Labyrinth.*

*Breathe deeply and slowly,*

*in through your nose then gently out through your mouth.*

*Fill your whole self with breath,*

*Feel air in your lungs.*

***Begin to walk through the Labyrinth slowly***

*What can you see?*

*Can you hear anything?*

*What smells are there?*

*Continue to breathe deeply slowly in through your nose then gently out through your mouth.*

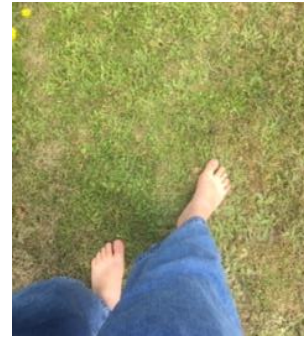
*Now as you breathe in say: 'Your perfect love', and as you breathe out say: 'drives out all fear'.*

*Breathe in and out yourself and say the words together.*

*And again.*

*Your perfect love ....*

*.... drives out all fear.*



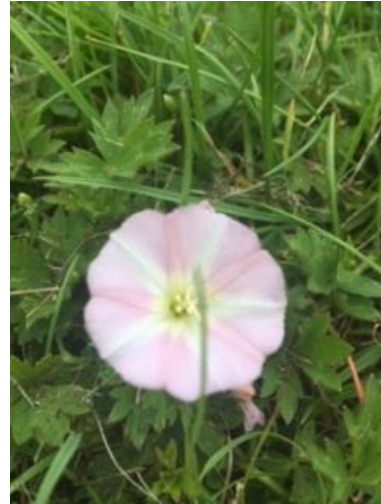


*Repeat this so you say the lines ten times in total.*

*Last one:*

*Your perfect love ....*

*.... drives out all fear.*



***Slowly return the way you came or out of the Labyrinth on your chosen path.***

*God is still with you. His peace stays with you*

*Some other examples of Breath Prayers to use:*

*"Lord, have mercy."*

*"Speak, Lord, for your servant is listening."*

*"My help comes from the Lord, the maker of heaven and earth."*

*"Here I am."*

*"Show your power."*

*"When I am afraid, I will trust you."*

*"Not my will, but yours."*

*"Bring your kingdom."*

*"Say the word."*

*"Come, Lord Jesus."*