

# A Labyrinth Experience



The Labyrinth can be walked in these three stages (you can trace the labyrinth above as if you were walking it):

- **Release: Walking Into the Labyrinth**

As you move toward the center, consider the twists and turns your life has or is taking. What questions do you have for God? What is going on inside you? In your world? Take your time as you share your joys, concerns, and hopes with God.

- **Receive: Reaching the Center**

As you reach the center, pause and listen for God. Is there anything you need to leave here? Is there anything you need to take up? When you're ready, turn your attention back to the waiting world and those "outside"; those not part of the Church, your family, your connections.

- **Return: Re-Connect with the Outside World**

When you are ready, begin walking out the same path you came in. As you follow the path out, reflect upon your time with God. Are there changes you have been invited to consider? Actions you might take? Relationships to start or strengthen? Finally exit the labyrinth, knowing the journey continues.