

The “Real” Deal

Woods Chapel has plans to install a permanent outdoor prayer labyrinth as part of our landscaping master plan.

Already members and guests are enjoying peaceful prayer gardens and a network of gently sloping prayer trails, complete with seven Stations of the Cross.

If you would like to know more about bringing the vision for the outdoor prayer labyrinth to life, please contact Shawn Franssens at 816-795-8848 ext. 306 or shawnf@woods chapelchurch.org

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LABYRINTHS

A simple guide to
praying as you walk.

Labyrinths



Labyrinths can be walked in three stages:

- **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?

A Simple Guide to Praying as You Walk

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 are 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.

Finally, exit the labyrinth considering any changes you have been invited to consider; actions you might take and/or relationships you might start or strengthen.

And, wherever your continuing journey finds you, pray in that place as well.



Done
A Note About Labyrinths:
Some have confused a labyrinth with a maze. Mazes are designed to trick and confuse you with wrong-turns and dead ends. Labyrinths only have one path; you exit the same way you enter. No games. No puzzles. This journey is about centering yourself, about drawing closer to God and about returning to the world refreshed and reenergized. Enjoy.

Done
Done

Labyrinths have been in use as a spiritual tool for more than 4000 years. The Chartres Labyrinth (the basis for our design) was laid sometime between 1194 and 1220 A.D. It is believed that the Chartres Cathedral Labyrinth was used as a pilgrimage tool by Christians during the 12th century when pilgrimages to the Holy City of Jerusalem became dangerous and expensive because of the Crusades. [source: First United Methodist Church – Boulder, CO]