**Prayer Labyrinth**

*How do we hear from God? How do we hear from anything? How can we hear if we are not listening? The Prayer Labyrinth is an ancient prayer exercise that will help you to listen…but listening is not automatic. In order to still our minds and hearts to hear from God, it takes effort and practice. Take your time as you walk thru the stations. As you walk, ask God to speak. Use your journal to record when you think God may be speaking and as you have questions.*

**Station # 1 – Clean**

*Question: What is keeping you from God today?*

Before you enter the Prayer Labyrinth, spend some time thinking about what things in your life are keeping you from being close to God. Write those things on the palm of your hand. Now wash your hands clean. Imagine that Christ is washing not only your hands, but your heart.

*“The one who has clean hands and a pure heart, who does not trust in an idol  
or swear by a false god. They will receive blessing from the Lord” Psalm 24:4-5a*

As you enter, take some time to record in your journal what God may be speaking to you.

**Station # 2 – Light**

*Question: Where is the Light of God in your life?*

What parts of your life do you see God’s light? What parts of your life are still hidden in darkness? Do you want the Light of Christ to bring healing in the darkness? As you light a candle, ask God to show you any areas of your life that need light and ask Him to shine.

*“When Jesus spoke again to the people, he said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.” John 8:12*

As you continue, take some time to record in your journal what God may be speaking to you.

**Station 3 – Character**

*Question: What characteristics in your life show Christ to others?*

Jesus invites us many times in the Word and in our lives to “come, follow me.” As we follow Christ, the world is looking at how we live our lives. The longer we follow Christ, the more we should become like Him. Spend some time asking God how you could be more like Him. Pick one or more items from the bowls to symbolize which characteristic you want to have more of. As you eat it, ask God to make you into the person that He has created you to be.

*“Come, follow me,” Jesus said, “and I will send you out to fish for people.” Matthew 4:19*

As you continue, take some time to record in your journal what God may be speaking to you.

**Station 4 – Fruit**

*Question: Which fruits of the spirit are growing inside of you?*

One of the great things about being a Christian is that God doesn’t expect us to automatically be perfect when we surrender to Christ. We are forgiven, even as we struggle to grow closer to God. The key word there is GROW. The Bible teaches us that when we have the Holy Spirit inside of us it is growing fruits in our lives. As you take and eat a fruit snack, ask God which fruit of the Spirit He wants to grow in you today.

*“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” Galatians 5:22*

As you continue, take some time to record in your journal what God may be speaking to you.

**Station 5 – Creation**

*Question: What has God created in your life that is good?*

This world was created by God and it was created good. However, when sin entered the world, Creation was stained. And yet, we can still look around and see that God Creation is still good. The rain that feeds the berries. The sun that warms our faces. The snow that causes us look to the Heavens. God has also created many good things in your life. As you take a few small rocks, drop them one by one into the water and ask God to show you what He has created in your life that is good.

*“God saw all that he had made, and it was very good.” Genesis 1:31*

As you continue, take some time to record in your journal what God may be speaking to you.

**Station 6 – God’s Image**

*Question: How do you reflect God’s image?*

The Bible is very clear that all of us are created in God’s image. We are all works of art by the Master Artist. We are all uniquely wonderful. Sometimes we forget how precious we are to God. As you look at God image in you thru the mirror, write on a sticky note at least one thing about you that reflects God image. Ask God to show you how you were wonderfully made.

*“So God created mankind in his own image, in the image of God he created them; male and female he created them.” Genesis 1:27*

As you continue, take some time to record in your journal what God may be speaking to you.

**Station 7 – The World**

*Question: How is God working in the larger world?*

Often we can forget that there is a world outside of ourselves. There is a world outside of our family. There is a world outside of our village. There is a world outside of Alaska. And God is there. God is working in mighty ways all throughout the world. Have you stopped to think how God is working in the world lately? Spend a few moments praying for God’s work in the world. If God brought to mind something about how He is working, use a sticky note to share it with others. When you are done, write down a prayer on a sticky note for one area of the world.

*“Who will not fear you, Lord, and bring glory to your name? For you alone are holy. All nations will come and worship before you, for your righteous acts have been revealed.” Revelation 15:4*

As you continue, take some time to record in your journal what God may be speaking to you.

**Station 8 – Footprints**

*Question: Where is God carrying you?*

Sometimes we can’t tell that God is right beside us. Sometimes that is because He isn’t. Instead, God is carrying us. Read the poem “Footprints in the Sand” below. Take some time to trace your footstep on a piece of paper. As you look at your footprint, ask God to show you where in your life He is carrying you.

*One night I dreamed I was walking along the beach with the Lord. Many scenes from my life flashed across the sky. In each scene I noticed footprints in the sand. Sometimes there were two sets of footprints, other times there were one set of footprints. This bothered me because I noticed that during the low periods of my life, when I was suffering from anguish, sorrow or defeat, I could see only one set of footprints. So I said to the Lord, "You promised me Lord, that if I followed you, you would walk with me always. But I have noticed that during the most trying periods of my life there have only been one set of footprints in the sand. Why, when I needed you most, you have not been there for me?" The Lord replied, "The times when you have seen only one set of footprints, is when I carried you." - Mary Stevenson*

**Station 9 – Forgiveness**

*Question: What have you done that you need to ask forgiveness for?*

At the beginning of this journey you were asked to write down on your hand what was keeping you from God today. Were you able to let it go? What other sins in your life are keeping you trapped from hearing from God? 1 John 1:9 says that “If we confess our sins, He is faithful and just to forgive us our sins and purify us from all unrighteousness.” As you take a piece of wood, add it to the cross. Ask God to forgive you of the sins that are keeping you from hearing from Him. Leave the piece of wood as you leave your sin at the feet of Jesus.

*“He has removed our sins as far from us as the east is from the west.” Psalm 103:12*

Go now in peace and remember to listen for God speaking into your life each and every day.

**Prayer Labyrinth Material List**

* Notebooks
* Pens
* Lamps for ambiance
* Contemplative music

**Station # 1 – Clean**

* Washable markers

**Station # 2 – Light**

* Candles
* Lighter/Matches

**Station 3 – Character**

* Christian characteristic printouts
* Bowls
* Various edible things like trail mix

**Station 4 – Fruit**

* Bowls
* Fruit snacks

**Station 5 – Creation**

* Rocks
* Bowl of water

**Station 6 – God’s Image**

* Mirror
* Sticky notes

**Station 7 – The World**

* World map
* Sticky notes

**Station 8 – Footprints**

* Paper or tubs of sand
* Footprint sample

**Station 9 – Forgiveness**

* Wood
* Cross

**Prayer Labyrinth Character Traits**

Forgiving

Humble

Couragous

Honest

Dependable

Thankful

Encouraging

Generous

Wisdom Seeking

Compassionate