

WELCOME TO THE OAK HILL UMC LABYRINTH

WHAT IS A LABYRINTH?

Walking a labyrinth is one of the oldest contemplative practices in the world. A labyrinth serves as a metaphor for our spiritual journey — sometimes we feel close to God, sometimes distant, but we are always on the path.

Labyrinths can be used for prayer, discernment, and healing. Simply walk, breathe, and let the Spirit do the work.

HOW TO WALK THE LABYRINTH

- Take a moment to breathe deeply and center yourself before entering.
- Walk at whatever speed feels right — there is no "correct" way to walk a labyrinth.
- Pay attention to your thoughts, feelings, and sensations as you walk.
- If others are walking at the same time, you may pass them or let them pass you.

THE 3RS OF WALKING A LABYRINTH

1.

**WALKING
IN**

RELEASE TO GOD ALL THAT WEIGHS YOU DOWN. THIS IS A TIME OF LETTING GO.

2.

**AT THE
CENTER**

RECEIVE GOD'S LOVING PRESENCE AND REST. TAKE AS MUCH TIME AS YOU NEED.

3.

**WALKING
OUT**

RETURN TO THE WORLD KNOWING THAT GOD GOES WITH YOU.

Interested in more contemplative spiritual practices? Check out our Sacred Steps blog at www.oakhillumc.org/blog or join our Monday night Contemplation group. We meet Mondays at 6 pm in room A204 of the Adult Education Bldg.