



Prayer Labyrinth

A labyrinth combines the imagery of the circle and spiral into a winding path, inviting anyone to slowly walk along the path, with different stopping points allowing personal reflection, interaction and prayer about their spiritual journey and their relationship with God, their community, our planet etc. This could be laid out in a church or church hall or put up alongside any community activity. It can be done just for those within the church family or it can be modified to be used by anyone in the community.

You could do your labyrinth based on the journey of a grain of wheat to a loaf of bread, having stopping points which include:

- A tray of soil
- Seeds to plant
- Watering and shining light on the soil
- A growing plant
- Harvesting the wheat
- Grinding the wheat into flour
- A loaf of bread.

At each point, provide something to interact with, something to reflect on, something to do and something to pray. Use biblical texts to draw out implications with the seed to our spiritual journeys and where we are all at.

*This idea can be found in our **Hope for Harvest** resource, available from www.hopetogether.org.uk*