

## Lent Labyrinth Guide

‘During Lent we examine our lives and through the practices of prayer, fasting and works of charity, seek to conform our lives to Christ’s. For some this conversion will be a turning from sin to grace, for other it will be a gracious turning towards the mystery of God in Christ.’<sup>7</sup>

Before walking in:

Pause, sit on a seat or kneel at the prayer rail. Quieten your thoughts, the distractions of the day, still your body. Read these selected verses from Psalm 51.

“Have mercy on me O God according to your unfailing love;  
According to your great compassion  
Blot out my transgressions.  
Wash away my iniquity and cleanse me from my sin.  
For I know my transgressions and my sin is always before me.  
Against you and only you have I sinned and done what is evil in your sight... Surely you desire truth in the inner parts, you teach me wisdom in the inmost place. Cleanse me and I will be clean; wash me and I will be whiter than snow. Create in me a clean pure heart O God and renew a right spirit within me.”

Journeying In:

Walk at your own pace meditating on what God calls you to for confession and cleansing. Speak aloud or silently your requests to God as you walk towards Easter.

The Turns:

What are the attitudes, thoughts and actions that I want to turn from in this season of denial, fasting or temptation.

The Centre:

Make a cross with the sticks, reeds and flax as a symbol of solidarity with Jesus on the Lenten journey to the cross.

<sup>7</sup> Nouwen, Henri J.M. and Bauer, J. Lent and Easter Wisdom (Liguori Publications, Liguori, Missouri, 2005)Pg x 7

Journeying Out:

As you walk out carrying your cross, you are going back into the ‘world’ with your Lord on a journey towards Easter, of death then resurrection.

## Prayer

‘Loving God, take my poor offering of friendship and remind me every day of your invitation to journey with you to the Easter miracle of Resurrection. Allow me to accept the weaknesses and defects that you and others see in me, but which are hidden from me. Lift me up when I fall and always let me reach out to, not reject, your outstretched hand of welcome and forgiveness. And, keep my sins and doubts from leaching the joy out of life.’<sup>8</sup>