



## **Mission Hill Church Christian Labyrinth**

### **How to Walk the Labyrinth:**

Enter this sacred place through the arch and follow the grass path between the pavers, focusing on quieting your mind and letting go of distractions or worries that keep you from God. When you reach the tree and bench at the center, spend time with God there. When you are ready, follow the same grass path back out to the arch to exit. As you leave, walk with Jesus back into the places of ordinary life.

### **Additional Labyrinth Resources:**

- <https://www.veriditas.org/>
- <https://labyrinthociety.org/>

*Both organizations are broader than our strictly Christian labyrinth. The Labyrinth Society maintains the Labyrinth locator which can include our labyrinth if we decide to list it there. They both promote World Labyrinth Day which is May 3.*

**Labyrinth Informational Pamphlet:** (next page)



*An Eleven Circuit Labyrinth model. Our Labyrinth is a Seven Circuit model.*

### **What is a Labyrinth?**

A labyrinth is an ancient type of path that is more than a thousand years old. Millions of people of many cultures have walked Labyrinth patterns for many reasons.

Different from a maze, which has dead ends and false passages, a labyrinth has a single path that leads to the center.

### **About the Garden of Remembrance**

Through the centuries a burial place has often been provided next to the church where remains of the deceased rest beside their spiritual home on earth.

The Garden is available to all who feel a closeness to the church and its ministry and is a place for quiet meditation and renewal.

### **Contact Us**

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#### **CHRISTIAN PRAYER LABYRINTH**

Mission Hill Church  
of Traverse City,  
Michigan  
(Formerly FCC)



## **CHRISTIAN PRAYER LABYRINTH**

*Mission Hill Church  
Garden of Remembrance*





## What is a prayer labyrinth?

Our labyrinth is a sacred place set aside for you to reflect, look within, and pray. It represents a journey, a pilgrimage, a conscious taking of time to seek God.

The rhythm of walking, placing one foot in front of the other, empties the mind, relaxes the body and refreshes the spirit.

### Preparing to walk the labyrinth

As you prepare to walk, you may wish to sit quietly in a time of reflection. Breathe deeply several times and clear your mind.

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*Perhaps you have come with a question, or to slow down, or to take time out of a busy life. Some people come to find strength to take the next step. Many come during times of grief or loss.*

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### How to walk the labyrinth

Enter through the arch and follow the grass path between the pavers to the tree and bench at the center, spend some time at the center, and then follow the same grass path back out to the arch to exit.



### Ideas for praying the labyrinth

As you move toward the center of the labyrinth, focus on letting go of distractions or worries that keep you from God. In the center, spend time reflecting on your relationship with God. Sense the need to move out into the world again. As you leave, walk with Jesus back into the places of ordinary life.

Pray for yourself on the way in, stop to experience God's love in the center, and pray for others on the way out (or vice versa)

Recite the Lord's prayer (or a favorite bible verse.)

Ask God a question upon entering and then listen for an answer.