

## Lent One: *Prayer & Simplicity*

### Lent I Scripture Reading: Matthew 4:1

*Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.*



*“Lenten Labyrinth” by Mike Moyers 2012*

### **Labyrinth Meditation**

*Artist of souls, you sculpted a people for yourself out of the rocks of wilderness and fasting. Help us as we take up your invitation to prayer and simplicity, that the discipline of these forty days may sharpen our hunger for the feast of your holy friendship and whet our thirst for the living water you offer through Jesus Christ. Amen.*

*Author Unknown*

## Lent Two: “*Blow, Wind of God*” by Eileen Hamm

### Lent 2 Scripture Reading: John 3: 8

*The wind blows where it chooses, and you hear the sound of it,  
but you do not know where it comes from or where it goes.  
So it is with everyone who is born of the Spirit.*



Lauren Wright Pitman 2016

### **Labyrinth Meditation**

*Blow, wind of God,  
Blow away the tight rules  
that hold me back from trusting, risking, loving  
Equip me with courage and vision for  
the new thing that waits around the corner  
We cannot choose the stories we have inherited  
But we can choose the stories that we become. Amen.*

## Lent Three: *Living Water*

### Lent 3 Scripture Reading: John 4:1-1b

"Sir...where do you get that living water?"



*"Christ at the Well" by Peter Koenig, 20<sup>th</sup> Century*

### **Labyrinth Meditation**

*Enduring Presence,  
Pour your love into our hearts,  
That, refreshed and renewed,  
We may invite others to the living water  
Given to us in Jesus Christ our Lord. Amen.*

## Lent Four: *Be still and know that I am God!*

### Lent 4 Scripture Reading: Ephesians 5:8

*“For once you were darkness, but now in the Lord you are light. Live as children of light.”*



\*"Blind Beggar" by Bastien-Lepage, Jules, 1848-1884

***Put yourself in the painting\* and remain in Christ's presence for a few minutes.***

### **Labyrinth Meditation**

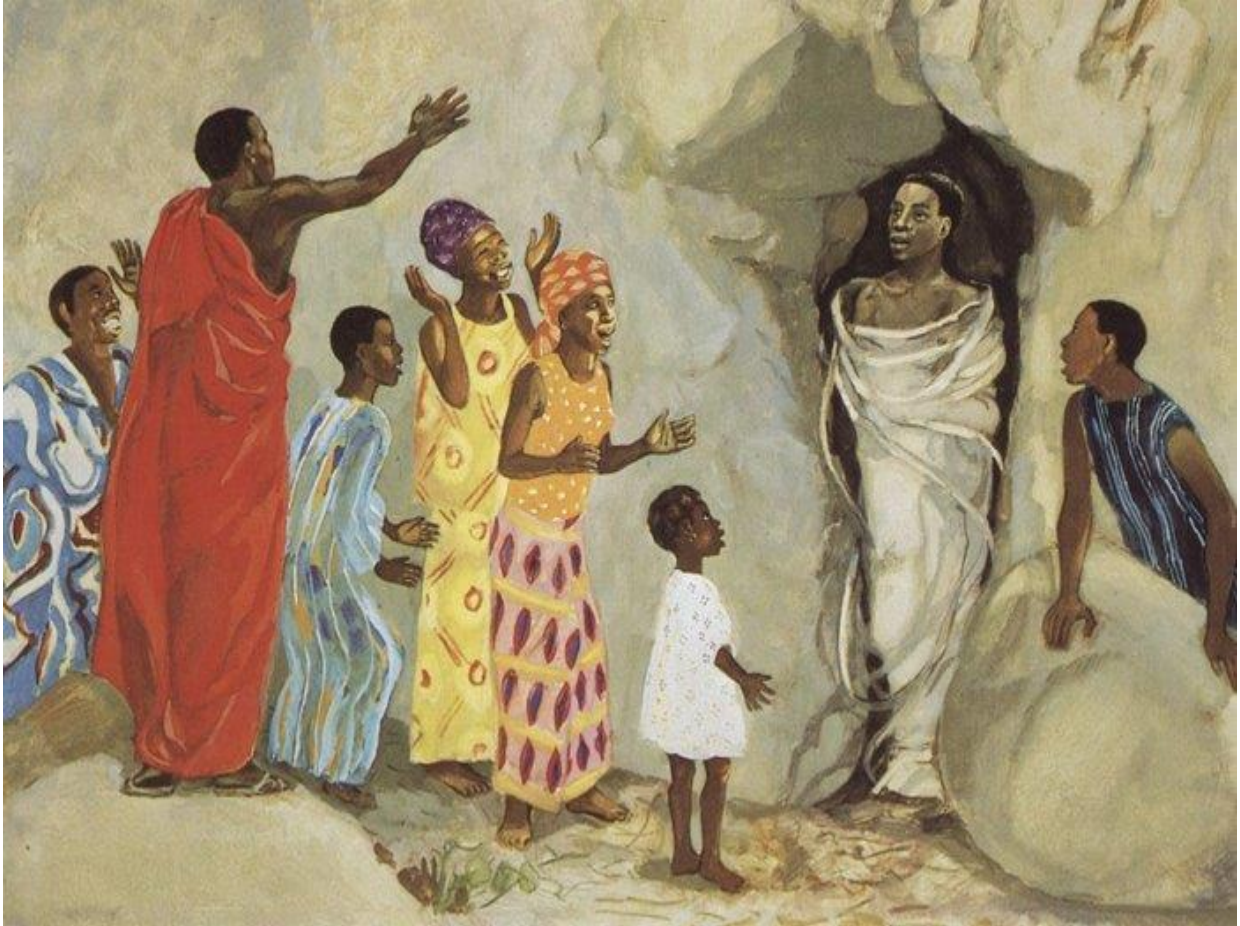
*Thank you, God, for invitations to see.  
Help us to see things anew each day,  
seeing people how you see people.*

*Amen.*

## Lent Five: *Come Out!!!*

### Lent 5 Scripture Reading: Ezekiel 37:4b

*“O dry bones, hear the word of the LORD!”*



*“Jesus Raises Lazarus to Life” by Jesus Mafa 1973*

### **Labyrinth Meditation**

*God, you know our faults  
and yet you promised to forgive,  
Keep us in your presence  
and give us your wisdom.  
Open our hearts to gladness,  
Call dry bones to dance,  
And restore to us the  
joy of your salvations. Amen.*

# Walking the Labyrinth

A labyrinth walk is very simple.

There is no right or wrong way to walk.

Every labyrinth walk is different.

*"You just begin, and the doing teaches what you need to know." Barbara Brown Taylor*

You may find this guideline helpful:

- ④ Find the open entrance and slowly follow the twisting and winding path to the center.
- ④ Once in the center, remain standing or sitting as long as you desire.
- ④ When ready, start back out the path and follow it to where you first entered.

**For More Info contact:**

[Labyrinth@stjohnsec.org](mailto:Labyrinth@stjohnsec.org)