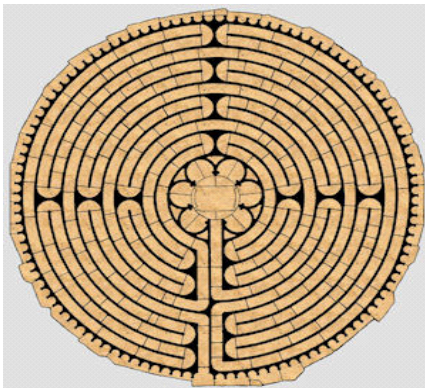


## Everyone is welcome to Pray the Labyrinth

St Ignatius has invited us to be pilgrims, and one way we can express that is to embark on a labyrinth prayer pilgrimage.

There is no right way to pray the labyrinth. Rather, it invites us into pilgrimage with our God, and we pray with our whole being, slowly, meditatively, and following whatever inner journey God prompts in us.

The path of every labyrinth is a symbol of faith and a metaphor for life. Seen from outside, it is evident there is only one path, and unlike a maze, one cannot be lost. This is the truth that God holds us in our journey at all times. The experience from within the labyrinth, however, can feel different—only being able to see the next turn, and even feeling lost. The journey calls for faith and endurance.



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## Canisius Prayer Labyrinth



An invitation  
to a prayer journey



## Praying the Labyrinth

The following are suggestions only.

**At the beginning...** Pause and intentionally become present to God's Spirit with reverence and humility. You may want to make a gesture of prayer with your body.

**Prayer—** *Lord, I ask for the grace that all I am and all I do may be directed purely to your service and praise*

**Enter the pathway...** What are you traveling with? It may be a desire, a struggle, a scripture, a longing. Whatever you are travelling with, notice Jesus' presence accompanying you through the journey.

**Prayer—** *Lord, show me your way* (Psalm 27:11). Or pray the scripture you are carrying within you.

**At the centre...** Be still, receive, encounter, converse with God as friend. Take your time at the centre.

**Prayer—** You may choose to pray the Lord's prayer, or Ignatius' prayer of surrender:

*Take, Lord, all my liberty, my memory, my understanding and my whole will.*

*You have given me all that I have, all that I am, and I surrender all to your divine will.*

*Give me only Your love and Your grace.*

*With this I am rich enough, and I have no more to ask.*



**The journey outward...** Ponder the grace of the journey, and notice what it is you have received, and what you need to leave behind.

**Prayer—** *May the Lord bless you and keep you, and make his face to shine upon you, and give you peace.*

**At the exit...** Pause, and reflect on your journey. As you leave, know that Jesus your Companion continues with you.

**Prayer—** A prayer of gratitude may be appropriate.



### Slow is good!

In our fast-paced world, slow is seen as 'not good enough!' This tortoise in our labyrinth teaches us that slow is indeed good. So as you walk the prayer labyrinth, engage all your senses—touch, taste, smell, sight and hearing. Be alert to God's own creation within and around you, offering you parables and insights into the Creator's own character.



Notice the turns and what they offer you; and how they interweave with whatever you are carrying within you, be it a text or a concern. The path of the labyrinth seems to take us so close to the centre, and then suddenly so far from it....

**Psalm 21:19** Listen, my son, my daughter, and be wise; and set your heart on the right path....