



# Labyrinth Resource for Prayer & Reflection

## A DAY TO REFLECT ON

What greeted me this morning?  
What didn't I see?

Throughout the day, what was new to me?  
What changed me?  
What did I affirm in those around me?

Who showed me love?  
Who didn't understand my fear?  
To whom did I show compassion?  
How did I help the poor and lonely?  
What did I offer in memory of the dead?  
Where did I honour the past?

What made my heart stir?  
Who made me feel good?  
What did I avoid?

Who made me forget myself?  
What urged me to action?  
What challenged me further?

Who did I long to be with?  
Who did I want to know better?  
Who do I need to forgive?

Who do I want to greet tomorrow?  
Where would I like God to guide me most?  
How can I show my gratitude now?

Amen



Thus says the Lord:  
Stand at the crossroads, and look,  
and ask for the ancient paths,  
where the good way lies; and walk in it,  
and find rest for your souls.

*Jeremiah 6:16*

This is a representation of the labyrinth on the floor of Chartres Cathedral, France. It greeted mediaeval pilgrims as they went through the West Door and invited them to think about life's pilgrimage. Some of them would have walked around it on their knees in penance.

*Follow the labyrinth with a pen until you reach its centre.  
Along the way, reflect on this text and questions:*

<sup>6</sup> Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me". *John 14:6*



●  
What experiences in your life have felt like twists and turns along an unknown path?

●  
Left - when has God been especially present in your life, and how has this changed you?

Right - when has God felt far away, and how has this changed you?

●  
What one thing do you want most in your life now? How can you help to make it happen?