

*Worship for Spiritual Renewal: September  
Meditative Labyrinth Prayer*



*Enter into the worship space in silent contemplation. Be aware of your senses, what do you hear, see, smell?*

**Opening Breath Prayer**

*Breath prayer is an ancient practice. Focus on your heart and inhalations on short phrases from scripture which allow you to center yourself and be at peace.*

**Inhale:** I find rest

**Exhale:** in Your shelter.

*(Psalm 91.1)*

**Opening Song**

Sanctuary (acapella)

sung 3x

*Lord, prepare me, to be a sanctuary.*

*Pure and holy, tried and true.*

*With thanksgiving, I'll be a living, sanctuary...for you.*

## **Reflection**

*"She said, 'How do you know when you are hearing from God?'"*

*~Amena Brown*

## **Scripture**

*The text will be read twice, with an extended period of silence after the first reading. Use this time to reflect and contemplate. Were there words or phrases that stuck out to you? What is calling to your heart in this text?*

## **Matthew 11.28-30**

*"Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."*

## **Time of Meditative Prayer**

*You have multiple options for meditative prayer this evening, each focused on a different kind of labyrinth.*

## **What is a labyrinth?**

*"A labyrinth is not a maze. A maze is a symbol of life without meaning, it is an agent of confusion, deception with dead ends that lead you nowhere. But a labyrinth is a symbol of a life of deeper meaning, an on-going sacred journey leading us inward, outward and to greater wholeness." -Carrie Newcomer*

*Because there is only one path inward, the mind can let go of how one while arrive at the center. It is a certainty that I will get there eventually. I practice trusting that wherever God takes me, I will be led both inward to the center and back out. I can settle into a knowing that God is with me, that God accompanies.*

*This walk, or journey inward, is a metaphor for life—really all situations, relationships, and decisions are a journey. So often we don't know where we are headed, even with the best of plans or intentions. With a labyrinth walk, one has the experience of letting go of their own plan—surrendering and trusting that the center will be reached. **It is nearly impossible to rush through a labyrinth.** Just imagine what that might look like at the turning points. It is actually dizzying to make the*

turns, circling around from one quadrant to another, if moving too fast. The best option for the labyrinth (and perhaps for all of life) is to move in a rhythmic, slow, meditative walk.

When you reach the center of the labyrinth, you may let go of your intention and pray. Surrender to God what you need to surrender.

*What options are available?*

1. *Finger Labyrinths*
2. *Coloring Labyrinths*
3. *Walking Labyrinth (parlor)*
4. *Sanctuary Labyrinth*

*Reflection Hymn*

*Lord, Listen to Your Children Praying*

The image displays a musical score for a hymn. It consists of two systems of music, each with a treble and bass staff. The key signature is one sharp (F#), and the time signature is 4/4. The melody is written in the treble staff, and the bass staff provides a harmonic accompaniment. The lyrics are written below the staves.

Lord, lis-ten to your chil-dren pray-ing, Lord, send your Spir-it in this place;

Lord, lis-ten to your chil-dren pray-ing, send us love, send us pow'r, send us grace.

Text: Ken Medema, b. 1943

Music: CHILDREN PRAYING, Ken Medema

Text and music © 1973 Hope Publishing Company, Carol Stream, IL 60188. All rights reserved. Used by permission.

Duplication in any form prohibited without permission or valid license from copyright administrator.

## *Prayers of Intercession*

*Servant God,  
be with those who are not seen and heard in the world,  
because of their gender or age; their caste or race;  
their sexuality or lifestyle; their poverty or history.  
Open our ears and eyes, to hear and see all people as yours.*

*God of little children,  
be with all children, wherever they live,  
whoever their parents are, whatever their needs,  
that they would all be welcomed and nourished,  
enabled to be all you want them to be.  
Open our hearts and arms, to welcome all your children.*

*God of love,  
be with all who live with fear,  
fear of saying the wrong thing, fear of being labelled,  
fear of themselves or others, fear of you.  
Open us all to your endless love, that it might drive out fear.*

*Teacher God,  
be with us all, as we struggle to make sense of your world and your  
word, as your church, in our communities, as your disciples.  
Open our minds and hearts, to learn from you.*

*God of all,  
Creator, Son and Spirit,  
hear our prayers, spoken and unspoken,  
offered from the darkness and hope of our hearts,  
Amen.*

*Lord's Prayer*

## ***Blessing***

*Blessed are you who make room at your table  
for in that way even tax-collectors shall be redeemed*

*Blessed are you who seek out lost sheep  
for your seeking you find more than a lamb*

*Blessed are you who touch the leper  
for you make a home for the excluded*

*Blessed are you who welcome the prodigal  
for you express the fullness of the love that is God*

*Blessed are the silenced  
for you hear the cry of God*

*Blessed are you who make friends with your enemy  
for you know the way to lasting peace*

*Blessed are you who turn the other cheek  
for you show more strength than the oppressor*

*Blessed are you who break bread with the stranger  
you will have a foretaste of the kingdom*

*Blessed are you who heal on the Sabbath  
you will reveal what is important to God*

*Blessed are you who seek company with the outcast and unclean  
for you shall be accompanying Jesus*

*Blessed are you who overturn the tables  
you are the freedom fighters of love*

*Blessed are you who love your neighbor  
for you already live in the realm of God*

*Blessed are you who walk the way  
for you shall move within the company of heaven*

*Blessed are you who carry a cross  
for you shall see God's wisdom*

*Blessed are you who wait for the morning  
for you shall see the renewal of life*

## *Closing Hymn*

## *Lord, Be Glorified*

1 In my life, Lord, be glo - ri - fied, be glo - ri - fied;  
2 In our song, Lord, be glo - ri - fied, be glo - ri - fied;  
3 In your church, Lord, be glo - ri - fied, be glo - ri - fied;  
4 In your world, Lord, be glo - ri - fied, be glo - ri - fied;

in my life, Lord, be glo - ri - fied to - day.  
in our song, Lord, be glo - ri - fied to - day.  
in your church, Lord, be glo - ri - fied to - day.  
in your world, Lord, be glo - ri - fied to - day.

The musical score is written for a four-part choir (Soprano, Alto, Tenor, Bass) and piano accompaniment. The key signature is one sharp (F#), and the time signature is 4/4. The melody is primarily in the Soprano and Alto parts, with the piano providing harmonic support in the right and left hands. The lyrics are arranged in four lines, corresponding to the four parts of the choir.

Text: Bob Kilpatrick, b. 1952

Music: BE GLORIFIED, Bob Kilpatrick

Text and music © 1978 Bob Kilpatrick Music, assigned 1998 to The Lorenz Corporation. All rights reserved.

Duplication in any form prohibited without permission or valid license from copyright administrator.

## *Closing Breath Prayer*

*Inhale:* Peace of Christ,

*Exhale:* guard my heart and mind.

(Philippians 4.7)

*We depart in peace and gentleness*