



The Labyrinth is a means to let you focus on where God may be leading you in the moment.

A labyrinth is simply a place to walk and pray.

>How Long Does It Take?

Some people can be in and out in about fifteen minutes and some will take over an hour, stopping to pray. There is no set time.

>Do I Have To Walk It Alone Or Can Several Walk At Once?

It is fine to walk it alone and fine to walk with others. People walk at different paces. If you meet someone going the opposite direction, simply step off the path momentarily to allow the other to pass.

>What Do I Focus On As I Walk The Labyrinth?

There is no “right or wrong” way to walk a labyrinth. What you focus on may be determined by where you are in your life and what your questions, concerns or goals may be in the moment.

>It is best to walk the labyrinth with an open heart and an open mind, asking for that which you need answered the most.

Here are some suggestions:

- ◆ You might walk it as a kind of prayer.
- ◆ You might walk it as a symbolic journey—walk to Jerusalem, following Jesus’ path during Holy Week.
- ◆ You want to receive inspiration, or to receive an answer to a question, or solution to a “problem.”
- ◆ You might walk with the intention to unwind, to let go of a worry or burden of some sort –letting it go when you reach the center.

We invite you to visit and give it a try if you haven’t already.

Allow your own creativity to be present and walk the labyrinth in the way you think will work best for you.

More at: [How To Walk The Labyrinth — Peace Awareness Labyrinth & Gardens \(peacelabyrinth.org\)](http://www.peacelabyrinth.org)

Watch the **LUMC Labyrinth** video here: <https://youtu.be/tk8XSYiN> to

Hours for the labyrinth during Holy Week are:

Sunday, March 24 ☞ 2pm—5pm

Monday & Tuesday, March 25 & 26 ☞ 9am—5pm

Wednesday, Thursday, Friday, March 27, 28, 29 ☞ 9am—6pm

Labyrinth with Stations of the Cross will be located in Wesley Hall. Enter through Wesley Hall door.