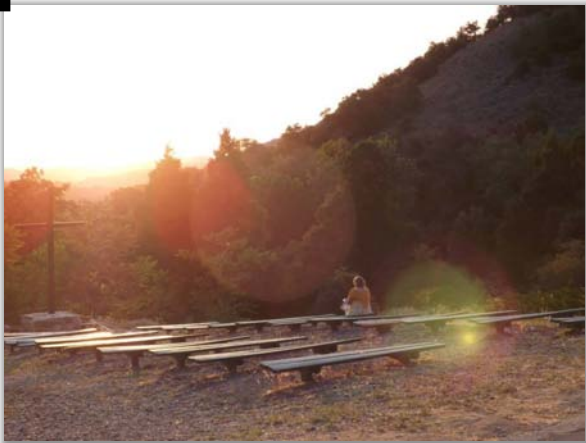


CONTEMPLATIVE PRAYER

Contemplative prayer is a receptive posture of openness toward God. It is a way of waiting with a heart awake to God's presence and Word. This kind of prayer intentionally trusts and rests in the presence of the Holy Spirit. So, the purpose of practicing contemplative prayer is to develop an open, restful receptivity to the Trinity that enables one to always be with God just as they are.

In contemplative prayer, we rest in God, depending on him to initiate communion and communication. We don't ask for things, we simply open ourselves to the Trinity, trusting we will be received into restful arms.



*"There is a quiet waiting to enjoy
friendship with God."*

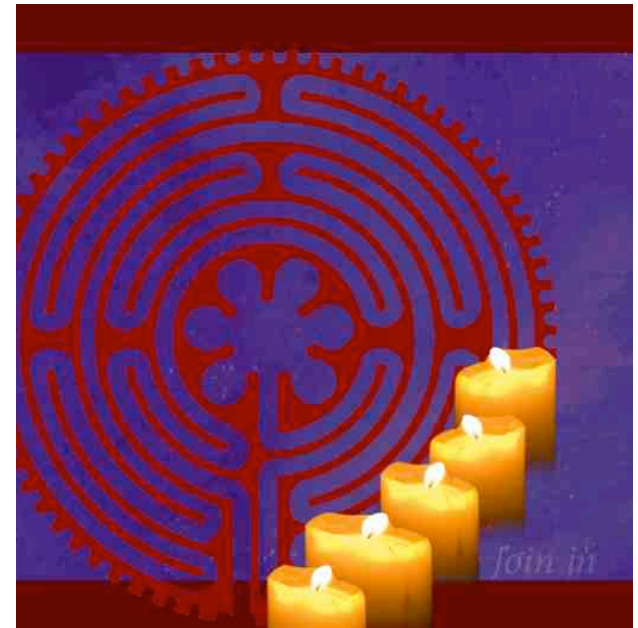
DR. JAMES WILHOIT
(Wheaton Professor)

A PRAYER

The following is a prayer written by Howard Thurman. You might find it helpful as you prepare to walk the labyrinth.

Lord, open unto me.
Open unto me~
light for my darkness.
Open unto me~
Courage for my fear.
Open unto me~
Hope for my despair.
Open unto me~
Peace for my turmoil.
Open unto me~
Joy for my sorrow.
Open unto me~
Strength for my weakness.
Open unto me~
Wisdom for my confusion.
Open unto me~
Forgiveness for my sins.
Open unto me~
Love for my hates.
Open unto me~
Thy Self for my self.
Lord, Lord, open unto me!
Amen.

THE PRAYER LABYRINTH



Trinity United Methodist Church
3030 Thorn Street
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SEEK GOD IN PRAYER

“that they should seek God, and perhaps feel their way toward him and find him. Yet he is actually not far from each one of us” ACTS 27:17 (ESV)



Welcome to Trinity's prayer labyrinth.

We offer the labyrinth as a resource to help people open to God's presence and voice – to further develop their life of prayer, availing themselves to the work of the Holy Spirit in and through them. Walking the labyrinth in prayer is a technique that may be used for contemplative or centering prayer. For some, walking a prayer labyrinth helps them shed distractions and center on Christ – before, during and after their labyrinth walk.

We invite you to rest, quiet yourself, walk the prayer labyrinth, to listen and draw deeper to the heart of God.

Join in.

LABYRINTH WALK

- ❖ Shoes or no shoes - it doesn't matter.
- ❖ Before you enter the path, pause for a moment and ask God, the Holy Spirit, to be your guide and offer this time to God to be at work in you.
- ❖ Many people can be walking the labyrinth at the same time, but as a courtesy, allow space to develop between you and the person before you.
- ❖ If the person ahead of you stops on the path, you may walk around them or not, as you choose. If you have stopped for awhile and someone is behind you, you may step off the path to let them pass and then move back to your place.
- ❖ Finger labyrinths, pew benches and wheelchair accessible contemplation area are available for anyone wishing to participate while sitting.
- ❖ Most of all, enjoy this time of quiet and peace. Don't worry about "doing it



Enjoy this time of quiet and peace. Don't worry about "doing it right"

ABOUT LABYRINTHS

Some have confused a labyrinth with a maze. Mazes are designed to trick and confuse you with wrong-turns and dead ends. Labyrinths only have one path; you exit the same way you enter. No games. No puzzles. This journey is about centering on Christ, drawing closer to God and about returning to the world confident and aware of the Holy Spirit at work.

Trinity's portable labyrinth is a 7-circuit path based on the Chartres Labyrinth in France. Enjoy.

