

Good Friday



Good Friday is the day we acknowledge the reality of Christ's death on the cross. It is appropriate to engage in reflection as we quietly wait for the work of God to reveal itself in due time.

A Prayer Labyrinth is a path leading to the center, or **heart**, of a circular design and then back out the same way again.

There is only one path through a Labyrinth - it is not a maze. It is designed for a slow, deliberate pace - it is not a race.

As you move through the labyrinth, you end up moving closer and further from its **heart** again and again. Imagine this is a journey to the heart of God.

It is not a direct path, rather it is a twisting journey to the center. It is not meant to be fast, it is meant to be **transformative**.

Don't feel a sense of hurry, instead be **patient and wait on the Lord**. Recognize that this journey can be a metaphor for your life.

For this experience, we invite you to reflect on the image of '**coming out of the desert**' of Lent.
No one comes out of the desert the same they went in.

How have you met God over these past 40 days?
How has your experience of God strengthened and grown you?

Walking a Prayer Labyrinth involves 3 stages:
'Releasing', 'Receiving', and 'Returning'.

Releasing occurs as you move toward the center of the labyrinth.
During this time - release the cares, burdens and distractions of life and open your heart and mind to the voice of God.

Receiving occurs at the center of the labyrinth. During this time, "receive what is there for you" through listening prayer.

Returning occurs as you move outward. In this time, you prepare to return to life and to join God in God's work in the world.

