

Welcome to Easter Prayer Labyrinth 2020!

Created by Julia Fullerton

The Prayer Labyrinth that we usually walk has nine consecutive stations, connected by a prayerful walk to give you time to integrate the work done at each station. The pattern of the labyrinth path that we usually use is centuries old, takes up a lot of physical space, and would be very difficult to set up in your own home! So this one, that you walk in the space of your own homes, will inevitably be different!

God is both creative – creating everything! And physical – in the incarnation of Jesus. The Prayer Labyrinth attempts to give us an experience of God through both the physical and the creative elements.

For this 'Labyrinth' you are going to have to collect the things for each station for yourself. This can take a long time, so it might feel a little overwhelming to do it all at once. You're invited to think creatively. Maybe you could do one station a day? Even one a week? Maybe you could have different members of your household setting up different stations in different rooms? If you do it all in your head, without the physical component, it becomes a different experience altogether, so do please try to set something physical up for yourself.

So ... first of all, you need a 'sacred space' – a space that is set apart for this labyrinth experience where you won't be disturbed. This might be really difficult at the moment. Again, you're invited to think creatively around this, and maybe do it alongside your children, or partner, and make it a more communal experience than a purely personal one; or you could wait till everyone else is asleep, or watching a movie.

In this space, you will need somewhere comfortable to sit and contemplate, and it will be really helpful to turn your phone onto silent. It might help you to have things in the space that particularly connect you with God, such as flowers, a candle, a cross. If you choose a candle, please remember to blow it out before you leave the space!

You will need paper and pen for writing (I usually cut an A4 piece of paper into 4, so you don't feel overwhelmed by all the writing space!). You may also like to have coloured pencils for any other creative work, or glue, stickers, glitter, paint ... depending on your creative bent. You will also need a mirror. A hand held one will be fine :)

There will be instructions provided for each station and what resources are needed. There are also pictures, quotes and scriptures that are there to prompt you and help you to focus and on the experience. At any given station, you may like to spend time with everything provided or you may like to spend time with just a selection. Do what works best for you!

Resources for Station 1

For this station, you will need to collect a sweatband, or equivalent, a mirror, and paper and pen.

Station 1

Competition

You may like to put your sweatband on and take some time to look at your 'competitive' face in the mirror. As you look at your face, take time to consider your thoughts, your feelings and your behaviours both when you win and when you lose.

Also, you might like to look at the quotes on the following page before you look at the questions.

Questions to think about ...

How competitive are you?

What are you like when you win?

What are you like when you lose?

How do you respond in a non-competitive environment?

If you would like to, write or draw whatever comes up for you in both the winning and the losing sides of your life.

Please take as much time as you need to do this, and when you are ready, get up and make yourself a hot drink; the walk is part of the prayer process. Try to do this with as much 'presence' as possible, carrying an awareness with you of what you have just experienced. And when you're ready, prepare Station 2.

Resource for Station 1

Quotes:

Ultra competitive people who always need to win, end up enjoying things less. *David Niven*

I'm just ultra competitive. I will be till they put me in the grave. *Jerry West*

I'm a competitive person and I love the challenge of learning new things. *Sasha Cohen*

There are no gentlemen in anything competitive—you want to win. *Len Goodman*

If you're a competitive person that stays with you. You want to win. You always look over your shoulder.
Magic Johnson

A competitive culture endures by tearing people down. *Jules Henry*

I'm quite a competitive person so I quite like to win. *Hugh Jackman*

I'm competitive with myself but not with other people. I set goals for myself. I don't really care about winning or losing as long as I do my best. *Lucas Gabreel*

I'm a competitive person but I've never understood people's competitiveness at the expense of their colleagues. *Geraldine Ferraro*

Competition motivates and drives people to excel, and enables people to learn and benefit from their strengths and weaknesses. *Dr T.P. Chia*

Resources for Station 2

For this station, you will need to collect paper and pen. If it's possible, go out into the garden or the nature strip and find some daisies (enough to make a daisy chain 'crown')
If you can't find daisies, find a simple flower or two for this station.

Station 2

Innocence



Daisies speak of childhood and innocence. At this station you are invited to think about when you were innocent.

Do you know how to make a daisy chain? If you have collected daisies, you might like to make a daisy chain, and 'crown' yourself with innocence. If you can't make a daisy chain, you may like to pick a garden (or nature strip) flower and stick it behind your ear instead - and look at your 'child-self' in the mirror.

As you seek for, and find that innocent child within, you may like to write down the lovely things of innocence that you have lost as you have grown up.

Questions to think about ...

What do you remember about that time of innocence? Can you remember the way you thought? The way you felt emotionally? How you felt in and about your body?

How are things different now? In what ways has your innocence been lost?

Take some time to look at the photo for this station or something similar.

You may like to spend a little time bringing those innocent parts of you to Christ in prayer right now.

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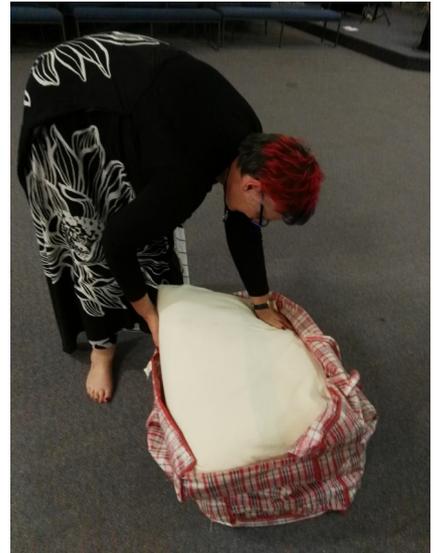
Resources for Station 3

For this station, you will need to find a crown, and paper and pen. If you don't have your own personal crown on hand, you may like to make one out of cardboard or paper, so you will need materials for that; possibly glue, stickers, paint, textas, crayons ...

Station 3

Power

You may like to put the crown on and look at yourself in the mirror. Take time to look at yourself wearing the power that a crown symbolises. How does your image of yourself change when you wear a crown?



Questions to think about...

What do you think gives someone power over others?

What do you think takes power away from people?

Who has/or has had power over you in your life?

Who have you had/or still have power over in your life?

What/who has taken power away from you?

How do you take power away from others?

How do you think you would be in the world if you had more power than you have right now? What if you were very powerful? How would you be then?

On your piece of paper, you are invited to decorate one side, with words and pictures (and stickers) for how you would like to think you would be if you had power, and on the other side, you are invited to write or draw how you suspect you might truly be if you were suddenly given a lot of power. Both sides may look the same, or they may look very different.

Please take as much time as you need to do this, and when you are ready, get up and make yourself a hot drink; the walk is part of the prayer process. Try to do this with as much 'presence' as possible, carrying an awareness with you of what you have just experienced. And when you're ready, prepare Station 4.

Resources for Station 4

For this station, you will need to collect something prickly, thorny, or spiky. You may need to go for a walk to find something. You will also need paper and pen.

Station 4

Pain

You might like to pick up and feel what you collected on your walk. If it's possible to do so, you might like to attempt to make a crown out of what you've collected. You may want to put it on your head (gently) and see yourself wearing the pain. Please don't hurt yourself. This is not a place for punishment, but for seeing, feeling, and understanding.



If you are not able to make it into a crown, just hold it in your hands and feel the spikes, thorns or prickles.

You might like to look at your face as you remember, through contact with this object, the pain of your life. Take as much time as you need to look deeply into your face of pain, and when you are ready, ask yourself the questions to think about.

Questions to think about ...

Who/what has caused you pain in your life?

How was this done?

How did it feel?

In whose life have you caused pain? How did you cause it?

What pain do you think you have caused yourself? How did you cause it?

You may like to write down on your paper whatever has come up for you here.

Please take as much time as you need to do this, and when you are ready, get up and make yourself a hot drink; the walk is part of the prayer process. Try to do this with as much 'presence' as possible, carrying an awareness with you of what you have just experienced. And when you're ready, prepare Station 5.

Resources for Station 5

For this station, you will need to collect a cross. It may be any size, and made of anything. Also, you will need bread and wine, or something that represents communion for you.

Station 5

Communion

Please take as much time as you need to read the scripture (below), and contemplate it in the light of the experiences you have had at the previous stations.

If there is anything from the previous stations that you would like to put down here at the cross, please feel free to. Ask God to heal, or free you from whatever you are leaving here, and as you take communion, know and understand that this is exactly what God wants to do.

Please take as much time as you need to do this, and when you are ready, get up and make yourself a hot drink; the walk is part of the prayer process, Try to do this with as much 'presence' as possible, carrying an awareness with you of what you have just experienced. And when you're ready, prepare Station 6.



Isaiah 53

Who would have believed what we just heard?

When was the Lord's power revealed through him?

He sprouted up like a twig before God, like a root out of parched soil; he had no stately form or majesty that might catch our attention, no special appearance that we should want to follow him.

He was despised and rejected by people, one who experienced pain and was acquainted with illness; people hid their faces from him; he was despised, and we considered him insignificant.

But he lifted up our illnesses, he carried our pain; even though we thought he was being punished, attacked by God, and afflicted for something he had done.

He was wounded because of our rebellious deeds, crushed because of our sins; he endured punishment that made us well; because of his wounds we have been healed.

All of us had wandered off like sheep; each of us had strayed off on his own path, but the Lord caused the sin of all of us to attack him.

He was treated harshly and afflicted, but he did not even open his mouth.

Like a lamb led to the slaughtering block, like a sheep silent before her shearers, he did not even open his mouth.

He was led away after an unjust trial — but who even cared?

Indeed, he was cut off from the land of the living; because of the rebellion of his own people he was wounded.

They intended to bury him with criminals, but he ended up in a rich man's tomb, because he had committed no violent deeds, nor had he spoken deceitfully.

Though the Lord desired to crush him and make him ill, once restitution is made, he will see descendants and enjoy long life, and the Lord's purpose will be accomplished through him.

Having suffered, he will reflect on his work, he will be satisfied when he understands what he has done.

"My servant will acquit many, for he carried their sins.

So I will assign him a portion with the multitudes, he will divide the spoils of victory with the powerful, because he willingly submitted to death and was numbered with the rebels, when he lifted up the sin of many and intervened on behalf of the rebels."

Resources for Station 6

For this station, you will need the prickly, thorny, or spiky thing you collected for Station 4. You will need a bandage, or some soft material. You will also need paper and pen.

Station 6

Healing

You may like to pick up your prickly/spiky/thorny object and cover its sharpness with the softness of your bandage, or material. Take as much time as you need to do this gently and carefully.

When you have done this, you may want to put it on your head and look at yourself. You may just like to hold it in your hand and look at your face. What is it like to see yourself wearing the healing of your pain.

There are also some scriptures to read (below).

Questions to think about ...

How has God alleviated (made less severe) your pain?

Whose pain have you alleviated?

How do you alleviate the pain of others?

How/where do you see around you in the world that people alleviate the pain of others?

Is there any new way that you can see to alleviate pain in the world?



Please take as much time as you need to do this, and when you are ready, get up and make yourself a hot drink; the walk is part of the prayer process. Try to do this with as much 'presence' as possible, carrying an awareness with you of what you have just experienced. And when you're ready, prepare Station 7.

Galations 6:2

Carry one another's burdens, and in this way you will fulfil the law of Christ.

James 1:27

Pure and undefiled religion before God the Father is this: to care for orphans and widows in their adversity and to keep oneself unstained by the world.

Acts 6:1 - 6

Now in those days, when the disciples were growing in number, a complaint arose on the part of the Greek-speaking Jews against the native Hebraic Jews, because their widows were being overlooked in the daily distribution of food. So the twelve called the whole group of the disciples together and said, "It is not right for us to neglect the word of God to wait on tables. But carefully select from among you, brothers, seven men who are well-attested, full of the Spirit and of wisdom, whom we may put in charge of this necessary task. But we will devote ourselves to prayer and to the ministry of the word." The proposal pleased the entire group, so they chose Stephen, a man full of faith and of the Holy Spirit, with Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolas, a Gentile convert to Judaism from Antioch. They stood these men before the apostles, who prayed and placed their hands on them.

Jeremiah 17:14

Lord, grant me relief from my suffering so that I may have some relief;
rescue me from those who persecute me so that I may be rescued, for you give me reason to praise!

Resources for Station 7

For this station, you will need the crown you used in Station 3, and paper and pen.

Station 7

Rule

Take time to read and contemplate the scriptures (below), then you might like to put your crown on and look at yourself in the mirror with the scriptures in mind. How do you see yourself in this light?

Questions to think about ...

How would God's reign, or God's rule be best expressed in you if you were to rule with him over

The natural earth?

Government of the people of earth?

The heavenly realms?

The church?

How do you think you earn one of these crowns?

You may like to use the paper and pen to record anything you want to take away with you and continue to hold up to God.

Please take as much time as you need to do this, and when you are ready, get up and make yourself a hot drink; the walk is part of the prayer process. Try to do this with as much 'presence' as possible, carrying an awareness with you of what you have just experienced. And when you're ready, prepare Station 8.

Genesis 1:27 - 31

God blessed them and said to them, "Be fruitful and multiply! Fill the earth and subdue it! Rule over the fish of the sea and the birds of the air and every creature that moves on the ground." Then God said, "I now give you every seed-bearing plant on the face of the entire earth and every tree that has fruit with seed in it. They will be yours for food. And to all the animals of the earth, and to every bird of the air, and to all the creatures that move on the ground—everything that has living breath in it—I give every green plant for food." It was so.

God saw all that he had made—and it was very good!

James 1:12

Happy is the one who endures testing, because when he has proven to be genuine, he will receive the crown of life that God promised to those who love him.

2 Timothy 4:5 - 12

You, however, be self-controlled in all things, endure hardship, do an evangelist's work, fulfil your ministry. For I am already being poured out as an offering, and the time for me to depart is at hand. I have competed well; I have finished the race; I have kept the faith! Finally the crown of righteousness is reserved for me. The Lord, the righteous Judge, will award it to me in that day—and not to me only, but also to all who have set their affection on his appearing.

1 Peter 5:1 - 4

So as your fellow elder and a witness of Christ's sufferings and as one who shares in the glory that will be revealed, I urge the elders among you: Give a shepherd's care to God's flock among you, exercising oversight not merely as a duty but willingly under God's direction, not for shameful profit but eagerly. And do not lord it over those entrusted to you, but be examples to the flock. Then when the Chief Shepherd appears, you will receive the crown of glory that never fades away.

Revelation 4:1 - 4

After these things I looked, and there was a door standing open in heaven! And the first voice I had heard speaking to me like a trumpet said: "Come up here so that I can show you what must happen after these things." Immediately I was in the Spirit, and a throne was standing in heaven with someone seated on it! And the one seated on it was like jasper and carnelian in appearance, and a rainbow looking like it was made of emerald encircled the throne. In a circle around the throne were twenty-four other thrones, and seated on those thrones were twenty-four elders. They were dressed in white clothing and had golden crowns on their heads.

1 Timothy 3:1 - 7

This saying is trustworthy: "If someone aspires to the office of overseer, he desires a good work." The overseer then must be above reproach, the husband of one wife, temperate, self-controlled, respectable, hospitable, an able teacher, not a drunkard, not violent, but gentle, not contentious, free from the love of money. He must manage his own household well and keep his children in control without losing his dignity. But if someone does not know how to manage his own household, how will he care for the church of God? He must not be a recent convert or he may become arrogant and fall into the punishment that the devil will exact. And he must be well thought of by those outside the faith.

Resources for Station 8

For this station, you will need paper and pen. If it's possible, go out again into the garden or the nature strip and find enough daisies to make a daisy chain 'crown', or find a flower for your ear (you may still have the one from Station 2). You will also need the paper you wrote on at Station 2.

Station 8

Becoming a child again

When you have your daisy chain, or something that represents innocence for you, you might like to put it on and look at yourself in the mirror.

As you contemplate the scriptures (below), you may like to take time to remember yourself as a child, and look for that child in this face in the mirror.

You may like to look again at those things you wrote down at Station 2, and to ask God to restore to you the innocence of your youth. Ask him to show you how to become a child again.

You might like to write down anything that has come up for you at this station.

Questions to think about ...

What do you think it means to be childlike? And what does it not mean?

How are you child-like in the world?

How do you receive the Kingdom of God in this child-like place in you?

How do you know the belonging of the Kingdom in this place?

Do you have any other thoughts and feelings around this?

Please take as much time as you need to do this, and when you are ready, get up and make yourself a hot drink; the walk is part of the prayer process. Try to do this with as much 'presence' as possible, carrying an awareness with you of what you have just experienced. And when you're ready, prepare Station 9.

Mark 10:13 - 16

Now people were bringing little children to Jesus for him to touch, but the disciples scolded those who brought them. But when Jesus saw this, he was indignant and said to them, "Let the little children come to me and do not try to stop them, for the kingdom of God belongs to such as these. I tell you the truth, whoever does not receive the kingdom of God like a child will never enter it." After he took the children in his arms, he placed his hands on them and blessed them.

Matthew 18:1 - 6

At that time the disciples came to Jesus saying, "Who is the greatest in the kingdom of heaven?" He called a child, had him stand among them, and said, "I tell you the truth, unless you turn around and become like little children, you will never enter the kingdom of heaven! Whoever then humbles himself like this little child is the greatest in the kingdom of heaven. And whoever welcomes a child like this in my name welcomes me."

Resources for Station 9

For this station, you will need your sweatband, your mirror, and paper and pen.

Station 9

God's work

You may like to put your sweatband on and take some time to look at your 'work' face in the mirror. You might like to contemplate the scriptures in your Resource Kit as you look at your face. Take time to consider your thoughts, your feelings and your behaviours both when you love your work and feel successful, and when you don't. Look at your face in the mirror and ask yourself the questions to think about.

Questions to think about ...

What area do I put most effort into in my spiritual life?

Is there an area in my spiritual life that just feels too hard for me right now?

Is there another area that God might want me to move into?

How hard am I willing to work in the area that God has me in right now?

What balance do I have in my spiritual life between work, rest and play?

Please take as much time as you need to do this, and when you are ready, get up and make yourself a hot drink. The walk is part of the prayer process, so try to do this with as much 'presence' as possible. This is the end of the Stations.

Usually, we have a prayer table at the end of the labyrinth walk, for you to sit at and pray at, and to write down anything you want. You can still write yourself a prayer or you can email your prayer to the office for the ministry staff to receive. If you would like to, come back to this sacred space and spend more time with God and yourself whenever you feel a desire to, or make for yourself another sacred space somewhere in your house, where you can retire to whenever you need.

Ephesians 4:11-13

And he himself gave some as apostles, some as prophets, some as evangelists, and some as pastors and teachers, to equip the saints for the work of ministry, that is, to build up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God—a mature person, attaining to the measure of Christ's full stature.

Romans 12:1- 8

Therefore I exhort you, brothers and sisters, by the mercies of God, to present your bodies as a sacrifice—alive, holy, and pleasing to God—which is your reasonable service. Do not be conformed to this present world, but be transformed by the renewing of your mind, so that you may test and approve what is the will of God—what is good and well-pleasing and perfect. For by the grace given to me I say to every one of you not to think more highly of yourself than you ought to think, but to think with sober discernment, as God has distributed to each of you a measure of faith. For just as in one body we have many members, and not all the members serve the same function, so we who are many are one body in Christ, and individually we are members who belong to one another. And we have different gifts according to the grace given to us. If the gift is prophecy, that individual must use it in proportion to his faith. If it is service, he must serve; if it is teaching, he must teach; if it is exhortation, he must exhort; if it is contributing, he must do so with sincerity; if it is leadership, he must do so with diligence; if it is showing mercy, he must do so with cheerfulness

