

Waiting 104

Read, or listen to, “Days” 22-28 of “Waiting on God”

Listen to it free online: https://archive.org/details/waitingongod_cs_librivox

Read it free online: <https://www.turnbacktogo.com/wp-content/uploads/2011/08/Waiting-On-God-Andrew-Murray.pdf>

Practice: The Sacred Walk

<https://labyrinthlocator.org/world-wide-labyrinth-map/>

<https://labyrinthprayer.com/wp-content/uploads/2020/10/LabIntroBiblioLinks.pdf>

The concept of a walking a labyrinth for spiritual purposes has existed longer than the Christian faith. But, there is evidence Christians adopted and redeemed this practice since at least the fourth century (a labyrinth is found in the ruins of a Church in Africa from the mid 300s AD). Most prayer labyrinths are circular in design with a singular pathway leading from the outside to the center. However, the pathway meanders. At different times in the journey you will find yourself physically closer or further away from the center.

In Christian practice, this has served to represent the life of faith. The goal is unity with Christ, to be fully present with him, represented by the center of the labyrinth. Often, as we begin our faith, we feel very close to Jesus. But as we walk the path, many Christians experience a sensation of being further away. This can be disheartening. The Sacred Walk through a traditional prayer labyrinth helps us to physically recognize that being nearer and further away from the center, though meaningful, pales in comparison to the progress one makes with each step on the path. Each step, regardless of what point you are at in proximity to the center, actually brings you closer to the center.

Take time this week to practice the Sacred Walk. You can do this by simply tracing your finger on the image of a labyrinth on the reverse of this page. Or you can use the link above to locate a labyrinth near you. (Hint: there is one in a garden of healing at McLaren Medical Center in Clarkston, the whole garden is quite beautiful and worth a visit.)

As you progress through the labyrinth, be sure to traverse slowly and methodically. One idea is to stop at each turn and take time to pray. Seek God in hope that God is near. Remind yourself that God promises to be with you on the whole journey of life. Ask yourself, “How have I seen God near to me in times past, or right now?” When you get to the center, spend an extended period of time in silence before the Lord. Meditate on God’s promised nearness and be attentive to the Holy Spirit speaking to you as you sit in God’s presence.

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