

Lent One: *Prayer & Simplicity*

Lent I Scripture Reading: Matthew 4:1

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.



Labyrinth Meditation

Artist of souls, you sculpted a people for yourself out of the rocks of wilderness and fasting. Help us as we take up your invitation to prayer and simplicity, that the discipline of these forty days may sharpen our hunger for the feast of your holy friendship and whet our thirst for the living water you offer through Jesus Christ. Amen.

*"Lenten Labyrinth" Mike Moyers, Author of Meditation Unknown

Walking the Labyrinth

A labyrinth walk is very simple.

There is no right or wrong way to walk.

Every labyrinth walk is different.

"You just begin, and the doing teaches what you need to know." Barbara Brown Taylor

You may find this guideline helpful:

- ④ Find the open entrance and slowly follow the twisting and winding path to the center.
- ④ Once in the center, remain standing or sitting as long as you desire.
- ④ When ready, start back out the path and follow it to where you first

For More Info contact:

Labyrinth@stjohnsec.org

Lent 2 Scripture Reading: John 3: 8

*The wind blows where it chooses, and you hear the sound of it,
but you do not know where it comes from or where it goes.
So it is with everyone who is born of the Spirit.*



Lauren Wright Pitman 2016

Labyrinth Meditation

*Blow, wind of God,
Blow away the tight rules
that hold me back from trusting, risking, loving
Equip me with courage and vision for
the new thing that waits around the corner
We cannot choose the stories we have inherited
But we can choose the stories that we become. Amen.*

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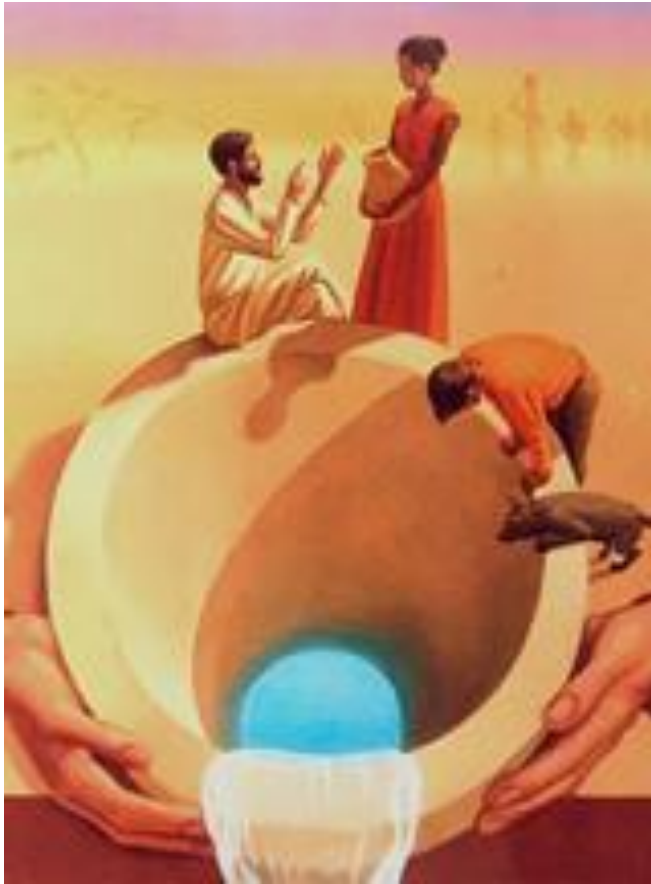
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Lent Three: *Living Water*

Lent 3 Scripture Reading: John 4:1-1b
"Sir...where do you get that living water?"



"Christ at the Well" by Peter Koenig, 20th Century

Labyrinth Meditation:

*Enduring Presence,
Pour your love into our hearts,
That, refreshed and renewed,
We may invite others to the living water
Given to us in Jesus Christ our Lord. Amen.*

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Lent Four: *Be still and know that I am God!*

Lent 4 Scripture Reading: Ephesians 5:8

“For once you were darkness, but now in the Lord you are light. Live as children of light.”



Put yourself in the painting* and remain in Christ's presence for a few minutes.

Labyrinth Meditation:

*Thank you, God, for invitations to see.
Help us to see things anew each day,
seeing people how you see people.*

Amen.

*"Blind Beggar" by Bastien-Lepage, Jules, 1848-1884

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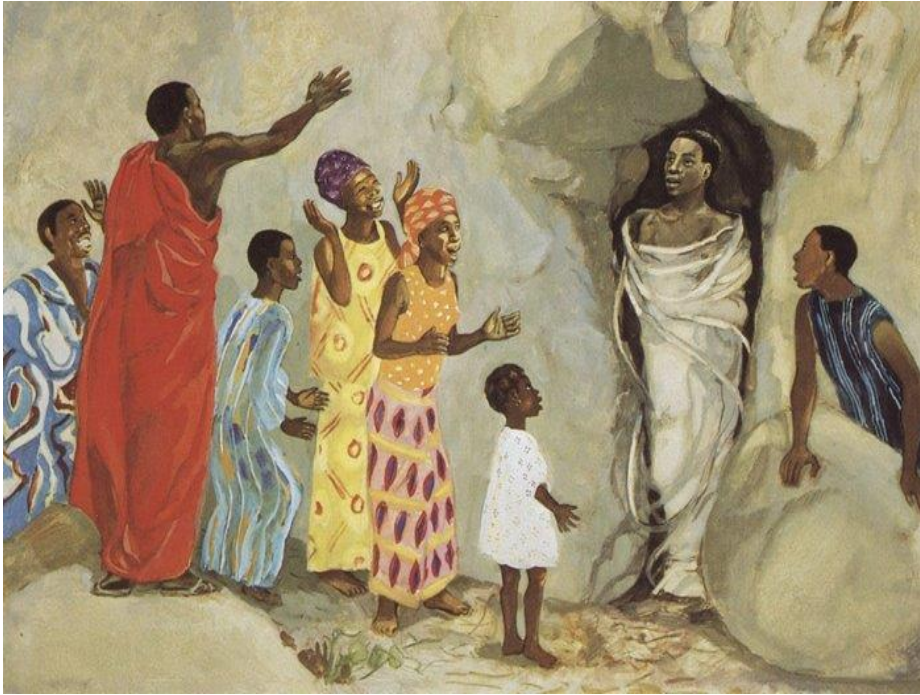
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Lent Five: *Come Out!!!*

Lent 5 Scripture Reading: Ezekiel 37:4b

"O dry bones, hear the word of the LORD!"



"Jesus Raises Lazarus to Life" by Jesus Mafa 1973

Labyrinth Meditation

*God, you know our faults
and yet you promised to forgive,
Keep us in your presence
and give us your wisdom.
Open our hearts to gladness,
Call dry bones to dance,
And restore to us the
joy of your salvations. Amen.*

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