Lenten Meditations

for a Self-Guided Labyrinth Walk

This brochure provides some brief meditations suitable for walking the labyrinth during the season of Lent. These are only suggestions, as always, let the Spirit guide you in this season of reflection and renewal as we Walk Toward the Cross. These meditations are adapted from:

"The Lenten Labyrinth: Daily Reflections for the Journey of Lent" by Edward Hayes.

Ash Wednesday

"Remember that you are dust and to dust you shall return."

Ash Wednesday challenges us to ponder the reality we most dread to consider: our own death. The journey of the labyrinth and the way of the disciple of Christ begins with the task of seriously reflecting on one's own death, embracing it so that one can truly embrace life.

Suggestion: Carry a small handful or bag of dirt as you walk the labyrinth and scatter it in the garden after you finish your walk. Or take it with you as a daily reminder to treat these next 40 days as significant.

First Week of Lent

Labyrinths are over 4000 years old. The original ones appeared in the middle of the 3rd century B.C.E. in Egypt. Nearly all labyrinths were intended to be maze-like maps reflecting a person's journey to God. As Lent begins, ask yourself where you are on this ancient map. A journey to God today is not some long linear path, but more like a complicated labyrinth. Ask yourself: "Where am I going?" This great Lenten journey will hopefully teach you a calm assurance as you walk a pathway in which you often can see no further than a day or so ahead.

Second Week of Lent

In Matthew 17:1-9 Jesus took Peter, James and John to a mountiantop and was trasfigured before them. In the bustle of our daily lives, it is important to create time and space to "go to the mountains," perhaps with a labyrinth walk, so that we too, like Jesus, can hear the Voice: "You are my beloved." Whenever you take time for prayer, especially in silence, you climb a mountain even if you only enter your bedroom or a quiet place like the labyrinth. Prayer is the sacred mountain available to all who find time for it.

Third Week of Lent

In John's Gospel, a weary Jesus pauses to rest at Jacob's well and asks a Samaritan woman for a drink. He speaks to her of "living water" and admits to her that he is the Messiah. If Jesus rested when he was weary, doesn't that give you permission to do the same? Lent is a time to slow down, reflect. Begin now to make time for yourself. Find time to pray, time to spend with family and friends. Remember: you begin each day with all the time in the world. If you lack time for the truly essential things in life, then consider making new priorities. You can choose how to spend your time. Take time now to examine how to budget your bank account of time.

Fourth Week of Lent

In John 9, Jesus cured a blind beggar and in Ephesians 5:8 Paul writes, "There was a time when you were in darkness, but now you are in the light of God. Well, then, live as children of light." The blind beggar was a child of darkness, blind from birth. He was made a child of light by Jesus in more ways than sight. Ask yourself in what ways you might be blind. Do you blind yourself to injustices in your community or the world? Are you God-blind? Are you able to see God's glory, which Isaiah said filled all of heaven and earth? Take time, perhaps with your eyes closed, to quietly explore the various ways in which you are unseeing.

Fifth Week of Lent

As you enter into this final stage of Lent, reflect on how you and everyone born into this life journeys through the labyrinth of death. Remember that after the trials of upcoming Holy Week, the Resurrection is at hand and remember Jesus' own words to Martha after the death of Lazarus; "I am the Resurrection and the life: whoever believes in me, even though they should die, will come to life and whoever is alive and believes in me will never die." Hold onto those words and allow them and your love of God to lead you out of the fear of death.

For More Information about:

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DAMASCUS
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For more information about labyrinths in general, visit:

Veriditas.org
Labyrinthsociety.org
Labyrinthonline.com

The Stations of the Cross and devotional brochure will be available in the labyrinth for Holy Week.