

Labyrinth

by Kelly McFadden

Be still, and know that I am God! I will be exalted among the nations; I will be exalted in the earth. — Psalm 46:10

Prayer labyrinths have long been utilized worldwide. These mazes do not offer dead ends, wrong turns, or endless complications. In fact, prayer labyrinths are designed to help those walking through them focus their minds and reflect on their own lives.

The labyrinth at Grace Cathedral in San Francisco has three stages. The first is purification or releasing. As you enter the labyrinth the hope is that the details and distractions of life will be released and your heart and mind becomes open to God. The second stage is illumination or receiving. The center of the labyrinth is a place for prayer and meditation, a chance to hear the Word of God. The third and final stage is union, the act of returning to God with new empowerment and understanding.

The Psalmist in chapter 46 writes of the chaos and noise that surrounds him. This does not feel so far off from the world we live in today. It is so important to take time to release the pressures, chaos, fears and noise that can haunt and paralyze us. A part of being able to live in hope and confidence and hearing God's voice is meditating on the power, greatness, and infinite wonders of God.

This world never shuts down. How can you take time to step out of the clutter and be still?

GOING DEEPER:

1. Why can it be difficult to be still?
2. What happens in your life when you get caught in the chaos? Take five minutes right now to be still, to be in awe of your creator.

FURTHER READING:

Deuteronomy 10:12-22; Psalm 77:11-20; Matthew 17:5