

Hard Math

A Labyrinth Walk Guide | Luke 17:1–10

This week’s walk moves through three hard equations — watchfulness, forgiveness, and duty — and ends where Jesus ends: with a seed small enough to hold, and sufficient enough to trust. Walk at whatever pace your body needs. There is no correct speed, and no wrong way to arrive.

First time walking a labyrinth? A labyrinth is not a maze — there are no wrong turns and no dead ends. One path leads in, circles through, and leads back out. You cannot get lost. Let your pace slow naturally. If you meet another walker, simply step aside and let them pass, or wait — either is fine.

Inward — Walking the Path In

Releasing the ledger

As you begin walking toward the center, bring to mind the math you’ve been keeping — the score you track, quietly or not, on someone who has hurt you. Notice it without judging yourself for carrying it. Let each step loosen your grip on it, just slightly.

Breath Prayer

Inhale: “I release the count”

Exhale: “I do not have to keep it”

Reflection Prompt

What ledger am I still keeping? What would it feel like to set it down, even for the length of this walk?

Center — Resting in the Middle

Faith the size of a seed

Pause at the center for as long as you need. You do not have to arrive here with big faith. Rest in the truth that whatever faith you have — however small, however tired, however uncertain — is already enough to be met by God. There is nothing more required of you in this moment than to be here.

Breath Prayer

Inhale: “A seed is enough”

Exhale: “I am enough as I am”

Reflection Prompt

Where have I been waiting to feel like “enough” before I trusted that God could use me? What might it mean to trust the seed I already have?

Outward — Walking the Path Out

Plain duty, freely given

As you walk back out, think of the ordinary, unglamorous work that is yours to do this week — the plain duty, the quiet care, the tasks no one applauds. Let each step be a small act of returning to that work without needing it to be extraordinary. Consider, too, whether there is a boundary you need to walk out carrying — a place where forgiveness and safety both matter, and both can be true.

Breath Prayer

Inhale: “This is mine to do”

Exhale: “Let it be enough”

Reflection Prompt

What plain, ordinary work is mine to carry out into this week? What would it look like to do it without needing it to be impressive?

Closing Blessing

Go, small in faith and large in mercy. Go, watchful over the ones the world calls least. Go, doing the plain and ordinary work that is yours to do — not for applause, not to settle a score, but because it is enough. Amen.

*First Christian Church (Disciples of Christ) · Highland, Indiana
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