

Shaped from the Inside Out

Week Two

Galatians 5:16–26

Week of June 8, 2026

The labyrinth has always been a place of honest walking. You cannot rush it. You cannot skip ahead. You simply follow the path, one step at a time, letting the movement do what movement does — loosen what is held too tightly, open what has been closed, bring to the surface what has been buried.

This week we are sitting with a question from Galatians 5: *What is actually growing in me?* Not what we intend, not what we perform — but what is genuinely, quietly taking root. The labyrinth gives us space to ask that question without rushing toward an answer.

Three words will carry you through this walk: **Examine. Receive. Go.**

■ Movement One — The Walk In

EXAMINE

What is my life actually producing?

As you begin walking toward the center, bring your honest self with you. Not the curated version — the real one. The one who showed up on Tuesday and Wednesday and in the unguarded moments nobody planned for.

Paul's fruit list is not a checklist to measure yourself against. It is a mirror. Let it do what mirrors do. Walk slowly. Notice what surfaces.

A breath prayer for the walk in:

Inhale: "Show me what is growing..."

Exhale: "...without fear, without shame."

As you walk, hold one of these questions gently — not forcing an answer, just letting it accompany you:

Where in my life this week did love come easily — and where did it cost me something? Was there a moment when I chose patience, or lost it? What do the people closest to me see

growing in me that I might not see in myself?

■ Movement Two — The Center

RECEIVE

Stay close to the Source.

When you arrive at the center, stop. Stand still for a moment. Let the walking settle.

This is the place of receiving. Not striving — receiving. Paul's word at the end of Galatians 5 is not 'try harder.' It is 'keep in step.' Step with. Walk alongside. Stay near.

The Spirit is not waiting for you to get it together before showing up. The Spirit is already here. Already tending. Already growing things in you that you may not yet be able to see.

A breath prayer for the center:

Inhale: "You are already at work in me..."

Exhale: "...I release what I cannot grow myself."

While you are still, rest in one of these invitations:

Open your hands — literally, physically — as an act of releasing what you have been trying to manufacture on your own. Name it silently if you can. Then simply wait. Let the Spirit tend what you cannot. You are not finished. That is not a problem for God.

■ Movement Three — The Walk Out

GO

Let it show.

The walk out is not the same as the walk in. You have been examined. You have received. Now you go — back into the ordinary, remarkable life that is waiting for you.

The fruit of the Spirit is not for you alone. Fruit is always for someone else. It is meant to be seen, tasted, shared. The walk out is the sending.

Think of one person you will see this week who needs one of the fruits on Paul's list. Not a grand gesture — something small and real. Carry that person with you as you walk out.

A breath prayer for the walk out:

Inhale: "Grow in me what only you can grow..."

Exhale: "...and let it show."

At the threshold, before you step off the path:

Pause. Look back at where you have walked. You came in carrying questions. You were met at the center. You are leaving rooted in something deeper than your own effort. Carry that rootedness into the week. Keep in step. Stay close to the Source. And let what is growing in you show.

A Closing Prayer

Tend me, Lord.

Prune what is not of you.

Water what is.

And give me the patience

to trust what is growing

in the hidden places.

I cannot force the fruit.

But I can stay close to you.

That is enough.

Amen.

A Note for First-Time Labyrinth Walkers

The labyrinth is an ancient tool for prayer and contemplation — not a maze, not a puzzle, not a test. There is only one path, and it leads to the center and back out again. You cannot get lost.

Walk at whatever pace feels right. If others are on the path, simply step aside to let them pass. There is no right way to feel, no required experience. Simply walk, breathe, and be present to the One who is always present to you.