

# Labyrinth Walk Meditation

## Theme: Grace in the Fire

### Opening Centering

Before you step onto the labyrinth path, pause at the entrance. Take a few deep breaths. Feel your feet on the earth, grounding you. Whisper a simple prayer:

*"God, may Your grace meet me here, step by step."*

### Walking Inward – Releasing

As you walk toward the center, imagine that each step is a release. With every turn, let go of the burdens you carry:

- Worries that weigh you down.
- Questions that burn without easy answers.
- Pain that lingers in your heart.

As you release, imagine the fire of God's love refining you—not consuming you, but transforming you. Pause if you need to. Notice your breath. Notice your heartbeat. Trust that God walks with you.

### At the Center – Receiving

When you reach the center, pause and rest. This is holy ground.

Allow God's grace to wash over you, even in places of weakness or sorrow. Pray silently:

*"Your grace is enough. Your strength is made perfect in my weakness."*

Stay as long as you need. Simply be.

### Walking Outward – Returning

As you leave the center and follow the winding path back outward, imagine carrying God's grace with you.

Each step outward is a step into the world—strengthened, renewed, and reminded that even in the fire, you are never alone.

Hold this blessing close:

*"May God's grace be revealed in my weakness, and may my life reflect that grace to others."*

### Closing Prayer

Gracious God, thank You for walking with me through the fire, for refining me with love, and for filling me with strength I could not find on my own. May I walk back into my life carrying the peace and power of Your grace. Amen.