

# Lenten Labyrinth Walk

*4th Sunday of Lent / March 15, 2026*

“The Work of Imagination” Series

“Accountable Leadership”

An Outdoor Walking Guide for Individual Use

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## BEFORE YOU BEGIN

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Find the entrance to the labyrinth and pause. Stand still for a moment. Feel the ground beneath your feet. Notice the air around you — its temperature, its movement, its smell. Let your shoulders drop. Unclench your jaw. Take three slow, deep breaths.

You are not here to accomplish anything. You are not here to do it right. A labyrinth is not a maze — there are no wrong turns, no dead ends, no way to get lost. There is only one path, and it will lead you in, and it will lead you out.

What you bring to this walk is enough. Who you are right now is enough.

*When you are ready — begin.*

## OPENING CENTERING PRAYER

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*Pray this quietly at the entrance before you step onto the path:*

### **Good Shepherd,**

I come to this path the way a sheep comes home — a little tired, a little wandered, a little unsure of the way. Meet me here. Walk with me. I do not need to have the right words or the right thoughts. I only need to show up, and place one foot in front of the other, and trust that you are already here.

As I walk, speak to me. Not necessarily in words — but in stillness, in breath, in the slow turning of this path. Let this walk be a prayer my body offers when my mind does not know what to say.

I am listening. Amen.

## THE WALK IN

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*Moving toward the center — the journey of releasing*

The walk inward is a walk of letting go. With each step, you are invited to release something — a worry, a weight, a role you have been carrying, a question that has been pressing on you. You do not need to solve anything on the way in. You only need to walk, and breathe, and open your hands a little.

As you wind toward the center, carry these reflections gently — not as problems to solve, but as honest companions for the journey:

### ■ Reflection 1 — Noticing the Weight

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*Somewhere in the early turns of the path:*

Ezekiel's word to the shepherds of Israel was sobering: God sees who is being cared for and who is being neglected. As you walk, ask yourself honestly —

*Where have I been feeding myself at the expense of others? Where have I used my energy, my influence, or my attention primarily for my own benefit — in my family, my work, my community, or my faith?*

You do not need to answer with guilt. Simply notice. Name it quietly. And keep walking.

### ■ Reflection 2 — The Ones Left Behind

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*Somewhere in the middle turns of the path:*

God notices the weak, the sick, the injured, the strayed, the lost. These are not categories — they are people. Real, specific, vulnerable people in your life right now.

*Who comes to mind when you hear that list? Who in your world might be feeling unseen, overlooked, or left behind? What has kept you from reaching out?*

Let the question walk with you. You do not need to fix it here. Simply let yourself see it.

## ■ Reflection 3 — The Voice You Follow

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*As you draw closer to the center:*

Jesus says the sheep know the shepherd's voice — and they will not follow a stranger's. We live in a world full of competing voices, all claiming to be worth following. Some of them are loud. Some of them sound reasonable. Some of them have been with us so long we have forgotten to question them.

*Whose voice have you been following lately — in your decisions, your priorities, your sense of what matters? Is it the voice of the Good Shepherd, or is it another voice dressed up to sound like wisdom?*

Walk slowly here. This is a question worth sitting with.

## THE CENTER

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*A place of stillness and presence*

When you arrive at the center, stop. Stand still, or sit if that is possible. This is not the end — it is the heart of the walk. The place where you simply are.

There is nothing you need to do here except receive.

You are known here. Fully. Completely. The Good Shepherd knows your name — not just your first name, but your whole story. Your wanderings and your longings. Your failures and your faithfulness. Your weariness and your wonder.

Spend as much time here as you need. You might close your eyes. You might look up at the sky. You might simply breathe.

*If a word or image or feeling rises in you, notice it. Hold it gently. It may be a gift for the journey out.*

*When you feel ready — not rushed, but ready — turn and begin the walk out.*

## THE WALK OUT

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*Moving back toward the entrance — the journey of receiving and returning*

The walk outward is a walk of receiving. What has been given to you in the center — a word, a sense of peace, a renewed clarity, even just a quieter mind — carry it now as you make your way back into the world.

The path out is the same path in. But you are not the same person who walked in. Something has shifted, even if you cannot yet name it.

As you wind back toward the entrance, carry these reflections:

#### ■ Reflection 4 — The Good Shepherd's Way

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*Somewhere in the early turns of the walk out:*

Jesus defines good leadership not by power or position, but by sacrifice and presence. The good shepherd knows the sheep by name. Goes before them. Stays when it costs something.

*In the spaces where you have influence — your home, your workplace, your friendships, your community — what would it look like to lead more like the Good Shepherd this week? What is one small, concrete thing you could do differently?*

#### ■ Reflection 5 — Who Is the One?

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*Somewhere in the middle turns of the walk out:*

Jesus speaks of a shepherd who leaves the ninety-nine to go after the one who is lost. Not the group. Not the many. The one.

*Who is the one in your life right now? Who is the person who needs someone to notice them, to go after them, to simply show up?*

Let a name or a face come to mind. Hold it with care. And carry it with you as you walk back into the world.

#### ■ Reflection 6 — Sent

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*As you approach the exit:*

A labyrinth walk does not end at the exit. It ends when you have carried what you received back into your ordinary life — your kitchen, your car, your office, your neighborhood.

*What are you taking with you from this walk? What do you want to remember? What do you want to do?*

### AT THE EXIT

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Pause again at the threshold. Look back at the path you have walked — the winding, the turning, the slow journey in and the slow journey out.

This is what the life of faith looks like. Not a straight line. Not a ladder. A winding, returning, deepening path — walked in the presence of a Shepherd who has been with you every step.

## **CLOSING PRAYER**

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*Pray this quietly before you step back into the world:*

### **Good Shepherd,**

I came to this path with a full heart and I leave with something I did not have before — a little more stillness, a little more clarity, a little more trust that you are with me.

What I have seen on this walk, do not let me forget. Who I have thought of, move me toward them. What I have released, hold gently. What I have received, help me carry faithfully.

Send me back into the ordinary hours of this day as someone who has been found — and who is learning, slowly, to go find others.

I am yours. Lead on. Amen.

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*“I am the good shepherd. I know my own and my own know me.”*

— John 10:14

**You are known. You are found. You are sent.**

*Go in peace.*