

“Hate Your Family”

Luke 14:25–33

Week of July 26, 2026



BEFORE YOU BEGIN

This week's labyrinth walk holds the same tension as Sunday's text: what does it cost to follow, and what have we quietly let take first place? There is no need to resolve that question during this walk — only to carry it honestly.

Walk at whatever pace your body needs. If you lose your place on the path, simply continue — there is no wrong way to walk a labyrinth. Pause at the three movements below: the walk inward, the time at center, and the walk back outward.

SCRIPTURE TO CARRY WITH YOU

“For which of you, intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it?” (Luke 14:28)

MOVEMENT ONE — THE WALK INWARD

BREATH PRAYER

Breathe in: “What have I placed first...” Breathe out: “...that belongs to you alone?”

REFLECTION AS YOU WALK

As you move toward the center, let go of the need to arrive quickly. Notice anything you are gripping tightly — a relationship, a plan, a comfort, a fear. You do not have to release it yet. Simply notice it, and keep walking.

HARD SAYINGS

LABYRINTH WALK GUIDE

MOVEMENT TWO — TIME AT CENTER

BREATH PRAYER

Breathe in: "I have not finished counting the cost..." Breathe out: "...and you meet me here anyway."

REFLECTION AT CENTER

Rest here as long as you need. Ask honestly: what is the tower I am building? Do I have what I need to finish it — or am I building it alone, on a foundation I haven't counted? There is no wrong answer. Let the silence hold the question rather than rushing to resolve it.

MOVEMENT THREE — THE WALK OUTWARD

BREATH PRAYER

Breathe in: "Send me out still building..." Breathe out: "...one honest block at a time."

REFLECTION AS YOU LEAVE

As you walk back out, carry one honest sentence with you — not a resolution, just a next faithful step. What is one small, real thing you can offer this week toward the life you sense God calling you to build?

CLOSING BLESSING

Go now, still counting the cost, still building, still unfinished. May the God who calls you further than you planned to go walk with you from this path back into your week. Amen.