

Labyrinth Walk Guide

Brave New World • Week 5

“First Steps”

Acts 11:1–18 • May 4, 2026

Theme Word: Threshold

The labyrinth itself is a first step. Every turn is a threshold.

Breath Prayer

Inhale: “God goes before me.”

Exhale: “I will follow.”

Before You Begin — A Word at the Entrance

The labyrinth is not a maze. There are no dead ends, no wrong turns, no way to get lost. There is only one path — winding, doubling back, occasionally carrying you close to the center only to turn you away again — but it always leads in, and it always leads out. You cannot fail at this.

Peter stood at a threshold this week. God had given him a dream he didn’t ask for and a knock at the door he didn’t expect. And the Spirit said: *go. Do not hesitate.* Peter could not see what waited on the other side. He went anyway.

The labyrinth invites you into that same posture. You don’t need to know what waits around the next turn. You only need to take the next step. Let the path hold you. Let your feet do the praying.

Before you step in, take three slow breaths. On each exhale, release something you are carrying — a worry, a certainty, a question you’ve been gripping too tightly. Then cross the threshold.

A threshold intention:

“I cross this threshold as Peter crossed Cornelius’s door — not knowing what waits inside, but trusting the One who sent me.”

■ The Walk In — *Releasing*

As you begin the inward walk, you are walking the way Peter walked — toward something unfamiliar, step by step, not yet able to see the destination.

Notice what you are carrying as you walk. The things you are certain about. The boundaries you have drawn. The categories that organize your world into safe and unsafe, clean and unclean, us and them.

Peter carried centuries of formation into Cornelius's house. He didn't set it aside — he carried it in and let God work with it. You don't need to empty yourself before you enter. Bring what you have.

As you walk, sit with these questions:

What door have I been standing in front of, afraid to cross?

What is the "Cornelius" in my life — the person, the community, the situation I have been taught to keep at a distance?

What would I need to release to take the first step?

With each turn of the path, imagine setting something down. Not abandoning your convictions — but loosening your grip on certainty enough to let God surprise you.

■ The Center — Arriving

You have arrived. Stand here as long as you need.

This is the moment Peter stood in Cornelius's house and looked around the room. All those faces. All that unfamiliarity. And then — the Spirit fell.

The center of the labyrinth is where you stop trying to figure out what is happening and simply let it happen. It is the place of arrival before you fully understand what you have arrived at.

Peter said something in that room that we would do well to memorize: "*Who am I to stand in God's way?*" At the center, let that question become a prayer.

Sit with these questions at the center:

Where is the Spirit already at work in the places and people I have been avoiding?

What would it mean to stop standing in God's way?

What is God already doing that I have not yet had the courage to name?

When you are ready, do not rush your turning. Face each direction once before you begin the walk out — north, east, south, west — as a small act of surrender to a God who is at work in every direction you have not yet walked.

Breath Prayer

Inhale: “You are already there.”

Exhale: “Who am I to stand in your way?”

■ The Walk Out — *Returning*

The walk out is Peter going back to Jerusalem.

He had taken the first step. He had watched the Spirit fall. And now he had to return to his own people and tell the story of what he had seen — knowing they would question it, challenge it, demand an explanation.

The outward walk is where we practice the second kind of courage: not just the courage to go, but the courage to come back and tell the truth of what happened.

As you walk out, begin to form the story you will carry with you. Not necessarily a story you will tell out loud — though perhaps that too — but the story you will live this week in small, concrete, first-step-sized ways.

As you walk out, hold these questions:

What is the one first step I am willing to take this week?

Who in my life needs me to cross their threshold — to show up, reach out, or say the thing I have been afraid to say?

What story has God been writing in me that I am finally ready to tell?

With each step outward, let the path remind you: you are not returning to the same place you left. Something happened in here. The path changed you, even quietly, even just a little.

At the Exit — Before You Step Out

Pause at the threshold one more time — this time on your way out.

Look back at the path behind you. You came in carrying things. You were met somewhere in the winding middle. You are leaving differently than you arrived.

Peter walked out of Cornelius's house having watched the world get larger. His categories had expanded. His circle had widened. The brave new world had claimed a little more territory.

You carry the same possibility.

“God has already arrived at the place you are afraid to enter. Your only job is the first step.”

Go in courage. Go in grace. Go as a person who has just remembered that God goes before you — always already present in every unfamiliar room, every unexpected face, every threshold you have been afraid to cross.

Breath Prayer

Inhale: “God goes before me.”

Exhale: “I will follow.”

A Closing Prayer

*God of visions and open doors —
thank you for the path that held us.*

*Thank you for the turns we didn't expect,
the center we were not sure we would reach,
the way out that feels, somehow, like a way in.*

*Give us the courage of Peter —
not just to take the first step,
but to keep walking when the path turns strange,
to stand in unfamiliar rooms and say:
this is what God is doing. I will not stand in the way.*

*Send us out as people who have been on a path.
Changed, even quietly. Brave, even trembling.*

Ready for the next first step.

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 and no required experience. Simply walk, breathe, and be present to the One who is always present to you.

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