



A SUMMER LABYRINTH WALK

A Guide for Walking, Praying, and Listening

The labyrinth is not a maze. There is no wrong turn. There is only the path — and the One who walks with you.

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Welcome to the Walk

Summer is a season of light and growth — long days, open skies, the unhurried turning of the world toward warmth. It is a season that invites us to slow down, to notice what is growing in us, to listen beneath the noise of busyness.

The labyrinth has been used for centuries as a tool for prayer and reflection. Unlike a maze, a labyrinth has a single path: it winds inward to the center, and then winds outward again. You cannot get lost. You can only keep walking.

Today you are invited to walk that path — not to arrive somewhere, but to be present along the way. Bring whatever is weighing on you. Bring whatever you are hoping for. Bring your questions, your gratitude, your grief, your wonder. The path will hold it all.

You do not need to do this perfectly. You only need to show up.

Before You Begin

PREPARING YOUR BODY

Remove your shoes if you are able and willing — feeling the ground beneath your feet can deepen your awareness of the present moment. If you prefer to keep them on, that is entirely fine.

Stand at the entrance for a moment before stepping in. Take three slow breaths. With each breath, release something you are carrying — a worry, a distraction, a to-do list item. Let your shoulders drop. Let your pace settle.

PREPARING YOUR HEART

There is no right way to pray on the labyrinth. Some people walk in silence. Some hold a question. Some repeat a word or phrase. Some simply notice — the warmth of summer air, the sound of wind, the feel of the path underfoot.

You are welcome to pause anywhere on the walk. You are welcome to sit in the center for as long as you need. You are welcome to walk slowly, or to stand still, or to turn your face toward the sky.

A NOTE ON OTHERS

If others are walking the labyrinth at the same time, simply step gently to one side to let them pass. The labyrinth is a shared sacred space — a small, slow community of walkers, each on their own path, each accompanied.

The Three Movements of the Walk

The labyrinth walk is traditionally understood in three phases. You may find it helpful to hold one theme for each movement — or you may simply walk and let whatever arises, arise.

Phase One: The Walk Inward

Releasing and Arriving

As you begin to walk, this is the time of releasing — letting go of what you do not need to carry into the center. In summer, we often rush from one full day to the next. This inward walk is an invitation to set things down.

You might name — silently or in a whisper — something you are releasing: an anxiety, a resentment, a grief that has been weighing on you. You might simply breathe and walk, letting the rhythm of your steps do the work.

| *What do I need to set down before I reach the center?*

Notice what is around you as you walk. Summer reminds us that growth is slow and unhurried. The trees did not rush their leaves. The light did not force the long days. You, too, are allowed to arrive slowly.

Phase Two: The Center

Resting and Receiving

When you arrive at the center of the labyrinth, you have arrived somewhere. Not at a destination you earned, but at a place of rest — a small clearing in the middle of the winding way.

Stay here as long as you need. Sit if you are able. Look up. Close your eyes. Open your hands — a posture of receiving.

What is God saying to me in this season of my life?

In summer, the light is longest here. Seeds planted in spring are beginning to fruit. This is a season of abundance and growth — but also of heat and weariness. You are allowed to rest. You are allowed to simply be still and held.

If a word, an image, a scripture, or a memory rises in you at the center — receive it gently. You do not have to analyze it or solve it. Simply hold it.

Phase Three: The Walk Outward

Returning and Carrying

When you are ready, begin to walk the path back out. The outward walk is the walk of return — back to the world, back to your life, back to the particular summer that is yours to live.

This is the time of carrying: what are you taking with you from this walk? A renewed intention. A sense of peace. A question that still needs sitting with. A word that felt like grace.

What am I being sent back to carry?

Summer calls us back outdoors — back into full, bright days. The outward walk reminds us that contemplation is not an escape from the world, but a preparation for it. You walk back out to love the people in your life, to tend what has been given to you, to pay attention.

Scripture Seeds for the Walk

You are welcome to carry one of these texts as a companion for your walk — repeating it slowly, sitting with a phrase, or simply holding it in the back of your mind.

“You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you.” — Isaiah 55:12

“Be still, and know that I am God.” — Psalm 46:10

“The Lord is my shepherd; I shall not want. He makes me lie down in green pastures, he leads me beside still waters.” — Psalm 23:1–2

“Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these.” — Matthew 6:28–29

“Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there.” — Psalm 139:7–8

Reflection Prompts

If you would like a more structured reflection, choose one of the following to hold throughout your walk — or use the journaling space on the back to write after you have walked.

FOR THE WALK INWARD

What has this summer asked of me that I did not expect? What have I been carrying that is heavier than I let on?

FOR THE CENTER

If I could hear only one thing from God in this season — one word, one reassurance, one invitation — what would I most need to hear?

FOR THE WALK OUTWARD

What is one small, concrete way I want to be more fully present to my life this summer? What would it look like to walk outward with intention?

A Summer Blessing for the Road

*May you be blessed in the long light of these days.
May you find rest when you are weary,
and courage when you are called.
May what is growing in you grow unafraid.
May the God who made summer
walk with you in every season of your living.*

Amen.



After the Walk: Reflection Space

Use this space to write, draw, or simply mark what arose during your walk. There is no right answer — only your own honest noticing.