

*Spirit Move — Series Finale*

# Founded On... What the Lord Requires

*Labyrinth Walk Guide*

July 6, 2026 | First Christian Church (Disciples of Christ) | Highland, Indiana

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*"He has shown you, O mortal, what is good — to do justice, to love kindness, and to walk humbly with your God."*

*Micah 6:8*

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## A Guide for the Walk

The labyrinth is an ancient path of prayer — not a maze to be solved, but a walk to be received. There are no wrong turns. The path will take you where you need to go.

Today's walk is organized around the three things Micah says the Lord requires: **justice, kindness, and humility**. Each movement of the walk carries one of these — outward, inward, and still. Walk at whatever pace feels right. Linger where you need to linger. Let the Spirit move.

Before you begin: take three slow breaths. Release what you carried in. You are not here to perform. You are here to walk.

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*Movement One*

## Do Justice

*The Walk Outward — Entering the Path*

## As You Begin Walking

The outward walk — from where you stand to where the path winds — is the walk of justice. Justice asks us to move toward what we'd rather avoid. It asks us to notice, to see clearly, to refuse the comfort of looking away.

As you walk the first movement, let your eyes be open. Notice the ground beneath your feet. Notice how the path bends and turns — sometimes away from where you thought you were going. Justice often feels like that. You think you know the way, and the path asks something else of you.

## Carry This Question

*Where in my life have I been looking away from what God is asking me to see? Who or what has been waiting at the edge of my attention — and what would it cost me to turn toward it?*

## Sit With This Image

*Think of the long arc of history bending toward justice — Frederick Douglass, Fannie Lou Hamer, John Lewis, and the countless unnamed ones who grabbed hold of the arc and pulled. You are walking in the same direction they walked. You are not the first, and you will not be the last.*

#### BREATH PRAYER

*Breathe in: "Lord, show me what I've avoided"*

*Breathe out: "give me courage to see"*

#### Movement Two

### Love Kindness

*The Walk Inward — Turning Toward the Center*

#### As the Path Turns

The labyrinth's turns bring you closer to the center even when it seems you are moving away. This is the movement of kindness — *hesed*, the Hebrew word beneath Micah's command. Stubborn, loyal, covenant love. The kind that shows up even when it isn't deserved, even when it isn't returned, even when every reasonable voice says it's time to stop.

As you walk the turning path, notice how the labyrinth keeps pulling you back. Every time the way seems to lead outward again, the path curves. *Hesed* is like that — it keeps returning, keeps reaching, keeps finding a way.

#### Carry This Question

*Who in my life needs my stubborn, unconditional kindness right now — especially someone from whom I expect nothing in return? What is one act of hesed I have been withholding?*

#### Sit With This Image

*God's kindness toward you did not wait for you to deserve it. It came before you asked, before you changed, before you found the right words. You are walking inside that same love right now. Let it reach the parts of you that are still waiting to be found.*

#### BREATH PRAYER

*Breathe in: "You love me with a love that will not let go"*

*Breathe out: "let me love others the same way"*

*Movement Three*

## Walk Humbly

*The Center — Stillness with God*

### Arriving at the Center

You have arrived. Not because you earned it or figured it out — but because the path brought you here. This is humility: the recognition that you did not make yourself, cannot save yourself, and do not need to. God is here. You are held.

Humility is the hardest of the three because it asks you to release the story you've been telling about yourself — the one where you are the hero, or the villain, or the one who has it figured out. In the center of the labyrinth, there is only this: you, and God, and the quiet.

Stay as long as you need. There is no rush. The path home will wait.

### Carry This Question

*What story about myself — or my country, or my church — am I being invited to hold more loosely?  
What would it feel like to release the need to be right, to be first, to be certain?*

### Sit With This Image

*A nation, a church, a life — none of them are founded once and finished. We are being founded still, every time we choose justice over comfort, kindness over contempt, humility over certainty. Standing in this center, you are not at the end of anything. You are at the beginning.*

### BREATH PRAYER

*Breathe in: "You are God, and I am not"*

*Breathe out: "and that is more than enough"*

### The Walk Home

When you are ready, begin the walk back out. The path is the same — but you are not. Carry what the center gave you. Walk out as someone still being founded, still being formed, still being moved by the Spirit who is always out ahead.

As you exit the labyrinth, carry one word from today's walk — **justice, kindness, or humility** — as your word for the week. Let it find you in the ordinary moments: at the table, at the intersection, in the conversation you didn't expect.

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### **A Closing Prayer for the Walk**

*Lord, you have shown us what is good. We walked toward justice, and found it was closer than we thought. We walked toward kindness, and found it turning back toward us. We walked into stillness, and found you already there. Send us now — founded again, formed again, moved again. Not finished. Not alone. Still walking. Amen.*

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