

Gratitude-Themed Labyrinth Walk for All Ages

Theme: “Gratitude That Grows Slowly”

Welcome & Introduction:

Gratitude doesn't always come easily. This labyrinth walk invites people of every age to explore gratitude as something that grows gently, one step at a time.

Before You Begin:

Take a deep breath. Notice how your body feels. Tell God: “I'm here. I'm listening.”

Walking In — Naming Our Honest Feelings:

As you walk inward or trace with your finger, name what you're really carrying today. There is no wrong feeling; God meets you as you are.

At the Center — Small Gratuities, Quiet Light:

Pause. Ask: What is one small thing I'm grateful for today? Hold that blessing in your heart.

Walking Out — Let Gratitude Flow Through You:

As you move outward, consider: What kindness can I share today? Who needs encouragement? What gentle act can I offer the world?

Closing Moment:

Place your hand over your heart. Pray: “Thank you, God, for meeting me on this path. Help me notice small mercies. Let gratitude grow gently in me.”

