

A Labyrinth Walk Guide

Before You Begin

Find a moment to be still before you step onto the path.

Take a breath. Let your shoulders drop. Let the week fall away — just for now.

The labyrinth is not a maze. There are no wrong turns, no dead ends, no getting lost. There is only one path, and it leads to the center, and then back out again. You cannot fail at this.

Which is, perhaps, its own kind of good news.

This Eastertide we are exploring what it means to live in the brave new world — the world that resurrection has cracked open. A world where locked doors are no longer the final word. Where peace arrives uninvited and unstoppable. Where ordinary, frightened people are sent out to carry that peace into every locked room they encounter.

The labyrinth is an ancient practice for exactly this kind of journey — inward, and then outward. Receiving, and then being sent.

Take one more breath.

And step onto the path.

The Walk In — Releasing

The path to the center

As you begin walking toward the center, you are walking the way of the disciples — moving through fear toward something you cannot yet fully see.

Notice what you are carrying today. The worries. The questions. The things that feel too heavy. The locked rooms you have built around yourself or that have been built around you.

You do not have to solve any of it right now. You do not have to have answers. The labyrinth asks only that you walk — one step at a time, one breath at a time.

As you walk, hold this question gently:

Where are my locked doors?

Not to analyze them. Not to fix them. Just to name them, one by one, and let the walking carry them.

Notice the turns in the path — the moments when you think you are heading toward the center and suddenly you are moving away from it again. That is not failure. That is the labyrinth teaching you something about the spiritual life. We do not move in straight lines. We circle. We return. We approach the center from unexpected directions.

Keep walking.

The Center — Receiving

Resting in the heart of the labyrinth

When you arrive at the center, stop.

Stand still for a moment. Or sit if you are able.

This is the room where Jesus appears. This is the place behind the locked door where, suddenly, unexpectedly, Love shows up.

You did not have to earn your way here. You did not have to be brave enough or faithful enough or certain enough. You simply walked, and the path brought you.

Hear the words Jesus spoke into that locked room in Jerusalem — and hear them spoken to you, here, now:

Peace be with you.

Shalom. Wholeness. The world as it was meant to be.

Stay here as long as you need to.

Breathe in the peace that the world cannot give and cannot take away. Let it settle into the locked places. Let it find the rooms you sealed off and speak its word into the darkness there.

If you have been carrying something heavy on the walk in — set it down here. You do not have to pick it back up.

And when you are ready — when you feel something shift, even slightly, even just the faintest loosening — hear the second thing Jesus said in that room:

As the Father has sent me, so I send you.

The center was never the destination. It was the turning point.

You are being sent.

The Walk Out — Being Sent

The path back into the world

The walk out follows the same path as the walk in — but everything is different now.

You are no longer moving toward something. You are being carried outward, back into the world, back into your ordinary life — but now as someone who has stood in the center and received the peace of the risen Christ.

As you walk out, hold this question:

Who needs me to carry peace to them this week?

It might be someone specific whose face comes to mind. It might be a place or a situation. It might be your own heart, still learning to believe that the brave new world is real.

Think of Thomas — who needed to see and touch before he could believe. Jesus did not leave him behind. He came back for him. He met him exactly where he was.

The brave new world is patient. It comes back for the doubters. It finds the ones who are still outside the room. It meets every one of us exactly where we are.

As you near the end of the path, begin to think of one concrete thing — one small act of peace — you will carry into the world when you step off the labyrinth.

It does not have to be grand. A kind word. A phone call. A moment of patience where you might have chosen frustration. A door opened, literally or figuratively, for someone who has been locked out.

When You Step Off the Path

Pause at the threshold — the place where the labyrinth ends and the world begins.

This is the moment the disciples stepped out of that locked room in Jerusalem. Frightened, yes. Uncertain, yes. But breathed upon. Sent. Carrying something they had not carried when they walked in.

You are carrying something too.

Say these words quietly — or just hold them in your heart:

I have been found.

I have received peace.

I am sent.

Now go.

The brave new world needs the peace you are carrying.

A Closing Prayer

Lord Jesus —

*You who walk through locked doors
and speak peace into sealed places —
thank you for meeting me on this path.*

*Take what shifted here
and let it hold.*

*Send me back into the world
with open hands and an unlocked heart.*

Amen.