

Brave New World: Build Something

Labyrinth Walk Guide

The Blueprint Beneath Your Feet

Acts 2:42–47

Week of May 17, 2026

The labyrinth is one of the oldest spiritual tools in the Christian tradition. Unlike a maze, it has no dead ends, no wrong turns, no way to get lost. There is only one path — winding, sometimes doubling back on itself, always leading to the center and back out again.

This week we have been sitting with Acts 2:42–47 — a blueprint. Four practices the early church devoted themselves to: teaching, fellowship, breaking of bread, prayer. Load-bearing elements. Too many nails. The path you are about to walk is its own kind of blueprint — ancient, worn smooth by generations of feet, still holding weight.

Walk at whatever pace feels right. If others are on the path, simply step aside to let them pass. Carry the questions lightly. You are not trying to arrive at an answer. You are practicing devotion.

Before You Begin — At the Threshold

Pause before you step onto the path. Stand at the entrance for a moment. Look at the path ahead of you — winding, patient, already there.

Take three slow breaths. With each one, set something down:

- First breath: set down your to-do list. It will still be there when you return.
- Second breath: set down your questions about whether you're doing this right.
- Third breath: set down whatever you carried in from the week.

Carry one question with you as you begin:

“What am I actually building — and for whom?”

Movement One — The Inward Walk

RELEASING

As you walk toward the center, let this be a walk of honest examination. The early church devoted themselves — proskartereo — they held fast, they refused to let go. But devotion requires first asking: what have I been holding instead? What have I substituted for the real thing?

Walk slowly. Notice where your mind goes. Notice what feels heavy.

Breath Prayer for the Inward Walk:

Inhale: “I return to the blueprint.” Exhale: “I release what I have substituted.”

As you walk, let these questions move through you:

Where have I been settling for the minimum? Where have I been doing just enough — in my faith, my relationships, my community — when devotion was asking for more?

The four foundations — teaching, fellowship, breaking of bread, prayer. Which one have I most neglected? Which one have I substituted something cheaper for?

What would it mean, in my own life, to use too many nails?

Movement Two — The Center

RECEIVING

When you reach the center, stop. Stand or sit. This is not the destination — but it is a resting place. The early church, at the center of their devotion, found something they could not manufacture: awe. Signs and wonders. Glad and generous hearts. The Lord adding to their number.

You cannot produce what happens at the center. You can only be present to it.

Spend a few moments in silence. Then receive these words:

“They devoted themselves... and everyone was filled with awe.” — Acts 2:42–43

Breath Prayer for the Center:

Inhale: “The blueprint was already laid.” Exhale: “I did not have to invent this.”

Let these questions rest with you:

What would it feel like to be devoted — not just attending, not just participating, but truly holding fast? What would change in my daily life?

The early church built something they were not building for themselves. Who is my community building for? Who is not yet in the room — and what would it take to make room for them?

Sit with this as long as you need. When you are ready, turn and begin the walk out.

Movement Three — The Outward Walk

RETURNING

The walk out is the same path — but you are not the same walker. Something has shifted, even if you can’t name it yet. The early church didn’t stay at the center. They broke bread from house to house. They went back out — into homes, into streets, into the ordinary world — carrying what they had received.

This walk is a practice of sending. You are being returned to your life with something to build.

Breath Prayer for the Outward Walk:

Inhale: "I am a builder." Exhale: "I do not build alone."

As you walk out, let these questions take shape:

What is one specific, concrete thing I can build this week? Not a program. Not a plan. One act of teaching, fellowship, breaking bread, or prayer — with at least one other person who wasn't already on my calendar.

The volunteers used too many nails because there were people living under that roof. Who is living under the roof I am helping to build? Can I picture their faces?

What would it mean to leave here and do more than the minimum — not out of obligation, but out of glad and generous devotion?

At the Exit — Before You Step Back Out

Pause once more at the threshold — this time on your way out. Look back at the path you walked.

You came in carrying things. You were met at the center. You are leaving differently than you arrived.

Carry this with you into the week:

The blueprint still exists. It has always existed. Teaching, fellowship, breaking of bread, prayer — four things, practiced with devotion, by ordinary people who loved each other well enough to use too many nails. You are heir to everything they built. Now go and add your piece.

A Closing Prayer

God of blueprints and broken ground —

I walked in carrying questions. I leave still carrying some of them. But I also leave carrying something else — a sense of what I am part of, a reminder of what I have been given, a picture of who I am building for.

Keep me devoted this week. Not just attending. Not just managing. Devoted — holding fast, refusing to let go of the four things that hold everything else together.

There are people living under this roof. Help me build like it matters. Help me use too many nails.

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