

A CHILD PREPARES TO WALK THE LABYRINTH

This is a holy place,
kind of like walking inside God's own heart.
Breathe slowly and think of how special this chance is.
When you feel ready, you may begin the labyrinth.

As you stand at the start of the labyrinth,
you may want to think of a gift
(a thank you or a wish) you'd like to give to God.
Carry it in your heart as you walk in.

Please remember to respect other people's walks.
Please do not walk too close in back of anyone.

If you do catch up to someone, slow down for a
moment, wait until they are at a turn-around curve,
and pass them with plenty of room.

If you seem to be passing a lot, slow down. The
labyrinth is not about rushing. The labyrinth is
about walking with a lot of care. Do you feel like
you are walking with God? Or with an angel?

As you come in to the center, stop in an open
section. You might want to sit in the center for a
while and offer the gift you brought in your heart.
Maybe God will give you a gift, too, like a blessing,
or a warm feeling or a message.

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while and offer the gift you brought in your heart.
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or a warm feeling or a message.

Now take whatever God has given you in your heart
and bring it back into your life as you walk
the same path but now outward from the center.

Maybe the path seems different. Can you tell?
You may want to share how you feel with somebody.
And remember to say thank you to God!



***Parent, please note:**

We hope that the labyrinth is a powerful experience
for your child as well as for you. You may either walk
with them or let them set their own pace.

Please be considerate and keep your eye on your child
so that they do not disrupt anyone else's walk.
You may cross over lanes to get to where your child is –
or to get off the labyrinth, if needed.

If your child seems to be having trouble slowing down
and respecting others, please only walk the labyrinth
once today. Come back another day for more.

Teach your child how to be in a sacred space
(Read the instructions with them before you begin.)

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