

The Labyrinth: A Meaningful Lenten Program for Youth

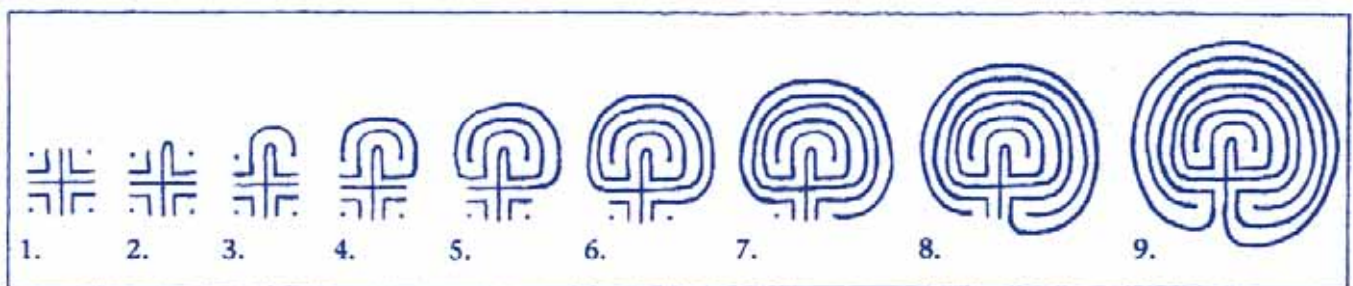
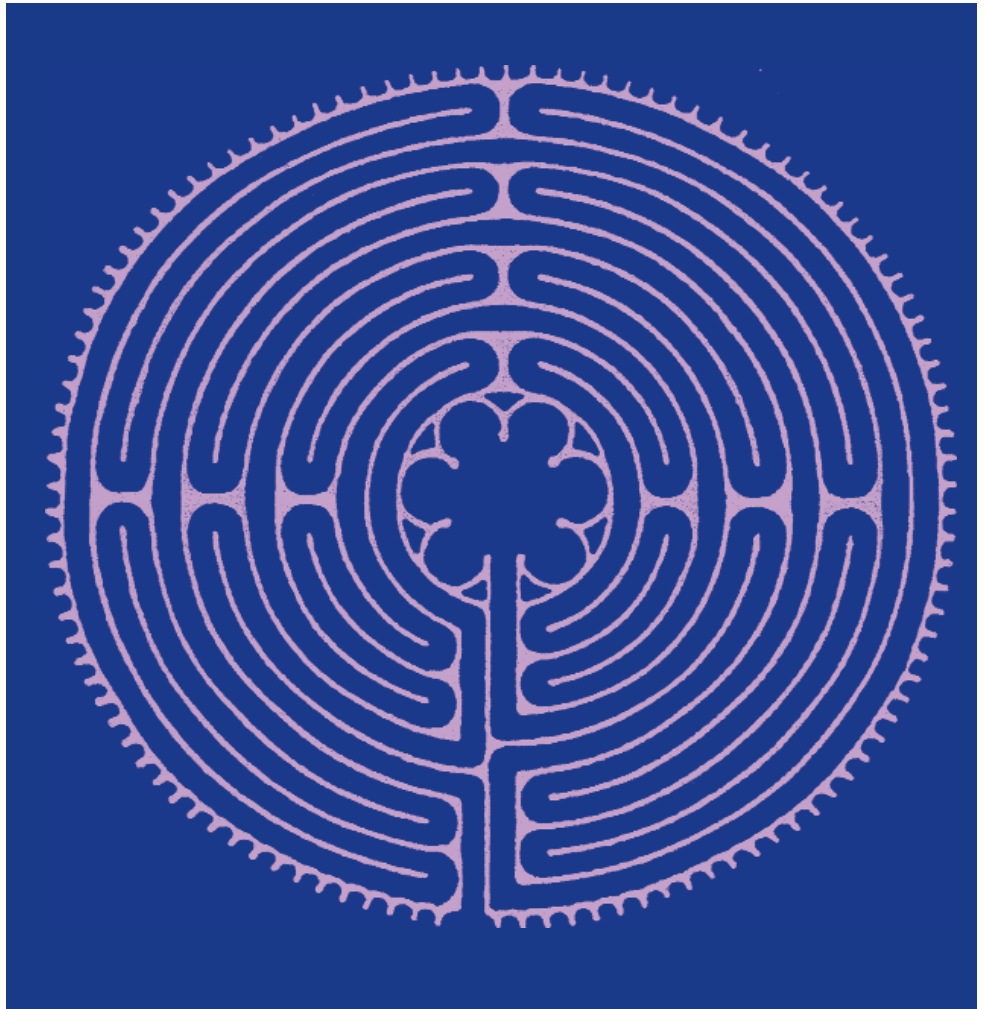
During Lent, use a labyrinth as the basis of meditation for your youth. Walking a labyrinth is an ancient religious practice. Unlike a maze, which aims to confuse and disorient those who walk it, a labyrinth offers one path to the centre and out again. The journey ends where it began.

Many find that the gentle, rhythmic act of walking drives away distractions, and creates a welcome space for prayer and meditation. At the centre, rest in the presence of God. As you make the outward journey, prepare to return to the world, accompanied by God.

You can borrow a big, vinyl labyrinth from the national church (call Gerry at 800-619-7301, ext. 234), or create your own labyrinth in snow or grass, lined with stones or masking tape on a church gym floor.

These activities will increase the effectiveness of the experience:

- Provide soft music and candles.
- Provide prayers or Psalms to prepare participants. (Ps. 5:8, 16:11, 23:3, 25:4, 27:11, 119:105, 139:10)



Pattern for building a labyrinth.