



## PRAYER LABYRINTH – The Journey Alone in Silence (Chapel)

**Overarching Rule:** Be quiet. No talking. Be in the presence of the Lord.

A prayer labyrinth is not a maze; it's learning how to unravel your heart before the Lord and commune with Him through a silent journey of prayer.

**There are six prayer stations in the chapel. Here are the instructions:**

Take a piece of paper at each prayer station and quietly have a seat. Select an open seat (or sit on the floor if you like).

Linger at each prayer station. Take your time. There is no rush. You move around the room as an individual, not as a group.

*About 8 minutes at each station will get you through all the stations.*

**You can work the labyrinth in any order.** (If possible, go to station #3 before you go to station #4; if it's not possible, no problem.)

## PRAYER JOURNEY – A Pilgrimage Together in Prayer (Walking our Campus)

Select a group of 3-6 people to begin a corporate journey of prayer.

There are three "DESTINATIONS" on the Journey. Walk to two (or three) of the destinations and pray for your church family in the following ways:

**SANCTUARY:** Pray for the worship of God's people (through the sacraments, the Word, and the music) and the welcome of new people into the life of the church.

**JAMLAND:** Pray for the discipleship of our young disciples and for our families. Pray that God would increase the ministry of JAMLAND to young families in our community.

**BEACHHOUSE:** Walk around the Beach House. Pray for students to come to know the Lord (conversion) and for deepening discipleship in Jesus (sanctification, walking in holiness).

**Be Back in the Chapel @ 7:30 pm  
for a Closing Corporate Prayer**



**Station #1:**  
**The Jesus Prayer –**  
**The Breath Prayer**

*“Lord Jesus Christ, Son of God,  
have mercy on me, a sinner.”*

(rooted in Luke 18:13 & Luke 18:38)

In the nineteenth century, *The Way of the Pilgrim* details the story of a Russian peasant. The story begins as follows: “By the grace of God I am a Christian man, but by my actions a great sinner...On the twenty-fourth Sunday after Pentecost I went to church to say my prayers there during the Liturgy. The first Epistle of St. Paul of Thessalonians was being read, and among other words I heard these: “*Pray without ceasing*” [1 Thess. 5:17]. It was this text, more than any other, which forced itself upon my mind, and I began to think how it was possible to pray without ceasing, since a man has to concern himself with the other things also in order to make a living.”

He traveled from church to church throughout Russia, visiting priest after priest to find out how he could pray without ceasing. Finally, one priest taught the peasant the Jesus Prayer: “Lord Jesus Christ, Son of God, have mercy on me, a sinner”, a prayer often recited as a breath prayer by the Desert Fathers (monastic groups) in the third century.

While traveling as a pilgrim throughout Russia, the peasant repeated this prayer thousands upon thousands upon thousands of times during his travels. He considered the Jesus Prayer to be his true companion for his life. Finally, he ceased to pray The Jesus Prayer with his lips because his heart seemed to beat with the very words of the prayer. The peasant had internalized the prayer and it had become second

nature to him, like breathing itself. He had learned to pray without ceasing.

**Instructions:** Like the Russian peasant, pray The Jesus Prayer: “**Lord Jesus Christ, Son of God, have mercy on me, a sinner.**” Recite the prayer silently on your lips until it descends to your heart. Pray the prayer a hundred times or so until it becomes an intimate prayer between you and the Lord Jesus.

#### **Other Breath Prayers to Pray:**

- “*My help comes from the Lord, the Maker of heaven and earth.*” (Psalm 121:2)
- “*When I am afraid, I put my trust you.*” (Psalm 56:3)
- “*Yet not my will, but yours be done.*” (Luke 22:42)
- “*Come, Lord Jesus.*” (Rev. 22:20)



## **Station #2: Taste and See**

*“Taste and see that the Lord is good;  
blessed is the one who takes refuge in him.”*  
(Psalm 34:8)

**Instructions: Read Psalm 34:1-10 below. Then, take a piece of fruit and eat it. Chew very slowly. Savor the taste. Then spend time “thanking the Lord” for all the sweetness in your life. Look back at the faithfulness of God in your life – either over the last week & month & year or even over the last decade (or more).**

**If you are in a season of deep pain and struggle (and finding sweetness in your life is hard), thank the Lord for the small mercies He bestows upon you.**

## **Psalm 34**

Of David. When he pretended to be insane before Abimelek, who drove him away, and he left.

<sup>1</sup> I will extol the LORD at all times;

his praise will always be on my lips.

<sup>2</sup> I will glory in the LORD;

let the afflicted hear and rejoice.

<sup>3</sup> Glorify the LORD with me;

let us exalt his name together.

<sup>4</sup> I sought the LORD, and he answered me;

he delivered me from all my fears.

<sup>5</sup> Those who look to him are radiant;

their faces are never covered with shame.

<sup>6</sup> This poor man called, and the LORD heard him;

he saved him out of all his troubles.

<sup>7</sup> The angel of the LORD encamps around those who fear him,

and he delivers them.

<sup>8</sup> Taste and see that the LORD is good;

blessed is the one who takes refuge in him.

<sup>9</sup> Fear the LORD, you his holy people,

for those who fear him lack nothing.

<sup>10</sup> The lions may grow weak and hungry,

but those who seek the LORD lack no good thing.



## **Station #3: Letting Go**

“Search me, O God, and know my heart;  
Try me, and know my thoughts:  
See if there be any wicked way in me,  
And lead me in the way everlasting.”  
(Psalm 139:23-34)

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### **Instructions are two-fold at this station:**

**Repentance:** Ask the Lord to search your heart. If there is an area of sin in your life, confess it, forsake it, and ask the Holy Spirit to produce – from the inside out – lasting change in your life.

### **Write it Down?**

You may choose to write down your sin / sins on a piece of paper and then prayerfully tear it up as a symbol of God’s forgiveness for your life. Leave the shredded piece of paper in the garbage. As you move to the next station, you also symbolically leave the sin behind.

**Letting Go:** The New Living Translation renders vs. 23b: “Test me and know my anxious thoughts”. Is there a situation in your life that is troubling you or causing anxiety? (It might be a relationship that is causing you worry, stress, or anxiety.) Before the Lord in prayer, release this anxiety/situation and give it to the Lord. Through a “vow of prayer”, let it go and release it to the Lord.

### **Drop a Stone in the Water:**

- In front of you is a pile of stones and a pool of water. Take a stone (or more than one) from the pile.
- Imagine that all your concerns and worries are held in the stone.
- Hold the stone tightly and name the concerns and worries in your mind.
- Hold the stone over the pool of water.
- In your own time let it go.
- Watch your concerns and worries fall.
- Imagine your worries falling onto God’s strong shoulders.



## **Station #4: Lectio Divina**

**If you've been to Station #3, Repentance before God and "letting go" in releasing situations to Jesus brings rest to your soul.**

**Lectio Divina ("Divine Reading") is a monastic practice of scripture reading, meditation, and prayer that treats scripture as the living Word of God intended to promote communion with God.**

*“Come to me, all you who are weary and burdened, and I will give you rest.  
Take my yoke upon you and learn from me, for I am gentle and humble in heart,  
and you will find rest for your souls.  
For my yoke is easy and my burden is light.”*

(Matthew 11:28-30)

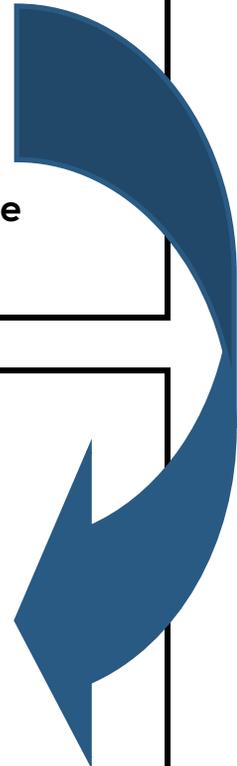
## Lectio

- “Read”
- Read slowly Matthew 11:28-30 before the presence of God
- Note any phrases or words that stand out to you



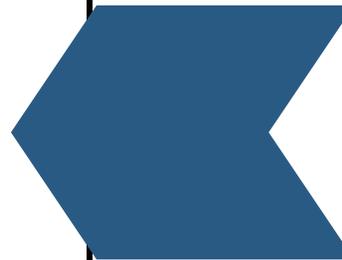
## Meditatio

- “Meditate”
- Read again Matthew 11:28-30, even more slowly
- Think about the reading and connect the text with your life
- Imagine being present to hear the passage or witness the story



## Contemplatio

- “Contemplate” - Quiet expression of love between you and God.
- Sit with the Lord in silence.
- How is God calling you to respond?
- Is there anything God is calling to you do?
- Contemplate what God is trying to teach you.



## Oratio

- “Pray”
- Read Matthew 11:28 once again, this time praying the text down into your heart
- Dialogue with God in prayer about the passage
- Ask him to lead you to deeper understanding

## Station #5: Where I am in God?

"I am the vine; you are the branches." -- Jesus, John 15:5

### Where am I in God?

In the picture below, imagine that God is the tree. Throughout the tree are lots of figures in different places in relationship with the tree (God). Which figure do you identify with in terms of your current relationship with God? (You may want to imagine yourself even further away – that's ok too.) Go with your gut instinct, and then spend some time thinking through why this attracted you. What does God want to say to you about your relationship now?





**Station #6:  
Joining Jesus  
as our High Priest**

### **As you petition and intercede in prayer....**

- 1) Ask that God would warm your heart for the things that warm His heart  
&
- 2) use your sanctified imagination to picture Jesus (in your mind's eye) as your High Priest who is also interceding alongside you in prayer.

In fact, before & during this prayer time, read these scripture imaginatively (seeing Jesus at the right hand of the Father):

Romans 8:34: *“Christ Jesus who died – more than that, who was raised to life – is at the right hand of God and is also interceding for us.”*

Hebrews 7:24-25 – *“Because Jesus lives forever, he has a permanent priesthood. Therefore, he is able to save completely those who come to God through him, because he always lives to intercede for him.”*

**“Leave a Prayer, Take a Prayer”:** Write down a prayer request (or more than one) from your own life on one of the pieces of paper. Roll up the piece of paper and stick it in the display. Feel free to take a prayer request and intercede alongside Jesus for this person/situation.

### **Afterwards, open up to page 4 of the “40 Days of Prayer” Booklet:**

- Pray for the Week 1 Focus: The Leadership of Trinity Wellsprings Church
- Pray for the Week 2 Focus: The Worship of God's People at Trinity Wellsprings Church
- Pray for the Week 3 Focus: Revival and Gospel Growth

As you participate in the 40 Days of Prayer, you will have a chance to pray for all the different prayer needs for weeks 1-6 individually.

**Before you leave this station, thank God for Jesus being your great high priest. Pray the scriptures above (Romans 8:34 and Hebrews 7:24-25) down into your heart.**