

# A Preparation Prayer

Gracious and loving God

As I enter the labyrinth, I come before You with a humble heart, seeking Your presence and guidance.

May the winding path before me be a reflection of my spiritual journey, with each step bringing me closer to You.

Help me to let go of any worries that I may be carrying and surrender them to You.

Fill me with Your peace and love as I move forward on this journey.

May this labyrinth be a place of spiritual renewal and refreshment for me.

May I encounter You in a new and profound way, and may my time here be a reminder of Your constant presence and care.

Amen.

*adapted from a prayer by unknown author*

Xavier University's  
Fr. Michael J. Graham, S.J., Legacy  
**Labyrinth**

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## The 5 P's of Praying the Path

- + Pause
- + Presence
- + Peace
- + Praise
- + Patterns



XAVIER UNIVERSITY  
MISSION AND  
MINISTRY

# Labyrinth walking is:

- + An ancient practice used by people of many faiths and cultures for spiritual centering and active meditation.
- + Unicursal, meaning there is 1 path, whereas a maze has dead ends and blind alleys.
- + A metaphor for our life.
- + Is an Ignatian style of prayer because it is reflective, it enhances self-awareness, and it assists us in finding God in all things.

**Whether you turn to the  
right or the left,**

**your ears will hear a voice  
behind you, saying,**

**"This is the way; walk in it."**

*Isaiah 30:21*

## PAUSE

Step slowly into the labyrinth  
Take a deep breath  
Move towards the center with a  
clear mind and open heart

### Try 1 of these ways:

- Inhale and exhale with each step
- Ponder a question
- Have a conversation with Jesus
- Chant a mantra – a syllable, word or phrase
- Ask "Where is the more universal good?"

## PRESENCE

At the Center, take a deep breath  
Pause to reflect on God's presence and love

## PEACE

Notice that you have come to a place of peace  
Meander back with a clear mind and open heart

## PRAISE

As you exit, take a deep breath  
Offer a self-affirmation  
Praise God  
Return to the present feeling peaceful and replenished

## PATTERNS

Later, reflect on your walk. Ponder an insight you may  
have received or notice patterns between your  
labyrinth walk and present-day experiences.

**What might God be saying to you?**

