

# Self Care and Prayer

## The Labyrinth in the Sacred Garden

at Avondale Presbyterian Church  
2821 Park Road, Charlotte, NC 28209



The Labyrinth is a sacred place set aside for you to reflect, pray, and worship God. The rhythm of walking empties the mind, relaxes the body and refreshes the spirit. The Labyrinth can be walked in four stages, allowing you to walk with your body and rest your mind.

*Remember:* Before walking the labyrinth take time in gratitude to be thankful for your life. Bless the people in your life. If there is a specific event or situation troubling you (like the coronavirus) bring it to mind and form a healing question if possible (such as why am I anxious about ...).

*Release:* Walking into the labyrinth quiet the mind, let go of the chatter and release any tension. Open your heart to feel whatever it might feel. Become aware of your breathing making sure you are taking slow deep breaths. Relax and move at your own pace.

*Receive:* While standing or sitting in the center, use this space as a place of reflection. Pause and stay as long as you like. Open yourself to God. Listen to God's small inner voice. Use this time to pray and be honest with God about the things you need to say.

*Return:* While walking out of the labyrinth, take the same path you followed to go in. Walking out experience the sense of well-being, healing, energy, and peace.

### Prayers You Might Choose to Offer:

"I place myself in your presence O God."

"Thank you God for \_\_\_\_\_. I praise your name because you \_\_\_\_\_."

"Lord search me and know me for you have created me. Give me the strength to serve you and to \_\_\_\_\_."

While exiting, offer words of praise and thanksgiving!



### Sacred Garden

