

Putting Prayer in Motion

Buffalo United Methodist Church

Labyrinth

To walk a labyrinth is to put prayer into motion. The meandering path is a metaphor for one's spiritual journey. A labyrinth can act as a crucible for change - a blue-print for the sacred meeting of psyche and soul. For Christians, it is not designed to provide a divine peak, but to offer inner space for listening to God. The rhythm of walking is conducive to prayerful deliberation. You can quiet your mind and surrender to the sacredness of the moment. The unpredictability of the path helps relinquish one's need to be in control and acknowledges the Almighty's lead. While the certainty of reaching the center inspires us to trust in God's providence along the journey.



Find the labyrinth on the grounds behind the church on the north side at 609 8th Street NW. Resources to help guide your experience are available in the box, shown at left. You are welcome anytime!

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