

The Prayer Labyrinth

Slow Down. Listen Deeply.

The labyrinth offers a quiet space for prayer and reflection. Its single path invites you to step away from distractions, quiet your mind, and become more present with God.

Your Labyrinth Walk

Some walk with a specific intention, while others simply enjoy the stillness. There is no need to rush!

Move at a pace that feels comfortable and meaningful to you.

♦ **Suggested time:** 20–30 minutes



Suggested Steps

1

BEGIN with Intention

Consider what you would like to reflect on or pray about.

2

WALK the Path

Follow the path toward the center in prayer or quiet awareness.

3

REST at the Center

Pause, reflect, and spend time in God's presence.

4

RETURN and Reflect

Follow the path outward and consider how the experience may shape your daily life.

A Meaningful Purpose

Whether you come seeking guidance, connection, or stillness, the labyrinth provides a restorative pause during your stay at the Wesley Center.

Follow the Path. Quiet Your Spirit.

Make the prayer labyrinth part of your next visit to the Wesley Center.

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