

*“In returning and rest you shall be saved; in quietness and in trust shall be your strength.” Isaiah 30:15*

## Labyrinth Prayer Station

The ancient method of praying the labyrinth is a perfect metaphor for our journey through life.

There is one path to follow - and it leads to the center.

You could liken walking a labyrinth to “going with the flow” of life’s call, trusting that you are being Divinely protected and guided the whole time.

### At this station:

- 1.) Take a few, slow deep breaths. Take a few quiet moments to notice the sensations you are feeling in your body.
- 2.) Bring to mind a prayer, an intention, or need that you want to bring to God. Say a silent prayer as you continue to pay attention to your breathing.
- 3.) With your non-dominant hand, slowly and prayerfully trace the path to the center noticing the sensations in your body as you move.
- 4.) When you arrive at the center of the labyrinth, consider if there is something you want to “leave” here. Perhaps a burden or a thought of gratitude.
- 5.) With the same finger, slowly and prayerfully trace the path out of the labyrinth.
- 6.) When you arrive at the exit, say a silent closing prayer before lifting your finger from the path.
- 7.) Notice the sensations you are experiencing in your body. What emotions are the strongest now? Did anything shift? If you choose, journal about the experience.

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*In the beginning was the Word, and the Word was with God, and the Word was God. John 1:1*

## Contemplative Writing and Reading

God speaks to us with words; the Word is God: ordinary words, words of Scripture, words of our own making, words of poets and wisdom figures.

Reading and writing are ancient contemplative practices: ways God speaks to us.

### At this station:

- 1.) Take a few, slow deep breaths. Take a few quiet moments to notice the sensations you are feeling in your body.
- 2.) Say a silent prayer and invite the Holy Spirit into your experience.
- 3.) Select a poem or a writing prompt.
- 4.) If you select a poem:  
Read the poem slowly and contemplatively a few times, noticing what words and phrases seem especially significant to you. Pray with the message and the meaning of the poem. If it feels right, write a journal in response to the poem.
- 5.) If you select a writing prompt:  
Fill a blank page with words. Stay in the present moment as much as possible. Relinquish judgement and planning. Write and write for at least a few minutes to discover what comes forward from your soul. When your writing feels complete, go back and read what you wrote to discover what you said. Pray and ponder what you co-created with God.
- 6.) Pray a silent prayer of gratitude.

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I set my bow in the clouds to serve as a sign of the covenant between me and the earth. —Genesis 9:13

## Drawing and Coloring Prayer Station

Whether it is the rainbows in the sky or the spectrum of color across all creation, colors and shapes serve as a sign of God's love and creativity.

When we draw and color in a meditative state, we are practicing being non-judgmental, free, and open. The images and colors that emerge can become clues for us about the state of our soul--about what is stirring in our unconscious--and who God is creating us into.

At this station, you have options:

### 1.) Meditative Drawing Practice

- a. Take a few, slow deep breaths. Take a few quiet moments to notice the sensations you are feeling in your body.
- b. Pick out a marker and piece of paper. Notice how it feels to touch the paper and hold the marker in your hand.
- c. Draw a circle. Continue to breathe and notice what sensations you are experiencing. Are you feeling self-critical? Are you tempted to plan what you will draw? Ask for the graces you need to be free and open.
- d. The best you can, stay in the present moment, focused on the circle in front of you. Begin to doodle and color inside the circle, filling the space in with whatever lines, shapes, and colors emerge from the end of your marker.
- e. Once your circle feels complete, take in the whole picture and reflect on whether there is a message in the image in front of you. Ponder and pray. Write a poem or a journal entry about what you notice if it feels right. Say a silent prayer of gratitude.

### 2.) Contemplative Coloring Practice

- a. Take a few, slow deep breaths. Take a few quiet moments to notice the sensations you are feeling in your body.
- b. Pick out a marker and piece of paper. Notice how it feels to touch the paper and hold the marker in your hand.
- c. Begin coloring. As you focus on filling the page with color, concentrate on the physical experiences and sensations. Stay in the present moment as much as possible.
- d. Once your coloring feels complete, say a silent prayer of gratitude.

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For in him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or principalities or authorities—all things were created through him and for him. He is before all things, and in him all things hold together. **Colossians 1:16-17**

## Contemplative Collage Prayer Station

How things are arranged impacts how we see, how we take in the sacred reality around us.

When we rearrange images, we can open a way for the Spirit to show us something new, to show us a new order.

When we examine, cut, rearrange, and glue images, space is opened for new insights and discoveries.

### At this station:

- 1.) Take a few, slow deep breaths. Take a few quiet moments to notice the sensations you are feeling in your body.
- 2.) Select 3-5 images from the magazines and assorted items in front of you. Notice the emotions and thoughts that emerge as you take in the photos. Notice the feeling of the scissors in your hands, your breathing, your heartbeat as you cut out the images.
- 3.) Slowly and prayerfully arrange the images on a blank piece of paper. Glue the images to the paper.
- 4.) Examine the whole arrangement. Ponder and pray. Does this new arrangement and collection reveal something new about the Holy Mystery to you? Pray a silent prayer of gratitude for your experience.
- 5.) Notice the sensations you are experiencing in your body. What emotions are the strongest now? Did anything shift? If you choose, journal about the experience.

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