

# ambition

Resources for further study

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28 April 2009

## Scripture

Nehemiah 1.

## Disciplines/Exercises

The labyrinth is an ancient tool for prayer and meditation, consisting of a winding path that begins at the periphery and leads to a central space, and then out again by the same path. It differs from a maze in that a labyrinth has no blind alleys or dead ends. It is not meant to trick you but to be a means to a journey on a path, inward and outward bound. A finger labyrinth provides this experience in a small space allowing one to take the “walk” spiritually, if not physically.

- \* Before entering, spend a few moments sitting quietly at the periphery allowing yourself to become stilled and attentive. Breathe. Invite the Holy Spirit to be with you as you enter in.
- \* Enter the path and move at your own pace, pausing, feeling the curves of the labyrinth as you wish.
- \* Spend some time in the center of the labyrinth seeking awareness of God’s presence. This may be a time of healing, clarity, vision, or self-offering.
- \* When you are ready, return on the path outward carrying with you any insights or blessings you may have received.

