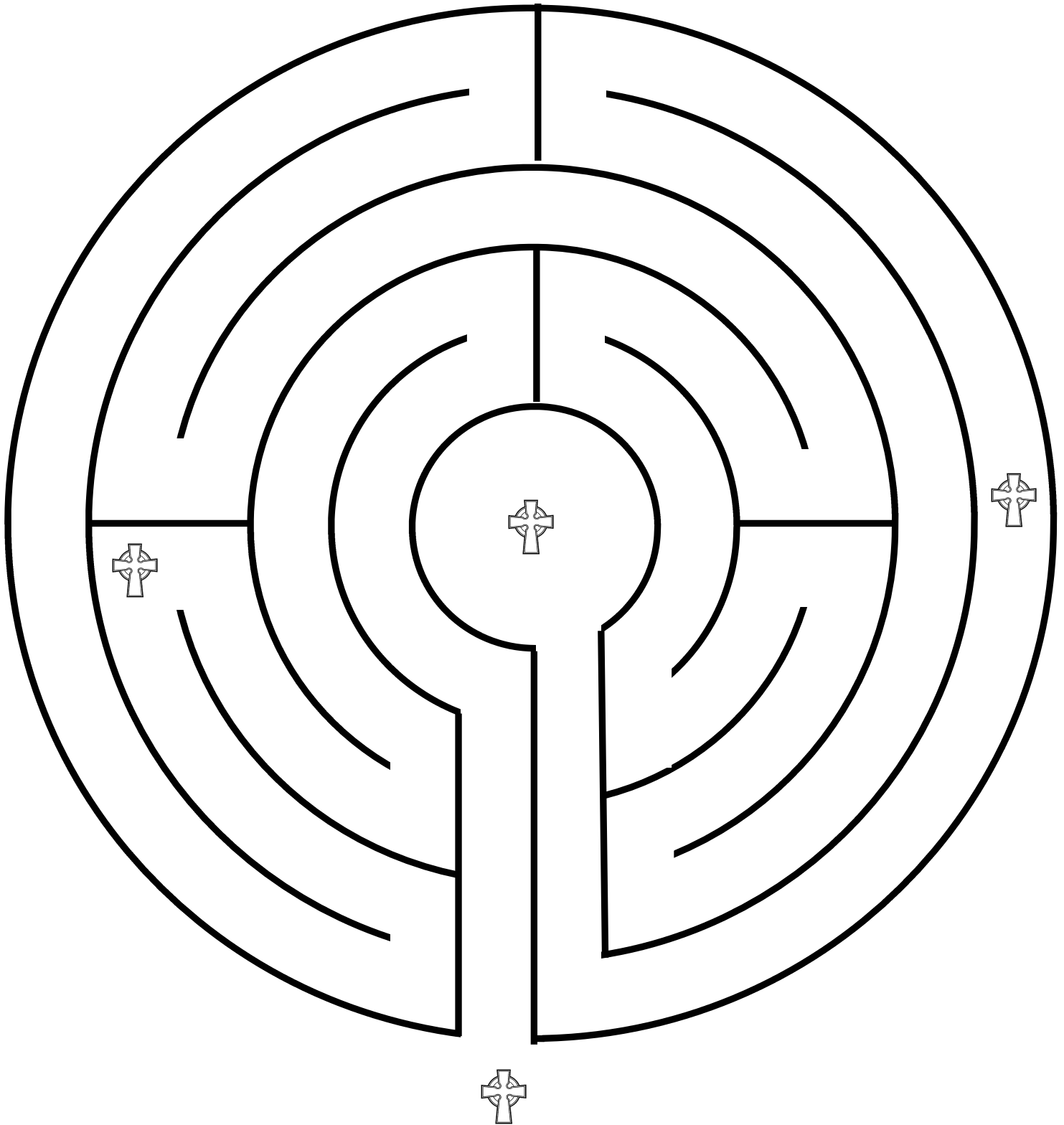


JESUS SAID ... 'I AM THE WAY,  
THE TRUTH AND THE LIFE.'  
(JOHN 14:6)

... I AM CONTINUALLY WITH YOU;  
YOU HOLD MY RIGHT HAND  
(PSALM 73:23)



LEAD ME IN THE PATH OF YOUR COMMANDMENTS, FOR I DELIGHT IN IT  
(PSALM 119:35)

## **Guidelines for 'walking' a labyrinth**

Pause and be still before you begin.

Use each cross to pause and reflect where you are on this journey. Stop a while when you reach the centre and then trace your way out slowly, pausing at each cross once again.

Acknowledge the end of the labyrinth which could be just 'Amen'.

Take time after 'walking' the labyrinth to reflect back on your experience