

Tracing the Pilgrim Path

Our progress through the labyrinth includes three movements:

a. 1st Movement: Release

1. As you move away from the entrance tracing the path, focus on the feelings, attitudes, desires, anxieties that have emerged in this wilderness season, leaving you feeling depleted and empty.
2. As you slowly move along, name those “hungers” and, one by one, *release* them to God.

b. 2nd Movement: Receive

1. When you reach the center, linger awhile.
2. Quiet yourself; exhale your anxiety and breathe in God’s loving assurance that He is present and at work in your circumstances.
3. *Receive* the rest God longs to give.

c. 3rd Movement: Return

1. As you leave the center to retrace your “steps,” follow Jesus back out into your life.
2. Be assured of His continual presence.
3. Feel the peace of knowing that *Jesus has got you*--all is in His hands.

