

## The Labyrinth: An Advent Spiritual Practice

### Introduction

As you enter the labyrinth, consider Advent as the time to pause, to practice waiting, to move into a hibernating state that allows you to pay attention to the quietness and stillness, to the weariness of your body and your soul. In walking this path, consider the resources you have gathered to feed on during this period of waiting in hibernation.

### At the labyrinth center

Reflect on these words from Jan Richardson.

In the enclosure of your heart,  
O God,  
Enfold me  
And give me  
The courage of Bear:

To enter the cave  
in the season of slumber,

To lie down defenseless  
In your gathering dark,

To know your sustaining  
As my soul is made ready,

To give myself over  
To dreaming of birth.

*(From: In Wisdom's Path: Discovering the Sacred in Every Season, Orlando, FL: Wanton Gospeller Press, 2000, p. 14)*

### Return

As you leave, consider these words from Luke 1:78-79 and what is coming to birth in you, making your spirit strong, and leading you in paths of peace (from *The Message*).

Through the heartfelt mercies of our God,  
God's Sunrise will break in upon us,  
Shining on those in the darkness,  
those sitting in the shadow of death,  
Then showing us the way, one foot at a time,  
down the path of peace.