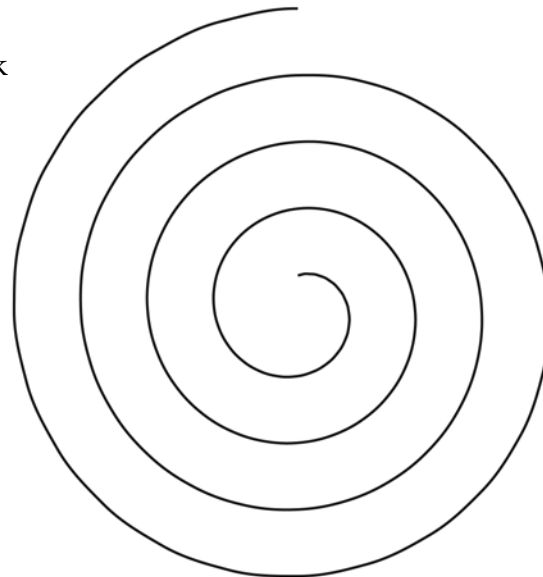


Prayer path (labyrinth)

A prayer path (labyrinth) is referred to in Spiritual practices of several teacher's guides. Prepare one for your congregation or one per classroom.

1. On a large, plain-colored bed sheet, arrange a long string in a spiral pattern like the one shown on this page. The string is not permanent. It is a method for creating your path.
2. The walking path will be the space between the lines of string. The middle needs to be a large enough for one person to stand and turn around. Adjust your string to accommodate walkers. You can have less "circles" in the spiral if needed.
3. Once the string is in the right place, trace its location with a pencil or chalk. Now you can lift up the string.
4. Make a wide solid line to mark the prayer path. Use a fabric marker or sew on fabric trim to mark the path.
5. This spiral forms the simplest possible path. Children walk into the middle and then walk out again. You can find more complicated mazelike patterns by searching for "labyrinth" online. The rectangular labyrinth pattern shown on this page is more complicated but is designed to maximize the space on a bed sheet.



Spiral pattern

Rectangular pattern

