



TODAY'S TOPIC:

**Labyrinths**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***How do you know when you are doing the right thing?***

**Lesson**

**Labyrinths**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>• Image of a maze</li> <li>• Image of a labyrinth</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	Know the difference between a labyrinth and a maze.

**SAY:** I bet you have seen a maze before. Maybe you have done some at home or a lot of times they are on the kid's menu at a restaurant. (Show the sample maze.) A maze has a starting point and an ending point with a bunch of twists and turns and dead ends as you try to find your way through. It is a puzzle to be solved, and is meant to be confusing and tricky.

**SHOW:** And then there is this – a labyrinth. A labyrinth looks a lot like a maze but it has one main difference. Even though it has all these twists and turns, there is only one way in that leads to the center and then the same path will take you out.

**ASK:** Have you ever walked a labyrinth?

**EXPLAIN:** With a maze you have to make lots of choices, turn this way or that way, go back or forward. In a labyrinth you only need to choose to stay on the path and trust the path will take you where you need to go. In a maze you can get lost. You can't get lost in a labyrinth, there are no wrong turns.

**ASK:** So how do you do a labyrinth? It's easy. You don't have to figure it out, you just start and stay on the path to the center then turn around and follow the path back out.

**ASK:** I'm wondering why anyone would want to do a labyrinth. What do you think? (Take all answers.)

**SAY:** They are a cool form of spiritual practice. When you do a maze, you have to concentrate and figure it out. But when you do a labyrinth, you can relax, you can focus, you can ask questions, you can pray for yourself or someone else. The path always works, the path will always take you to the center and back out. Because you don't have to figure it out, you can surrender to the experience and might hear Spirit talking to you.

**EXPLAIN:** The path is like Spirit. You can trust the path will take you where you need to go and you can trust Spirit will take you where you need to go. I love that labyrinths have centers. Sometimes we say "jump to center" meaning that place inside where you can get quiet and where Spirit lives. The center of the labyrinth is just like that.

**SAY:** If you would like to do a labyrinth, you have some choices.

- You can print a finger labyrinth that you trace with your finger.
- You go online and find a virtual labyrinth video.
- You can learn to draw your own labyrinth.
- You can build your own labyrinth outside using rocks, chalk, yarn or even pieces of paper.
- Search for a local labyrinth.

**AFFIRMATION – Spirit is with me on my path. Repeat 4X**

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .