

Lego Prayer Maze or Labyrinth

Build yourself a Lego maze or Labyrinth using a baseplate and any selection of bricks and accessories that take you fancy. You could get some inspiration [here](#) or [here](#). You can use what ever you like to journey through your maze; a marble, small ball, you car, or trace the journey with your finger. Below you will find an option of how to pray using your labyrinth.

A three-part journey

Some younger children may need to with these instructions and can be done slowly with perhaps one thought rather than many.

A labyrinth is a way to pray and think slowly and calmly and can be done by anyone.

It has 3 parts – **the journey to the centre** **the centre** **the journey out from the centre**.

Alternatively - the journey through the maze, the exit, the journey back to the beginning.

1. IN

As you journey into the centre/exit try to do so slowly and think about any thing that makes you feel sad or worried or cross.

This can include anything. Sometimes people think about

- People who upset them
- Someone who is unwell
- A part of the world where bad things are happening
- Something that worries you or other people

As you journey in imagine yourself putting all these bad things into a bag. Try to think of everything – that imaginary bag could be quite heavy and you can fill it as much as you like.

2. CENTRE

Now you are in the middle pretend to put down that heavy imaginary bag and leave it there. In doing so you are handing all the rubbish stuff and the things you have been worrying about into God's care.

Be still for a moment and breathe deeply. Sometimes it can be useful to count to 5 as you breath in and do the same as you breath out. Are you ready to start the journey out? If you want to stay still for a while longer you can.

When ready pick up the imaginary bag again – it is now empty.

3. OUT

As you walk out of the labyrinth think about all the things you would like to do. Think of all the things you want to say thank you for. It could be anything you like including friends, food, family, games, fun, nature, animals...the list can be as long as you like.

Breathe slowly, take your time and use it as a space to say thank you to God.

You might want to end by saying The Lord's Prayer or another prayer you find helpful.