

## PRAYERFULLY WALKING THE LABYRINTH ABOUT A SITUATION

### JOURNEY TO THE CENTRE

1. What do I think about this situation?
  2. What do I feel about it?
  3. What are the practical, physical, emotional issues?
  4. How is my spiritual life affected?
  5. God help me!
  6. What is God saying to me about this?
  7. What steps are necessary to resolve this issue or take some action?
- 8. BE STILL IN THE CENTRE! REST IN SILENCE THERE UNTIL YOU SENSE SOME TRANSFORMATION WITHIN YOURSELF.**

### JOURNEY OUTWARD

7. How is the course of action clearer for me?
6. What is God saying to me now?
5. How do I sense God's help?
4. What convictions do I have about my spiritual life?
3. What practical, physical or emotional issues seem relevant?
2. What are my feelings now?
1. What am I thinking now?

