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Christian Labyrinth Meditation

The first labyrinth in Christian churches showed up in 325 A.D. Church scholars think Christians must have been using the labyrinth earlier, but this is the first historical record we have of the Christian labyrinth. The labyrinth signifies our sacred journey toward God. In Christianity, the symbolic meaning of the labyrinth is that life's journey is challenging, filled with many curves and detours. When we think we are going right on our path, suddenly our path becomes bumpy or meets a dead end. When we feel lost along our path, all of a sudden we find God's salvation at the center of life.

Today, many churches and retreat centers have outdoor or indoor labyrinths to help their members and guests to find God at their quiet center. I personally love to walk on the labyrinths barefoot.

This Sunday, March 6, we will draw a small labyrinth on a small or big pebble (at your choice!), reminding us that our sacred journey is, even with all the highs and lows, ups, and downs, on the rock of our salvation, our God. I sometimes hold my pebble labyrinth - that my friend gave me as a gift years ago - in my hand as I pray to remind myself that my life is on the solid rock, my God. I love the solid feeling of the pebble.

Oh, also our time will be started with Breath Prayer that is also from the ancient, dating goes back to at least the sixth century.

All are welcome. If you'd like to find your quiet center in God by drawing a labyrinth on a pebble, please come join us. RSVP at info@chicagotemple.org, location will be provided then.

Peace,

Rev. Hyewon "Sophia" Hyon