

A man wearing a light-colored jacket, blue jeans, and a wide-brimmed hat is walking on a stone labyrinth. The labyrinth is composed of large, reddish-brown stones arranged in concentric circles. The ground is partially covered with snow, and there are trees and a fence in the background. The scene is outdoors and appears to be in a park or retreat center.

**Prayer Walking &
*Introduction to Labyrinths***

**Rev. Christopher Eshelman
Healthy Congregations Retreat
*Salina, KS - April 2026***



Hosea

1 1:3
It was

I who

taught

Ephraim

to walk...

way,

THIS

ST

THE



Isaiah 30:21

IT
walk

15 The burden of the beasts of the south...
16 The burden of the beasts of the south...
17 One thousand shall flee at the voice...
18 And therefore will the Lord give you the...
19 For the people shall dwell in Zion at Jerusalem...
20 And though the Lord give you the...
21 And thine ears shall see thy hearers...
22 Ye shall defile also the cover...
23 Then shall he give thine ears...
24 The oxen likewise shall be...
25 And there shall be no plow...
26 More will be the fall of the...
27 Rivers and streams shall be...
28 Light of the moon shall be...
29 And there shall be no...
30 For the oxen shall be...
31 And there shall be no...
32 For the oxen shall be...
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99 And there shall be no...
100 For the oxen shall be...

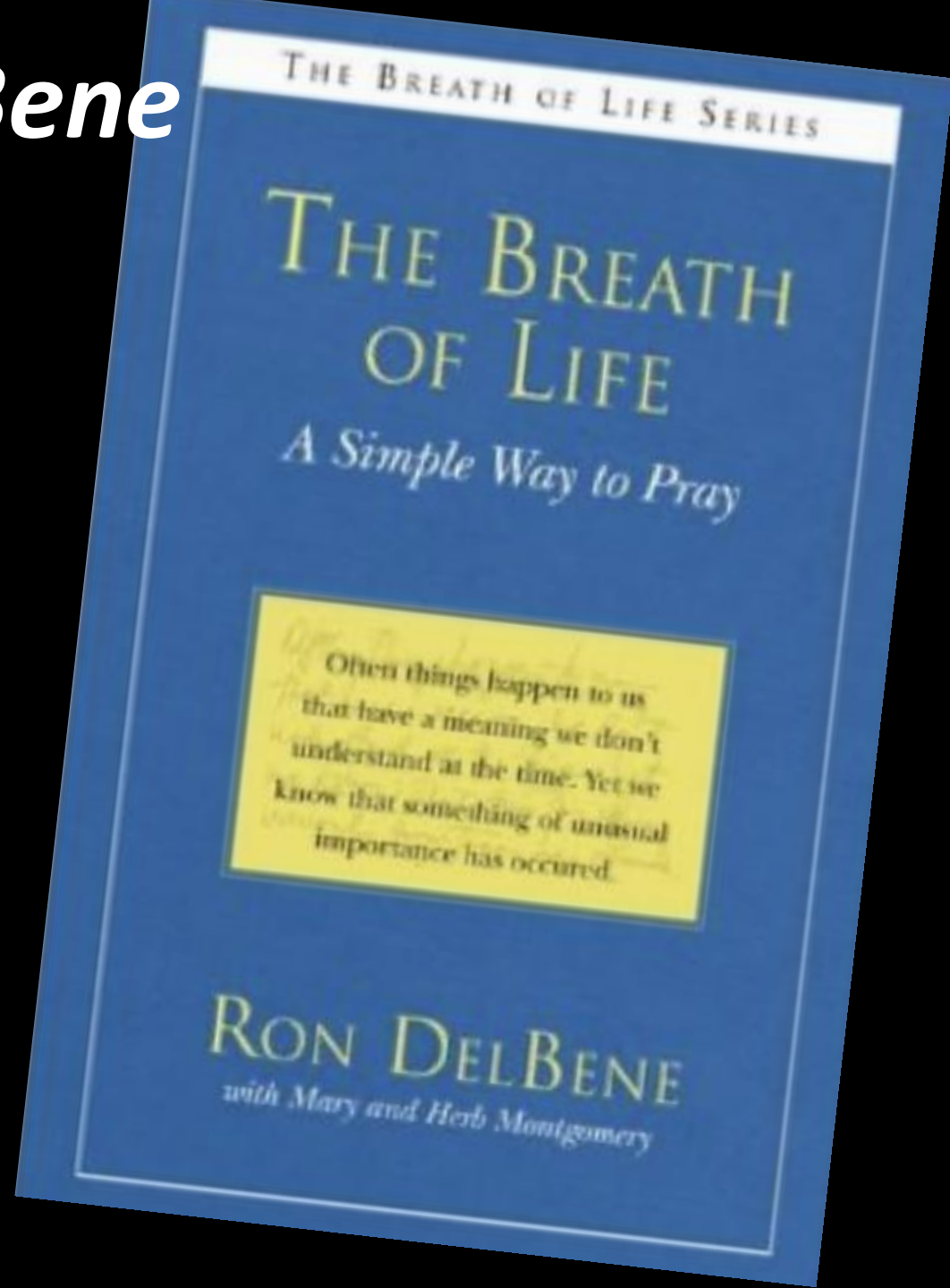


18^a As for his father,
Because he cruelly
Robbed his brother by
And did what is not good among
his people,
Behold, he shall die for his iniquity.

18:17 ^aFollowing Masoretic Text, Targum, and Vulgate; Septuagint reads iniquity because he
with its roots
And leave it to wither
All of its spring leaves
wither
And no great power or
people
Will be needed to pluck it up
roots.

17:7 ^aFollowing Septuagint, Syriac, and Vulgate; Masoretic Text

~Rev. Ron DelBene



THE BREATH OF LIFE SERIES


THE BREATH OF LIFE

A Simple Way to Pray

Often things happen to us
that have a meaning we don't
understand at the time. Yet we
know that something of unusual
importance has occurred.

RON DELBENE

with Mary and Herb Montgomery

A photograph of a dirt path winding through a dense forest. Sunlight filters through the trees, creating a warm, golden glow. The path is covered in fallen leaves and leads into the distance. The text is overlaid in white, bold, sans-serif font, with the phrase '(walk with me)' in italics.

**All along my
pilgrim journey,
Lord, I want Jesus to
walk with me. (*walk with
me*)**

~Rev. Ron DelBene

“Many of us believe that it is up to us to pray in such a way that reaches God....

I believe we are in the presence of God at all times, and prayer is being **attentive** to that presence.”

A low-angle, close-up photograph of a person's legs and feet as they walk on a light-colored concrete path. The person is wearing blue denim jeans and brown leather lace-up shoes. The path is bordered by a vibrant green lawn, and in the background, there are several trees with lush green foliage under bright, natural light. The overall scene conveys a sense of peaceful outdoor activity.

Prayer Walk

PHOTO BY JOHN HOEYER
JULY 20, SEPTEMBER 2019











Solvitur Ambulando



“it is solved by walking.”

Via Dolorosa



Camino de Santiago








No Wrong or
A Pause for
Right Way to
Questions
Prayer Walk

Focus
Discernment
Contemplation
Attention
Wisdom



Siyahmba



Song from South Africa, by way of Swedish Lutheran choir director, translated into Spanish, Portuguese, and then English.

Verse 1

We are march...ing
in light of God,

we are marching
in the light of God.

(repeat)



**We are march-ing,
We are marching...**

OH!

**we are marching
in the light of God.**

(repeat)



Verse 2

We are sing...ing
for the Lord is our light,

we are singing
for the Lord is our light.

(repeat)



**We are sing-ing,
We are singing...**

OH!

**we are singing
for the Lord is our light.**

(repeat)



Verse 1

We are pray...ing
in light of God,
we are praying
in the light of God.
(repeat)



**We are pray-ing,
We are praying...
OH!**

**we are praying
in the light of God.**

(repeat)





No Wrong or Right Way to Prayer Walk

Focus

Discernment

Contemplation

Attention

Wisdom





Proverbs 26:4

Do not answer a fool
according to his folly,
or you yourself will
be just like him.

Proverbs 26:5

Answer a fool according
to his folly,
or he will be wise
in his own eyes.





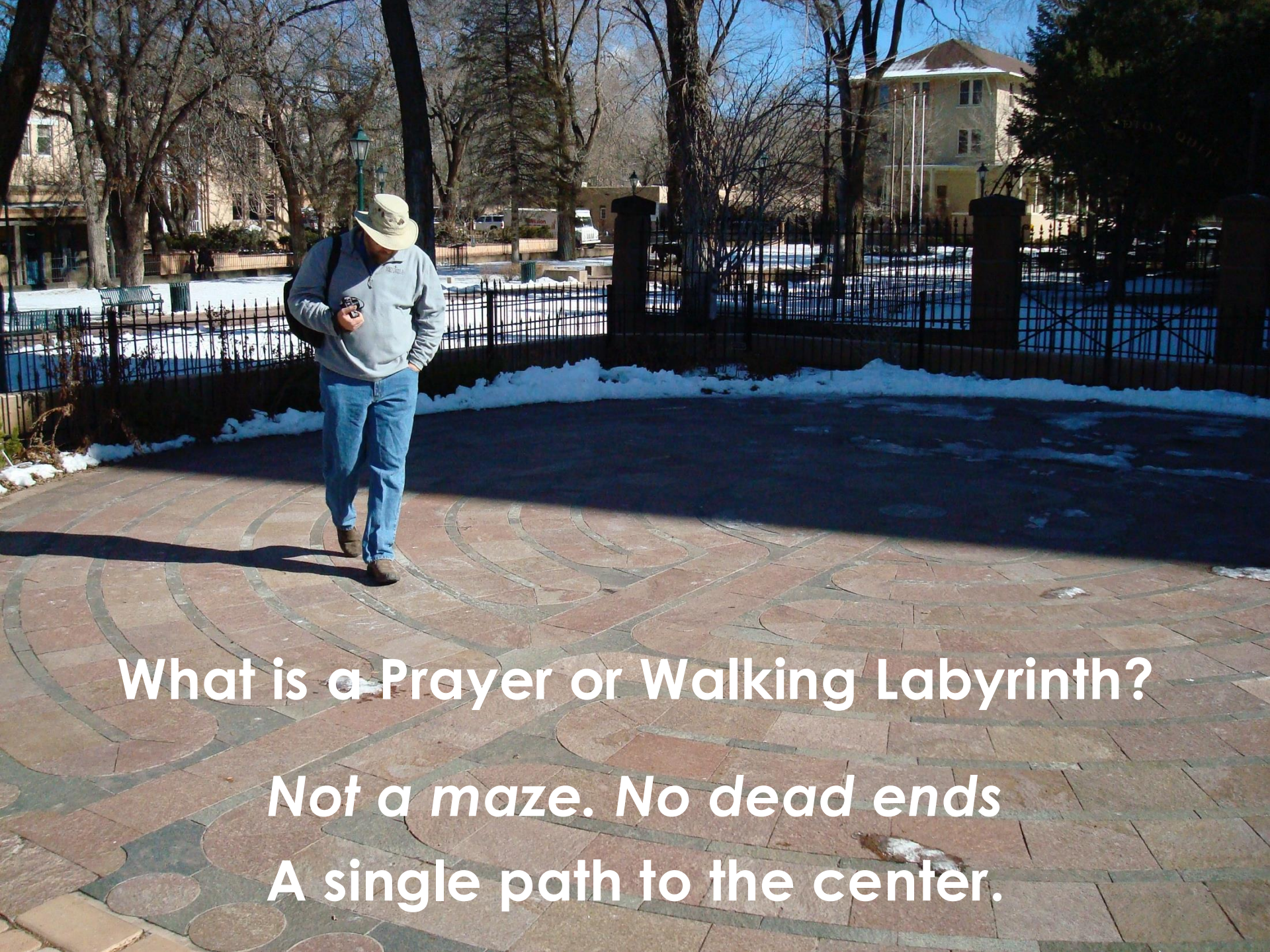
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What is a Prayer or Walking Labyrinth?

Not a maze. No dead ends

A single path to the center.



Saguaro National Park, Tuscon, Arizona



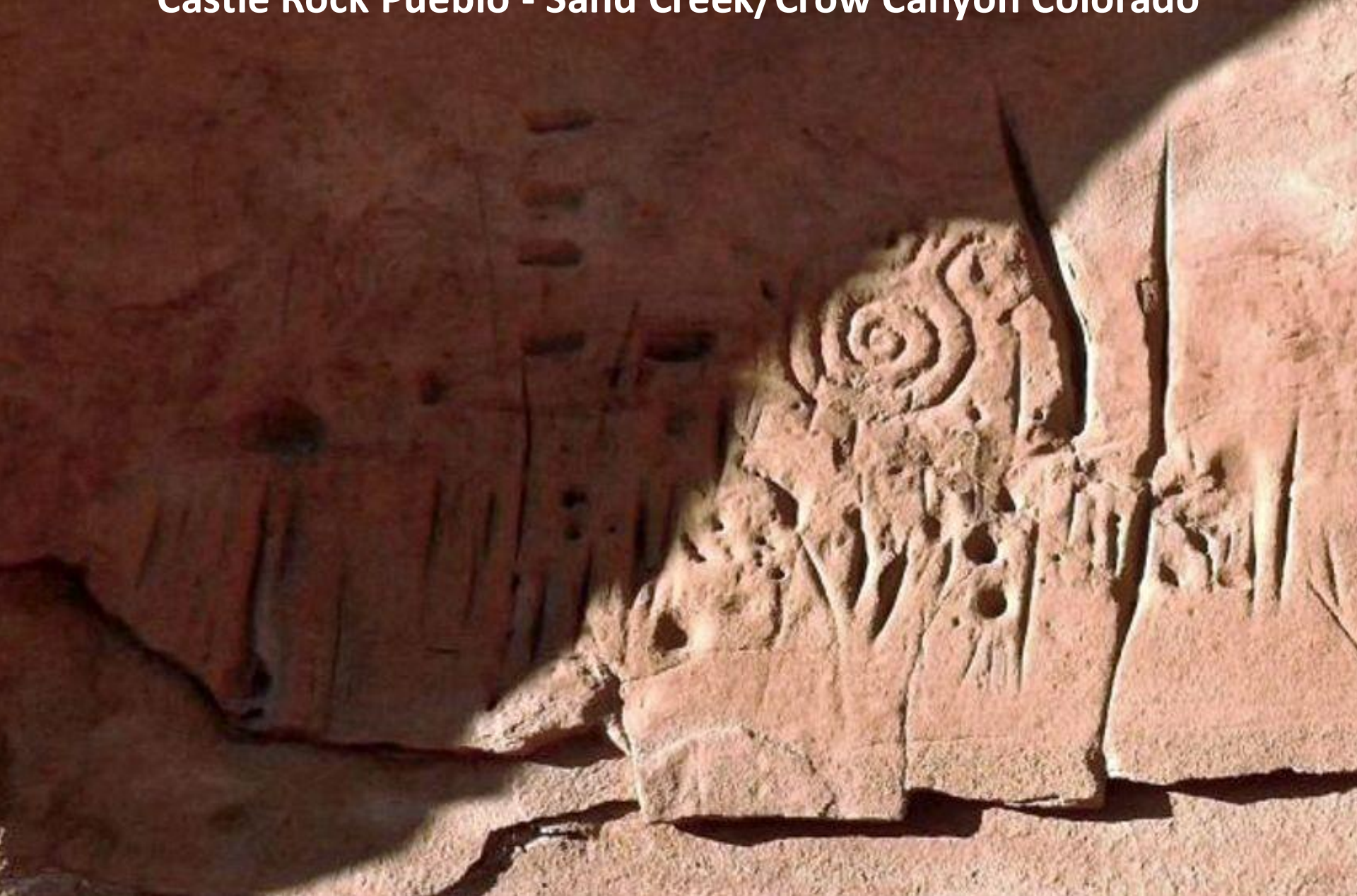
Puye Mesa – Santa Clara Pueblo, New Mexico



Guizhaguiña, Ecuador



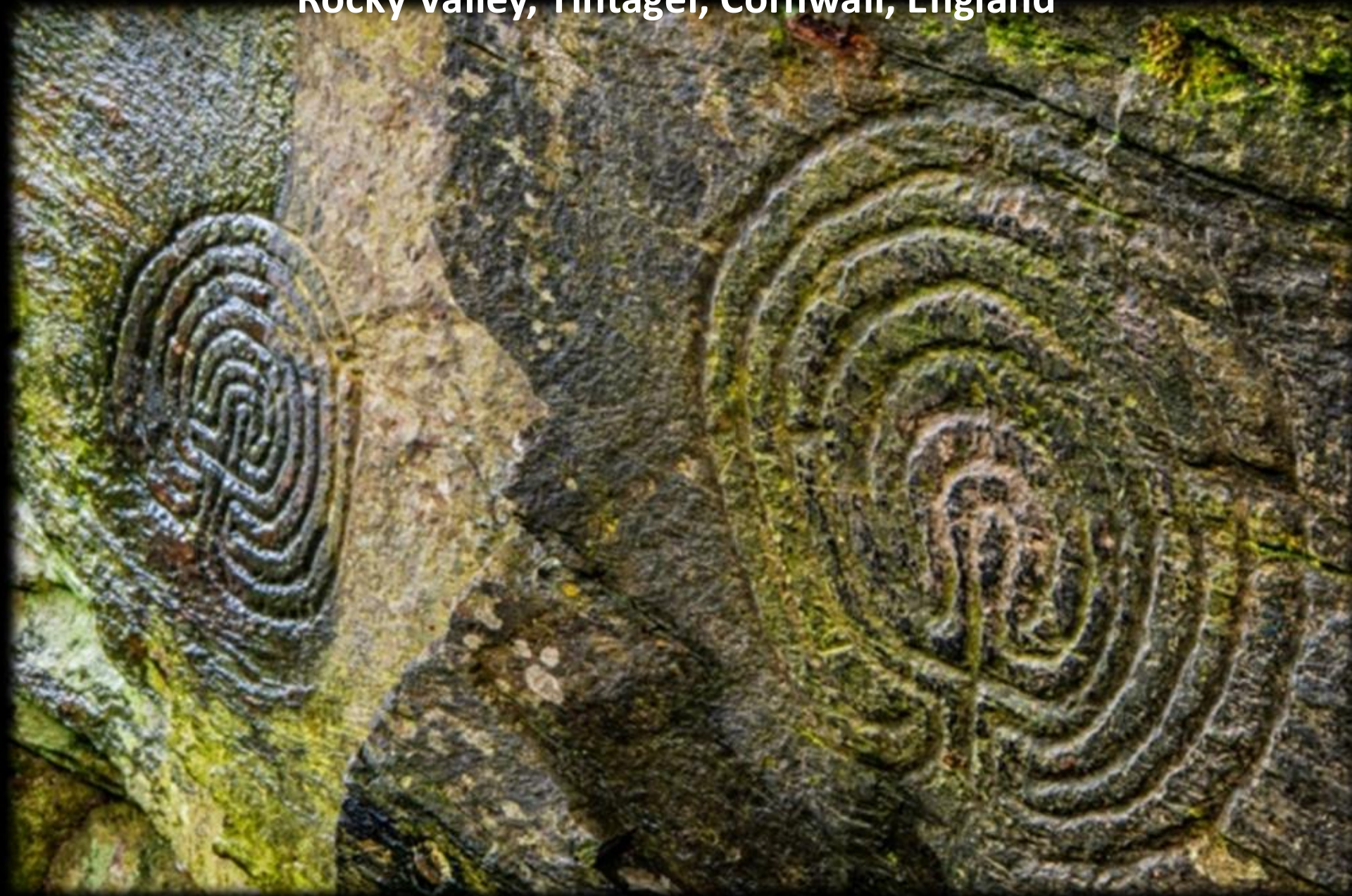
Castle Rock Pueblo - Sand Creek/Crow Canyon Colorado



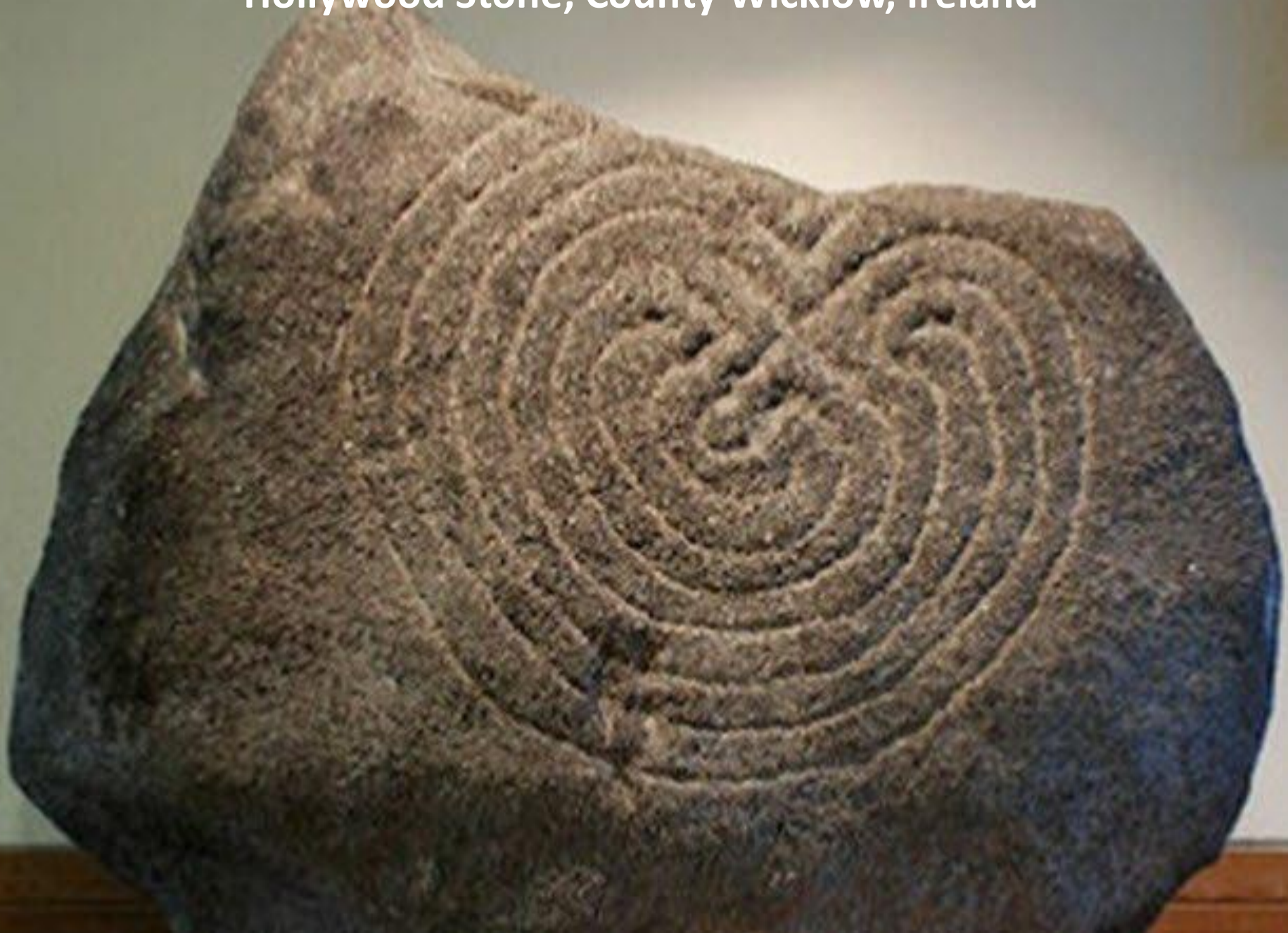
Tohono O'odham Nation Basket



Rocky Valley, Tintagel, Cornwall, England



Hollywood Stone, County Wicklow, Ireland



Camonica Valley, UNESCO site in Italy



Coins from Roman Mediterranean shipwreck



Medieval Bookplate drawing



UR
L
C. E
RI
cho



Worn grooves - Bolshoi Zayatsky Island, Russia
One of 2 there that are estimated to be over 2000 years old



Raised stone - Bolshoi Zayatsky Island, Russia
There are roughly 35 on the islands, most from the medieval era



Chartres Cathedral, France
Built between 1200-1220AD



Chartres Cathedral, France



Pilgrimage Site

Chartres Cathedral, France

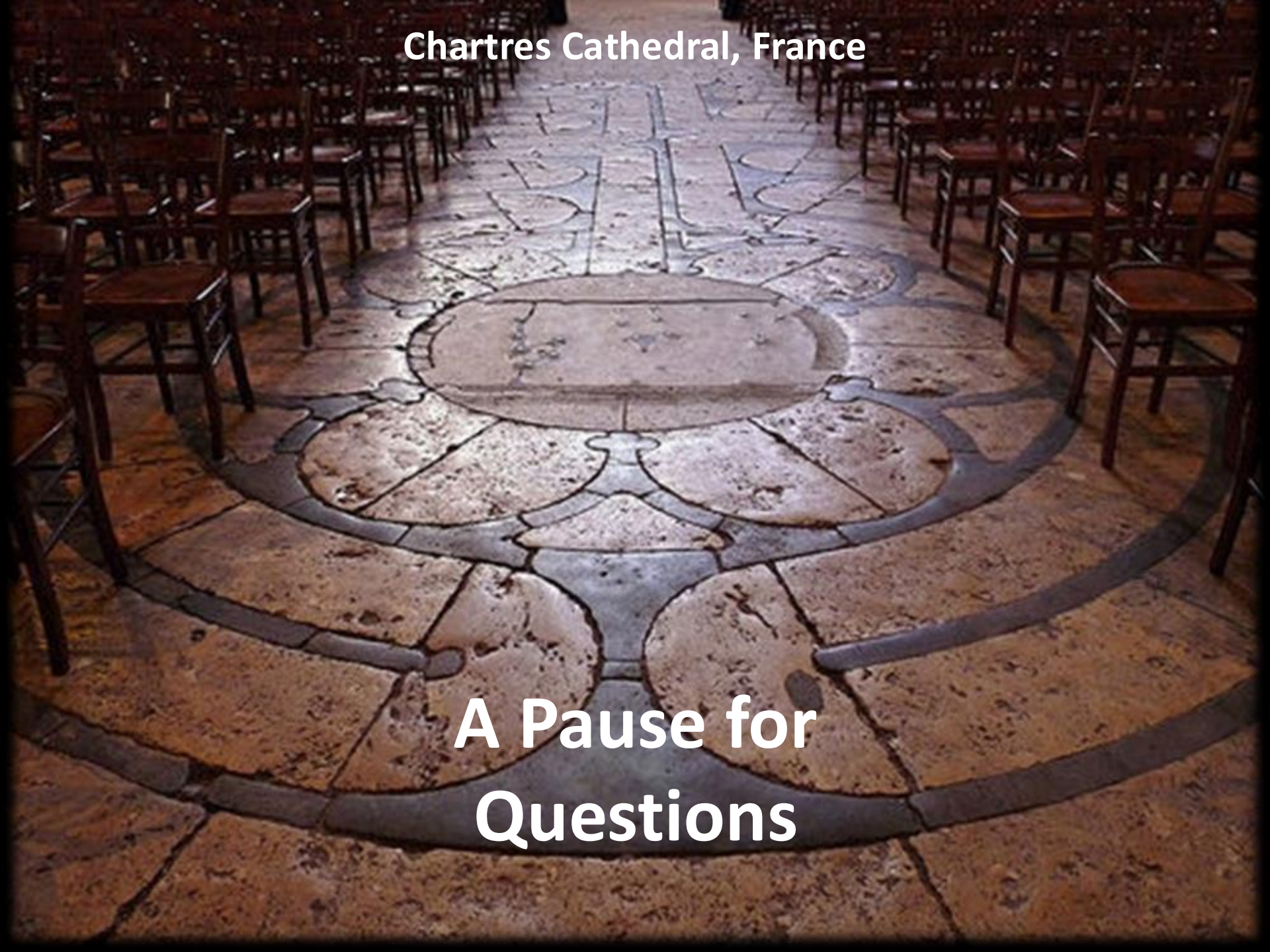


Chartres Cathedral, France



Chartres Cathedral, France

**A Pause for
Questions**





Thomas Merton

**“A Prayer of
Unknowing”**

**from
*Thoughts in
Solitude*
page 79.**

**My Lord God,
I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it
will end. Nor do I really know
myself, and the fact that I think I
am following Your will does not
mean that I am actually doing so.**

But I believe that the desire to please You does in fact please You. And I hope I have that desire in all that I am doing.

I hope that I will never do anything apart from that desire. And I know that, if I do this, You will lead me by the right road, though I may know nothing about it.

**Therefore I will trust You always
though I may seem to be lost and
in the shadow of death.**

**I will not fear, for You are ever with
me, and You will never leave me to
face my perils alone. Amen!**

Toronto, Canada – East End Park Playground



Children Playing Follow the Leader



Adelaide International Kite Festival, Australia



Angled Labyrinth behind a pub in Dublin, Ireland



Rock Labyrinth, Ivins Utah



English Courtyard



Heart Labyrinth, Ghost Ranch, New Mexico



Heart Labyrinth, Ghost Ranch, New Mexico



Walking Labyrinth, Ghost Ranch, New Mexico



St. Francis Cathedral Courtyard, Santa Fe New Mexico



St. Francis Cathedral Courtyard, Santa Fe New Mexico



St. Francis Cathedral Courtyard, Santa Fe New Mexico



Psalm 23



The Lord is my shepherd; I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name's sake. Even though I walk through the darkest valley, I fear no evil, for you are with me; your rod and your staff, they comfort

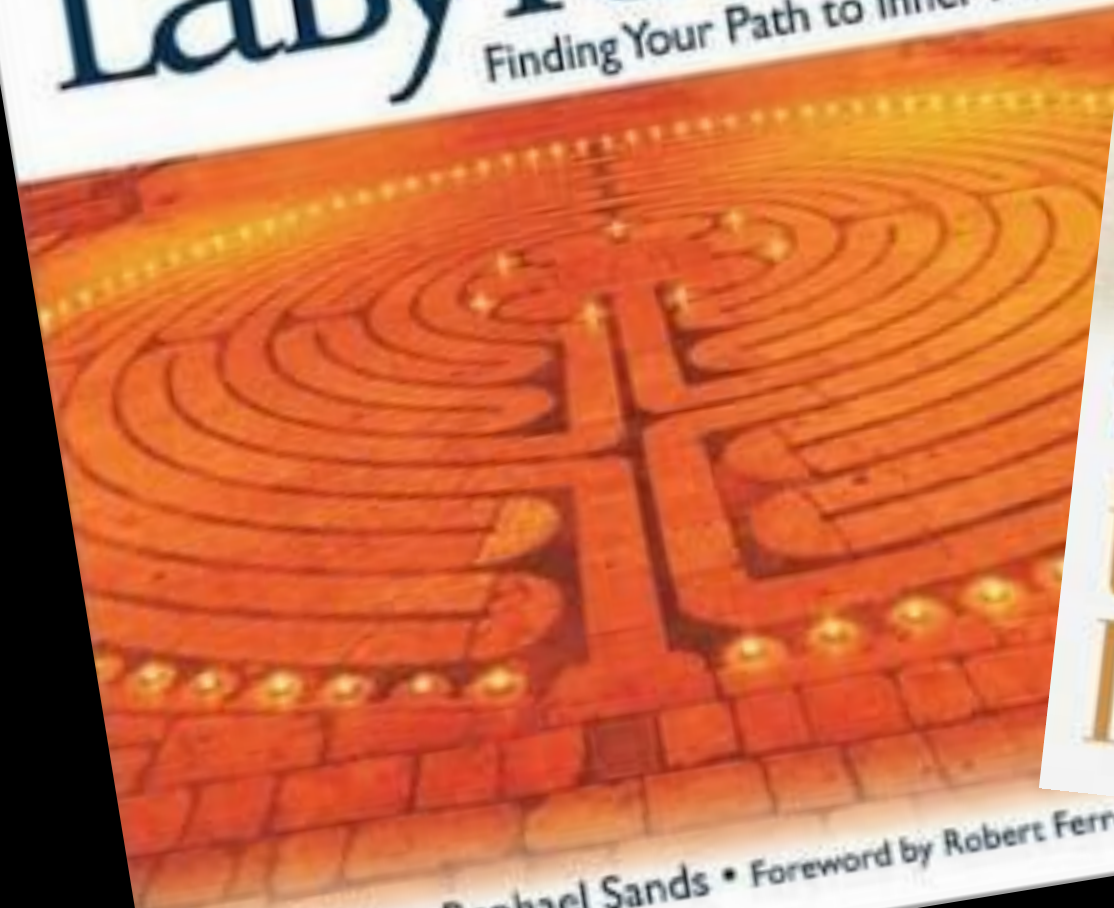
**You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.**

**Surely goodness and mercy shall
follow me all the days of my
life, and I shall dwell in the house
of the Lord my whole life long.**

Amen!

THE HEALING Labyrinth

Finding Your Path to Inner Peace



Helen Raphael Sands • Foreword by Robert Ferré

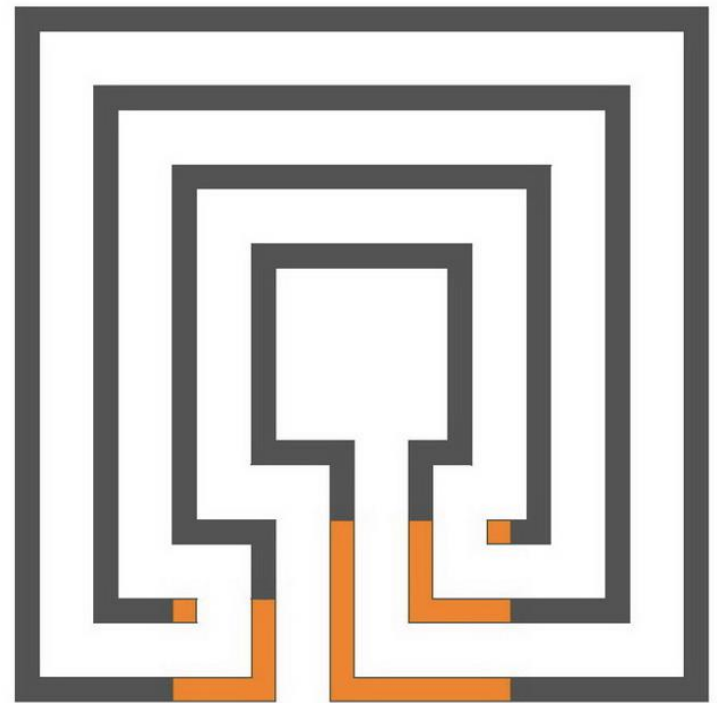
MELISSA GAYLE WEST
Preface by the Reverend Dr. Lauren Artress,
author of *Walking a Sacred Path*



exploring the labyrinth

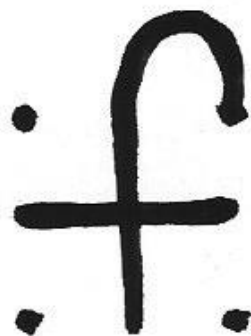
A GUIDE FOR HEALING
AND SPIRITUAL GROWTH

3 Circuit Labyrinth Designs





1 Draw a cross and mark a dot in each quadrant.

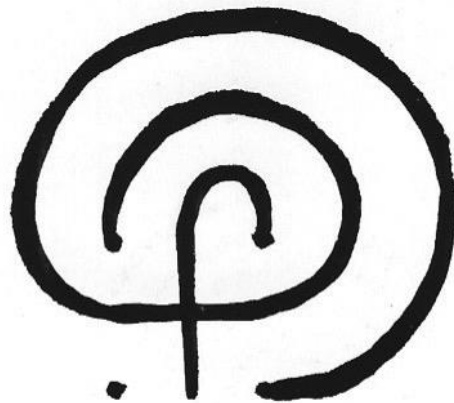


2 Connect the top of the cross with the top right-hand dot to form a crook shape.

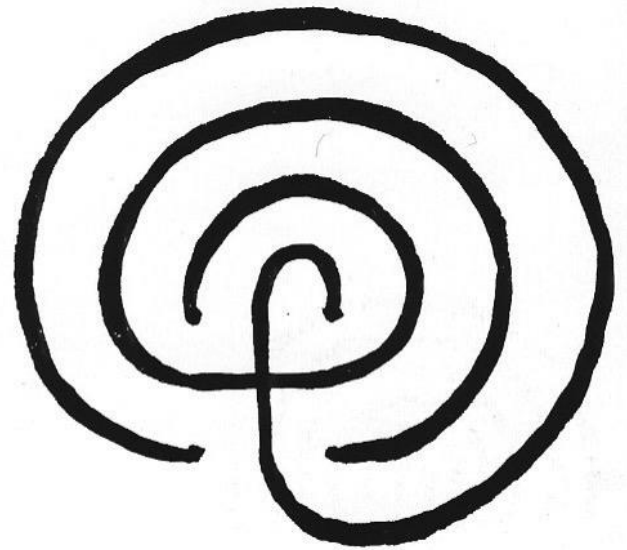
tion you will find that the movement becomes a growing spiral. Drawing labyrinths exercises left and right brain actions and tests hand-eye coordination.



3 Return to the top left-hand dot and draw an arc to connect with the right side of the horizontal line.



4 Now join the left side of the horizontal line in a broad sweep over the top to the lower right-hand dot.



5 Lastly, connect the bottom left-hand dot all the way over the top and around to the bottom of the vertical axis.

The seven-path classical design

When you are familiar with the three-circuit classical labyrinth you can draw a seven-circuit labyrinth. It works on the same principles, only you add four corner angles between the crossed central axes and the dots. You can determine whether you get a left- or right-entry labyrinth by applying the three-circuit rules on p. 88. When you draw this design you will notice that the initial crossed lines are not directly in the center of the design. For this reason you need to begin your drawing about a third from the bottom of your space, as the emerging circuits need to expand into the top two thirds of the space. Practice this shape until it becomes automatic.



1 Draw a cross as you did for the three-circuit design, only this time draw a corner angle in each quadrant. Mark each of the four quadrants with a dot.



2 Connect the top of the cross with the vertical line of the top right-hand corner angle. This will form the center space of the labyrinth.



3 Next join the vertical line of the top left-hand corner angle with the top right-hand dot.



4 Return to the top left-hand dot and draw an arc to connect with the horizontal line of the top right-hand corner angle.



5 Join the horizontal line of the top left-hand corner angle in a broad sweep to the right horizontal arm of the cross.



6 Now draw an arc from the left horizontal arm of the cross to the horizontal line of the lower right-hand corner angle.



7 From the horizontal line of the bottom left-hand corner angle draw a wide arc to the bottom



8 Connect the bottom left-hand dot with the vertical line of the



9 Finally, connect the vertical line of



Draw a cross as you did for the three-circuit design, only this time draw a corner angle in each quadrant. Mark each of the four quadrants with a dot.



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3 Next join the vertical line of the top left-hand corner angle with the top right-hand dot.

4 Return to the top left-hand dot and draw an arc to connect with the horizontal line of the top right-hand corner angle.

5 Join the horizontal line of the top left-hand corner angle in a broad sweep to the right horizontal arm of the cross.

6 Now draw an arc from the left horizontal arm of the cross to the horizontal line of the lower right-hand corner angle.



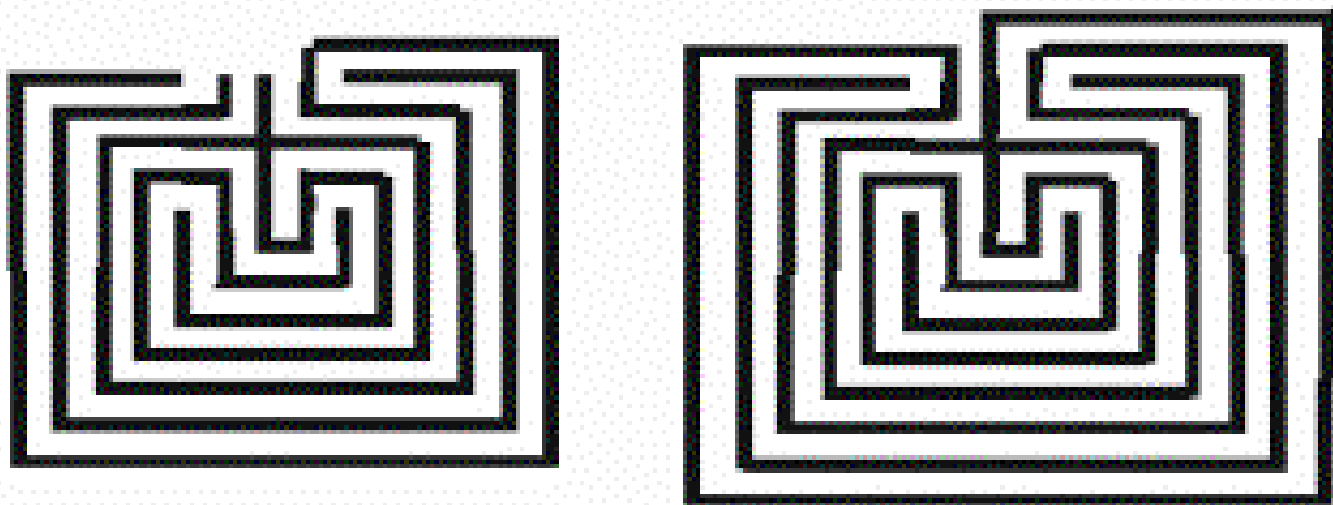
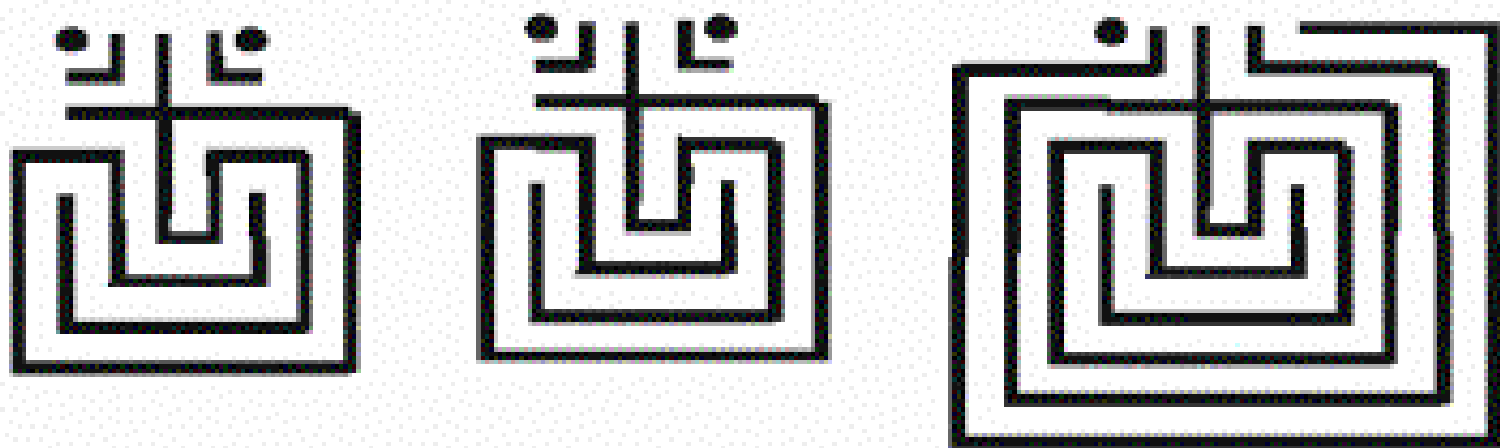
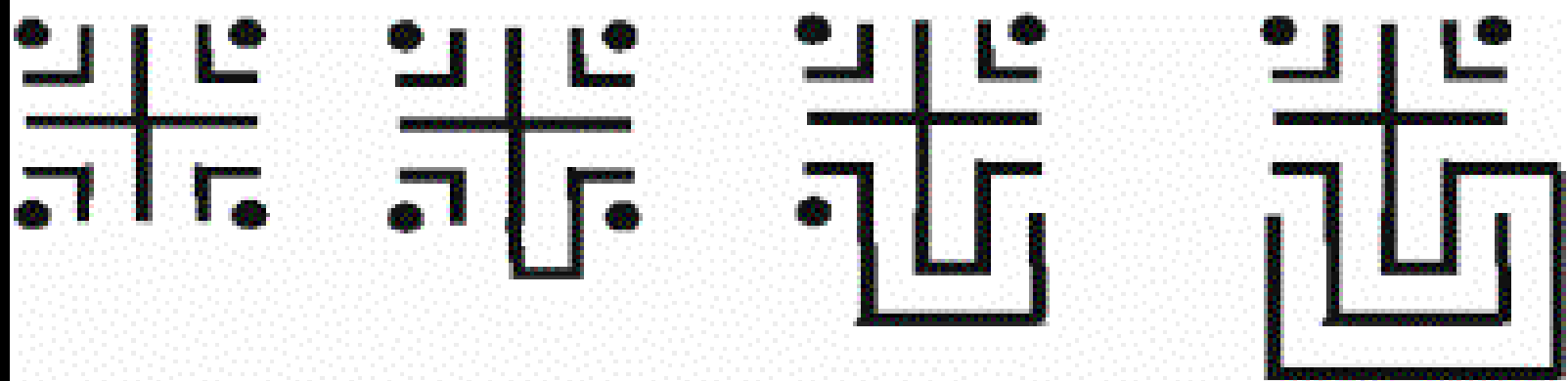
7 From the horizontal line of the bottom left-hand corner angle draw a wide arc to the bottom right-hand dot.



8 Connect the bottom left-hand dot with the vertical line of the bottom right-hand corner angle.



9 Finally, connect the vertical line of the bottom left-hand corner angle all the way over the top to the bottom of the vertical axis.







Gym Floor – Calvary UMC, Wichita



Gym Floor – Calvary UMC, Wichita



Prairie Walking Labyrinth – Pretty Prairie, KS



Prairie Walking Labyrinth – Pretty Prairie, KS



Prairie Walking Labyrinth – Pretty Prairie, KS



Prairie Walking Labyrinth – Pretty Prairie, KS



Prairie Walking Labyrinth – Pretty Prairie, KS



Fort Scott Walking Labyrinth – Fort Scott, KS








Riverfront Park Accessible Labyrinth – Fort Scott, KS



**ALLEN WARREN
MEMORIAL LABYRINTH**

This labyrinth for walking meditation is dedicated to the memory of Allen Warren, in recognition of his many years of dedication to the Riverfront Visioning Project and the Fort Scott-Bourbon County Riverfront Authority Board.



ALLEN WARREN
June 2, 1943 — May 18, 2022

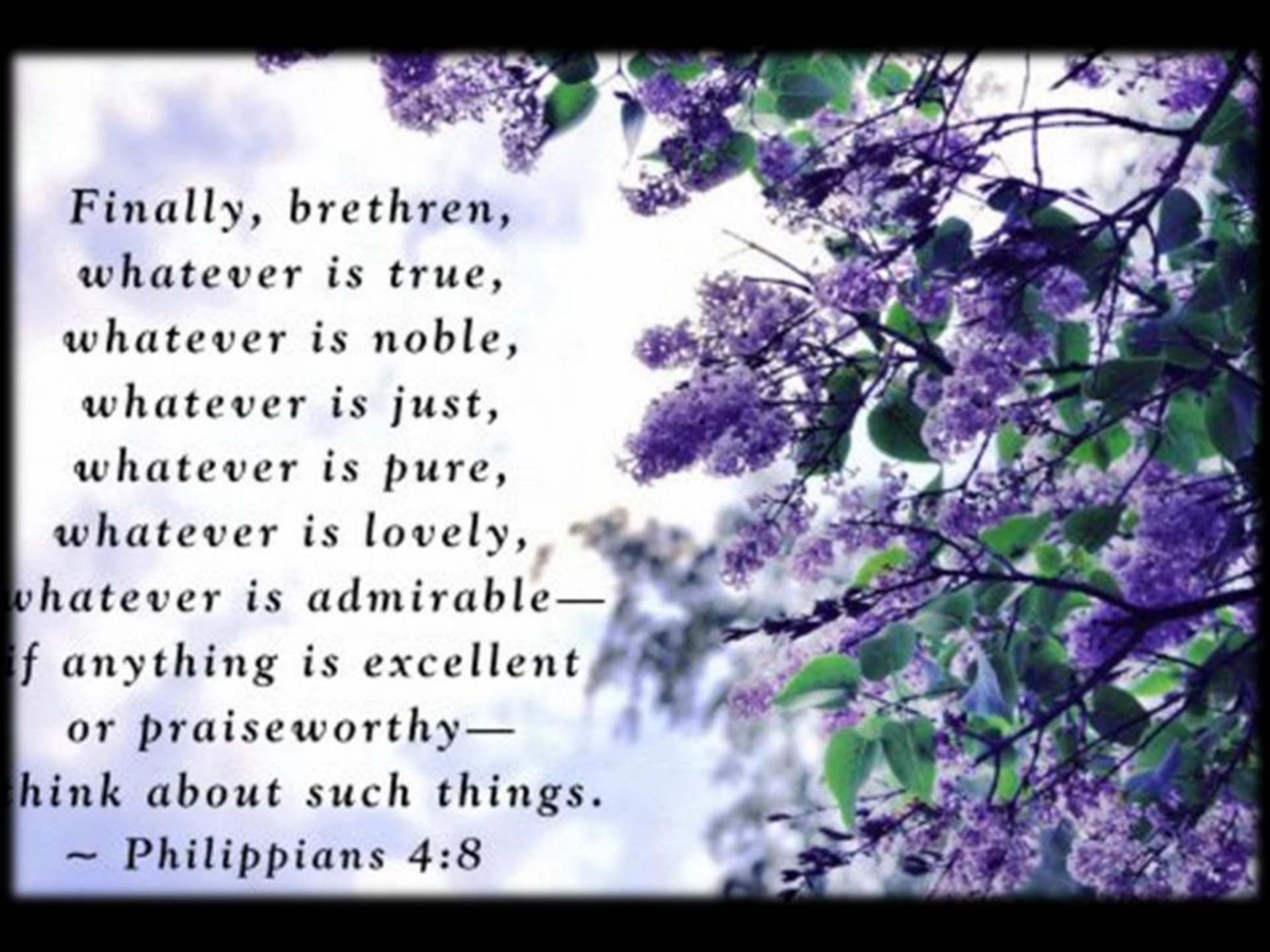


Fort Scott Walking Labyrinth Rebuild 2025 – Fort Scott, KS



Fort Scott Walking Labyrinth Rebuild 2025 – Fort Scott, KS





Finally, brethren,
whatever is true,
whatever is noble,
whatever is just,
whatever is pure,
whatever is lovely,
whatever is admirable—
if anything is excellent
or praiseworthy—
think about such things.
~ Philippians 4:8


I Want Jesus to Walk with Me

521

WORDS: African American spiritual

1. I want Jesus to
walk with me. (*walk with
me*)

I want Jesus to
walk with me. (*walk with*


A photograph of a dirt path winding through a dense forest. Sunlight filters through the trees, creating a warm, golden glow. The path is covered in fallen leaves and leads into the distance. The text is overlaid in white, bold font, with the phrase '(walk with me)' in italics.

**All along my
pilgrim journey,
Lord, I want Jesus to
walk with me. (*walk with
me*)**




**2. In my trials, Lord,
walk with me. (*walk with
me*)**

**In my trials, Lord,
walk with me. (*walk with
me*)**

A photograph of a dirt path winding through a dense forest. Sunlight filters through the trees, creating a warm, golden glow. The path is covered in fallen leaves and leads into the distance. The text is overlaid on the image in white, bold, sans-serif font, with the phrase "(walk with me)" in italics.

**When my heart is
almost breaking,
Lord, I want Jesus to
walk with me. (*walk with
me*)**

A photograph of a dirt path winding through a dense forest. Sunlight filters through the trees, creating a warm, golden glow. The path is covered in fallen leaves and leads into the distance. The text is overlaid in white, bold font.

**3. When I'm troubled, Lord,
walk with me. (*walk with
me*)**

**When I'm troubled, Lord,
walk with me. (*walk with
me*)**

A photograph of a dirt path winding through a dense forest. Sunlight filters through the trees, creating a warm, golden glow. The path is covered in fallen leaves and leads into the distance. The text is overlaid on the image in white, bold, sans-serif font, with the phrase "(walk with me)" in italics.

**When my head
is bowed in sorrow,
Lord, I want Jesus to
walk with me. *(walk with
me)***

Reprise Verse 1

**4. I want Jesus to
walk with me. (*walk with
me*)**

**I want Jesus to
walk with me. (*walk with***

