

## Stage 7 – Giving thanks



*Reading from Colossians chapter 3 verse 15*  
Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

*Prayer*  
Lord, I thank you that you are accompanying me on my journey to healing and wholeness. I ask you to be my constant companion in the days and weeks to come. I thank you also for other people of faith who are there to support me and to pray for me in my time of trial. Amen



## Footnote

Healing and wholeness is the work of God and requires our cooperation. If, while you walked around this labyrinth, you sensed God speaking to you about relationships or situations that need to be changed, be prepared to do your part in bringing about healing and reconciliation.

Healing and wholeness is a process and needs patience and faith. Believe that God has heard your prayers and has begun his work of healing and wholeness in your life.

**Under no circumstances should you stop taking any medication or seeing a health specialist until they are satisfied it is safe for you to do so.**



## 8. Labyrinths and Healing & Wholeness

Every one of us at some time in our life experiences sickness or disease. Some may be minor and short-lived, others may be serious and cause great anxiety and fear. We are body, mind and spirit – all three are disturbed by sickness or disease – all three need to be opened up to God's gentle healing touch. God's desire is that we are made whole.



This paper leads you through seven stages. As you walk around the labyrinth, pause for a while and use the prayer and meditation for each step in the journey.

For more information visit:  
Rushcliffe Country Park, Mere Way  
Ruddington, Nottingham, NG11 6JS.  
Email: [countrypark@rushcliffe.gov.uk](mailto:countrypark@rushcliffe.gov.uk)  
Web: [www.friends-of-rcp.co.uk](http://www.friends-of-rcp.co.uk)  
[www.methodist-nd.org.uk](http://www.methodist-nd.org.uk)



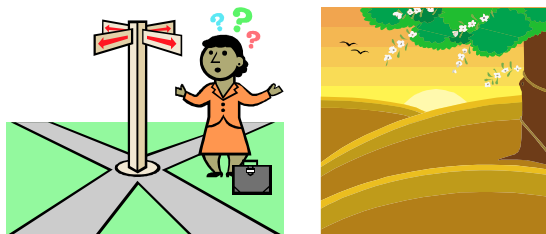
## Stage 1 – Starting Out

*Reading from Jeremiah chapter 6 v 16*

This is what the Lord says, “Stand at the crossroads and look, ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your soul.”

*Prayer*

Lord of peace, Lord of forgiveness, Lord of healing – I thank you that in every moment and in every place, your Spirit patiently longs to bless me. As I begin my journey to healing and wholeness may my body, mind and spirit be open to your healing touch. Lord, in your mercy – hear my prayer.



## Stage 2 – Praise God

*Reading from Psalm 121*

I raise my eyes to the hills – where does my help come from? My help comes from the Lord, the maker of heaven and earth.

*Prayer*

Magnificent God, majestic Lord, who can understand your amazing power? From chaos you created order, from darkness you created light, from the dust of the earth you created humankind. I stand in awe and wonder – I praise your holy name. Amen.

## Stage 3 – Confess your need

*Reading from Mark chapter 5 verses 22 - 24a*

One of the synagogue rulers names Jairus came there. Seeing Jesus he fell at his feet and pleaded earnestly with him, “My little daughter is dying. Please come and put your hands on her so that she will be healed and live.” So Jesus went with him.



*Prayer*

Loving Lord, I confess to you my need for healing. I lay before you the pain, the anxiety and the fear which weigh me down. My body, mind and spirit yearn for your healing touch. Walk with me Lord on my journey to healing and wholeness. Amen.

## Stage 4 – Confess your faults

*Reading from 1 John chapter 1 verse 9*

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

*Prayer*

Lord, I often fail to live up to my own standards – even less do I live up to yours. I confess my broken relationships, my careless words, my lazy actions, my hasty lifestyle. I'm sorry for the people I have hurt and the damage I have done to those around me. Forgive me and put me in tune with your Holy Spirit. I ask this through Jesus Christ, your Son, my Lord. Amen.

## Stage 5 – Letting Go

*Reading from Luke chapter 15 verses 21 - 24*

The son said, 'Father, I have sinned against God and against you. I am no longer worthy to be called your son. But the father said to his servants, 'Hurry! Bring the best clothes and put them on him. Also, put a ring on his finger and sandals on his feet... My son was dead, but now he is alive again! He was lost, but now he is found!'

*Prayer*

Loving Lord, you are longing to bring me healing and wholeness and to restore the broken relationship between us. Help me now to put the past behind me and embrace a new future bathed in your love. Amen

## Stage 6 – Claiming healing

*Reading from Matthew chapter 8 verses 1 to 3*

When Jesus came down from the hill, great crowds followed him. Then a man with a skin disease came to Jesus. The man bowed down before him and said, "Lord, you can heal me if you will."



Jesus reached out his hand and touched the man and said, "I will. Be healed!"

*Prayer*

Lord, I thank you that you have heard my prayers, forgiven my sins and started the process of healing and wholeness in my life.