

*In all your ways acknowledge Him,  
and He will direct your paths.*

Proverbs 3:6

The Prayer Labyrinth and Garden is located at the intersection of Roane and Thornton Drives, at the northeast corner of our campus.

*Open daily to the public.*

### *About the Prayer Labyrinth and Garden*

The Prayer Labyrinth and Garden at Concord United was constructed in 2024 as a gift to the congregation and community through the efforts of two Eagle Scout projects and many generous donors and volunteers. The Prayer Labyrinth and Garden is dedicated to all those who made this ground holy with their prayers, gifts and service.

The labyrinth is a seven-circuit classical design laid in Tennessee fieldstone. It measures 49 feet in diameter. The center is 13 feet in diameter to accommodate multiple walkers. The path is almost 600 feet long, making a complete walk to the center and back nearly ¼ mile.

If you would like to learn more or wish to inquire about guided walks or workshops, please contact Pastor of Discipleship, Rev. Brooke Hartman at [bhartman@concordunited.org](mailto:bhartman@concordunited.org).



*Share Christ. Serve Others. Grow in Faith.*

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## *The Prayer Labyrinth and Garden*



**Concord United Methodist Church  
Knoxville, Tennessee**

*Lead Me, Lord*

## ***Welcome to the Prayer Labyrinth and Garden at Concord United Methodist Church***

Whether you walk the labyrinth or come for quiet contemplation in the garden, we hope this sacred space is a blessing to you on your journey. The prayer labyrinth and garden offer us all a dedicated space to walk and talk with God or to simply experience peace and quiet in nature.

### ***History of Labyrinths***

Labyrinths are used by many different cultures and religious traditions as a type of walking prayer or meditation. In the Christian context, labyrinths were used since the Middle Ages to represent the inner spiritual journey and even symbolic pilgrimages in lieu of a trip to the Holy Land. Contemporary pilgrims may approach the labyrinth as a metaphor for the path of life, seeking a centering spiritual experience.

Labyrinths offer one continuous path to the center and back again. The labyrinth is not a maze; it has no dead ends or wrong turns. Labyrinths can be walked alone or with others. If you meet others along the path, you may step aside or pass each other as needed. Walk the labyrinth at your own pace; pause at any point. Let the natural rhythm of your steps and your breath guide you through the walk.

People come to walk the labyrinth for many of the same reasons we pray in any format. We seek guidance and direction, insight and inspiration, healing, forgiveness, and acceptance. We give thanks and praise. As with prayer, there is no right or wrong way to walk the labyrinth.

***Again, Jesus spoke to them, saying, "I am the light of the world.  
Whoever follows me will not walk in darkness,  
but will have the light of life."***

***John 8:12***

## ***Walking the Labyrinth: The Threefold Path***

One historic way to walk the labyrinth is called the Threefold Path. This inner journey follows three main elements: ***release, receive, and reintegrate***.

### ***1- AS YOU ENTER: RELEASE***

Start the walk by letting go of cares, concerns, and distractions. Aim to 'be still' (Psalm 46:10) and quiet the mind.

### ***2- AT THE CENTER: RECEIVE***

Here we pause to seek insight, peace, or deepened awareness. Take as much as you need to pray, meditate on a Scripture, or focus on an intention for the walk. Rest in the quiet and remain open to receive.

### ***3- AS YOU RETURN: REINTEGRATE***

Return from the center by the same path. Reflect on any insights or the experiences of letting go and being refilled. Reintegrate what you learned or received as you walk back toward daily life.

### ***Other Helpful Suggestions***

- N Quiet your mind. Become aware of your surroundings and your breath.
- N Set an intention for the walk, such as healing, peace, guidance, inspiration or insight.
- N Walk at your own pace and stop as needed. If you meet others along the path, simply step aside or pass quietly.
- N Stay at the center as long as you wish. When you feel led, begin the return journey.
- N Pray that God goes with you, both directing the walk and accompanying you back into the world.