

Do you know the difference between a labyrinth and a maze? Have you ever been in either? When?

Mazes are a bit more common in our society especially around Halloween or Thanksgiving; perhaps you've gone through a pumpkin-patch maze or a hay maze. They are exciting challenges, usually with really tall walls and lots of hidden turns! The goal of a maze is to find your way out, try not to get lost!

Labyrinths are generally flat, that is they are flat on the ground and unique because they only have one path. The entrance is the same as the exit. Once you reach the center of the labyrinth you turn around!

This simple device is often used in the Christian faith as a prayer journey or way to meditate (think deeply for a while). There is no mystery about the path you walk so you can focus instead on prayer! The invitation as you begin Holy Week is to make a labyrinth with your household and to spend some time, each day walking it! The rest of the Holy Week guide will provide some suggested things to pray or meditate (think deeply) on daily!

Building a Classic Labyrinth in [10 Easy steps!](#)

1. Gather Materials! If you are making...

a chalk labyrinth → Get chalk! (This is all you really need)

a stone labyrinth → gather stones! (this might take a while 😊)

a tape labyrinth → get tape!

Choose a place that has some space, like a driveway, parking area or a yard!

2. With your material of choice. Make this seed pattern!
(try to keep one adult shoe length in between each dot/line).



3. Connect this path! I've gone over it in BLUE



4. Connect this path! I've gone over it in BLUE



5. Connect this path! I've gone over it in BLUE



6. Connect this path! I've gone over it in BLUE



7. Connect this path! I've gone over it in BLUE



