

THE WHOLENESS WHEEL LABYRINTH



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Pray the Wholeness Wheel Labyrinth

Sit comfortably in a quiet place. Breathe deeply. Let go of tension in the shoulders, forehead, chest. If you wish, light a candle.

Place your finger at the entrance to the labyrinth. Invite Christ to walk with you.

Trace your finger slowly along the path. Prayerfully consider your stewardship in each dimension of well-being. Pause to wrestle with difficult steps and embrace easy ones.

Rest in the center. Reflect with an open heart and mind on where and how God is nudging – even inviting – you to steward your gifts for the sake of the whole body of Christ. Ask God for what you need.

Return slowly on the same path. Affirm the steps you'll take to share your gifts with your family, work or ministry setting, congregation, and greater community. Consider who will help you to be the gracious, whole-person steward God has called and gifted you to be.

Be Still: Open Your Heart to God's Suggestion

The labyrinth is part of Be Still, a Portico wellness activity. As you pray the labyrinth, carry one of the following with you. Visit PorticoBenefits.org/BeStill to learn more.

- What am I most grateful for?
How is God present in that?
- What is troubling me?
How is God present in that?
- In which areas of my life am I strong?
How is God present in that?
- In which areas of my life am I vulnerable? How is God present in that?
- What area of my life might God be nudging me to tend?