

# Unlock Walk 2023

## Labyrinth Activity



**This resource includes details of the labyrinth activity provided for Unlock Walkers at Emmanuel Baptist Church on the 2023 Unlock London Walk**



# Labyrinth

## Contents

Contents	Page 2
Overview	Page 3
Setting Up	Pages 4-5
Footprints	Page 6
Welcome Notices	Page 7-8
Things to Pack	Page 9
Station 1 - Beginnings	Page 10
Travel Card	Page 11
Station 2 – Getting Ready to go	Page 12
Station 3 – Feeling Hurt	Page 13
Station 4 – Hurting Others	Page 14
Station 5 – Holy Space	Page 15
Station 6 - Refreshment	Page 16
Station 7 – Footprints	Pages 17-18
Station 8 – Bible Promises	Pages 19-24
Optional Extra – Soundtrack	Page 25
Information about Unlock	Pages 26-28





This activity is designed as an easily accessible spiritual reflection, specifically designed for those of all ages and abilities who have little or no religious learning or background.

Participants are invited to make their way from 'station' to 'station', spending as much time as they

like at each and engaging with the suggested activities there.



## Labyrinth Overview

The Labyrinth can be set up in almost any space, including a Church or hall, a shopping mall (with permission!) or outdoors. It will be helpful if you can have seen the space before-hand (or at least a plan and some photos) and have decided ahead of time where you will place the stations.

### Resources:

- Large clear printed instructions for each station of the labyrinth
- A means to display the instructions clearly.
- Ink pads and stamps or coloured stickers for each station.
- Travel cards see page 11
- Pebbles in basket; bowl for water
- Paper, crayons, pens or pencils
- A small standing cross or 2 or 3 holding crosses
- Bin
- Sand and trays for sand activity
- Cushion; bean bags; low tables; tables, chairs
- Battery powered Tea lights
- Chocolate; Kendal mint cake; fruit – grapes, oranges; dried fruit; squash and glasses
- Footprints and pens
- Pritt sticks
- Print out of Bible promises



**Layout:**

A means to demarcate the route of the journey needs to be decided – arrows or printed footprints taped to the floor can be used to guide people through the route.

**Set Up for each stage of the Labyrinth:**

Each station needs to have a board on which to display instructions, a table and one or two chairs

- 1. Beginnings:** Create a clear entrance – maybe an archway. Welcome notice, instructions, the travel cards, the stamp or coloured stickers.
- 2. Getting ready:** Basket of pebbles with explanation that they represent our cares, concerns and worries. A large, deep bowl of water, attractive if possible, (a towel underneath it will catch any splashes or spills). Stamp or coloured stickers.
- 3. Feeling hurt:** Paper and pencils + bin. Stamp or coloured stickers.
- 4. Hurting others:** 1 or 2 large trays of sand. Stamp or coloured stickers. (A dust sheet on the floor will make the clearing up quicker and easier!)
- 5. Holy Space:** Cushions and bean bags – a cosy space (plus chairs for those who can't get up and down easily!). Low table for tea lights and a free standing cross, or a few holding crosses. Stamp or coloured stickers.
- 6. Refreshments:** A selection of simple refreshments. Stamp or coloured stickers.
- 7. Footprints:** A display board and pins. Cut outs of footprints and pens or crayons. Stamp or coloured stickers.
- 8. Endings:** Print outs of Bible promises, glue sticks.



# Footprints



**Welcome to your journey through the labyrinth –  
an activity for individuals or families**

*Children under 11 must be accompanied*

- The labyrinth is a quiet place for you to think, breathe and explore.
- Visit the numbered stations in order and take your time.
- At each station there is an activity for you to do and some words for you to think about.

**Are you ready?**



**Welcome notices**

## Packing for your Journey

We have provided pictures of some items that you might want to take along with you. The more you carry the heavier your pack will be and the harder it will be to reach your destination but you need to be prepared for whatever might happen along the way. Choose which items you want to take with you. You can pick up a picture of each item you would like to pack.



Welcome Notices



# Things to Pack



## 1: Beginnings

You are about to go on a journey.

Take time to reflect on what you see, hear, think.

Expect to discover the wonderful, the fantastic.

Open your eyes wide, use your senses.

Breathe deeply. Relax. Don't rush.

*In front of you are some travel cards and a stamp (stickers could be used instead). You will find a different stamp (different stickers) at each station you visit.*

Stamp your travel card (or stick the sticker in the square) to begin your journey.

Now you are ready to go.





# Travel Card

Collect the stamps/stickers at each station




# Travel Card

Collect the stamps/stickers at each station


## 2: Getting ready

Journeys require concentration and focus.

Try to let go of the tensions in your body.

Feel the pressure and busyness slipping away.

*In front of you are some pebbles and a bowl of water.*

Choose a pebble.

Imagine that all your concerns and worries are held in that pebble.

Hold the pebble tightly and name the concerns and worries in your mind.

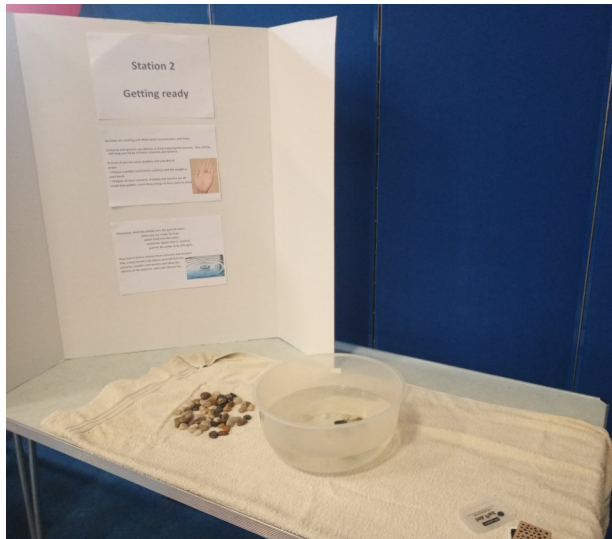
Hold the pebble over the pool of water.

Finally, when you are ready, let it go.

Watch your concerns and worries fall.

How does it feel to release them?

*Before you move on stamp (or place a sticker on) your travel card.*



Station 2 - Getting Ready to go



### 3: Feeling hurt

The world we encounter on our life journey is broken in many ways - our relationships with others, God, the planet and ourselves.



## Station 3 - Feeling Hurt

#### **Pause and think carefully:**

What hurtful things have been said to you?

What hurtful things have been done to you?

*In front of you are paper and pencils.*

Write a word or draw a picture to capture any feelings of hurt you carry inside.

#### **Take a moment to ask yourself:**

Do you want to take your picture any further on your journey or do you feel ready to leave it behind?

*Put your paper in the bin if you feel ready.*



*Before you move on stamp (or place a sticker on) your travel card.*



#### 4. Hurting others

Sometimes, whether we mean to or not, our actions hurt those around us or even those we do not know or meet.

#### Pause and think carefully:

What hurtful things have you said?

What hurtful things have you done?

*In front of you is a bowl of sand.*

Write a word or draw a picture in the sand of something hurtful you regret.

#### Did you know?

Jesus said if you let go of the hurtful things people do to you, so God will also let go of the hurtful things you do to others.

This is forgiveness.

*With your hand, wipe away the marks you made in the sand until they can no longer be seen.*

This is what forgiveness looks like.



Try to remember what it looks like as you continue on your journey.

*Before you move on stamp (or place a sticker on) your travel card.*



## 5: Holy Space

You have reached the centre point of your journey.

This is holy space

Make yourself at home

Be yourself

Be real

There's no rush

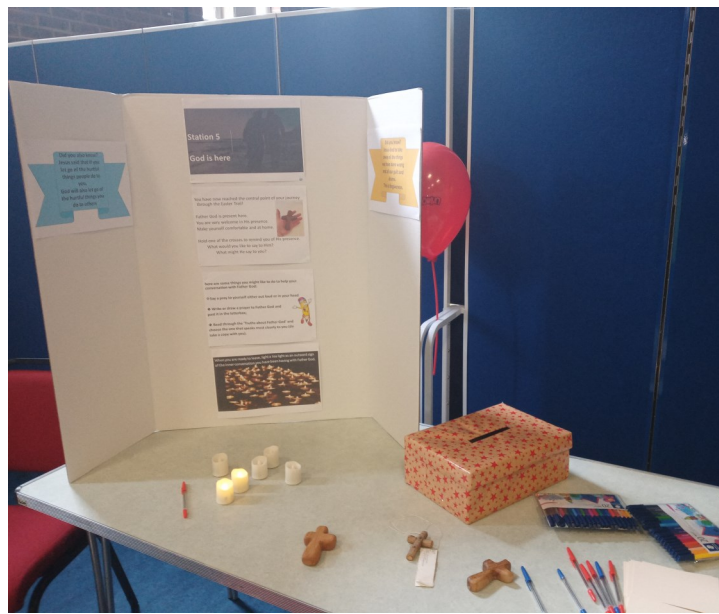
**Think:**

Is there anything you would say to God if you could see Him face to face?

*In front of you are some tea lights.*

If there is something you want to say to God, light a tea light as an outward sign of that inner conversation and leave it shining.

*Before you move on stamp (or place a sticker on) your travel card.*



Station 5 - Holy Space



## 6. Refreshment

Journeys take time and energy.

Sometimes we need to rest and be refreshed before we carry on.

*In front of you are some travel rations.*

Choose one and as you eat it, allow the sweetness to wash over you.

What is your sweetest memory?

**Smile and be thankful for that memory**

as you continue on your journey

*Before you move on, stamp (or place a sticker on) your travel card.*





## 7. Footprints

Your journey is coming to an end.  
How did you find it?

- Sometimes on a journey the road is wide and clear.
- Sometimes the road is so narrow that we are scared to move forward.
- Sometimes our journey includes beautiful countryside and birdsong.
- Sometimes we encounter terrifying junctions and noisy traffic.

Each journey is unique.

**“Leave nothing but footprints”**

*In front of you are some footprints and pens.*

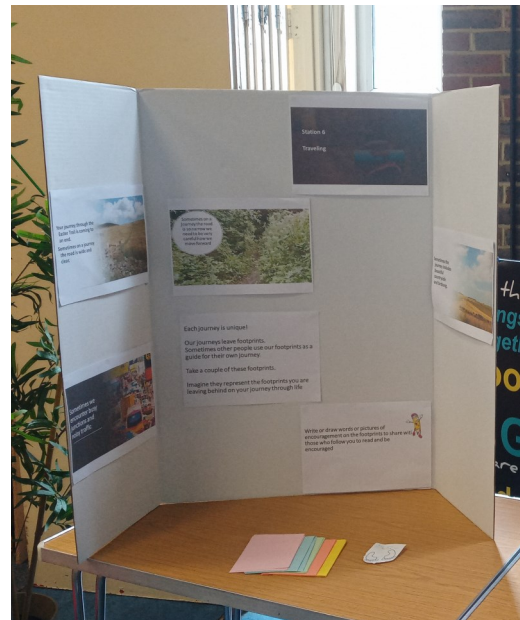
Do you have any words of encouragement to share with your fellow travellers?

Or do you simply want to record your name to prove you made it this far?



Write what you choose to share on a footprint and leave it behind.

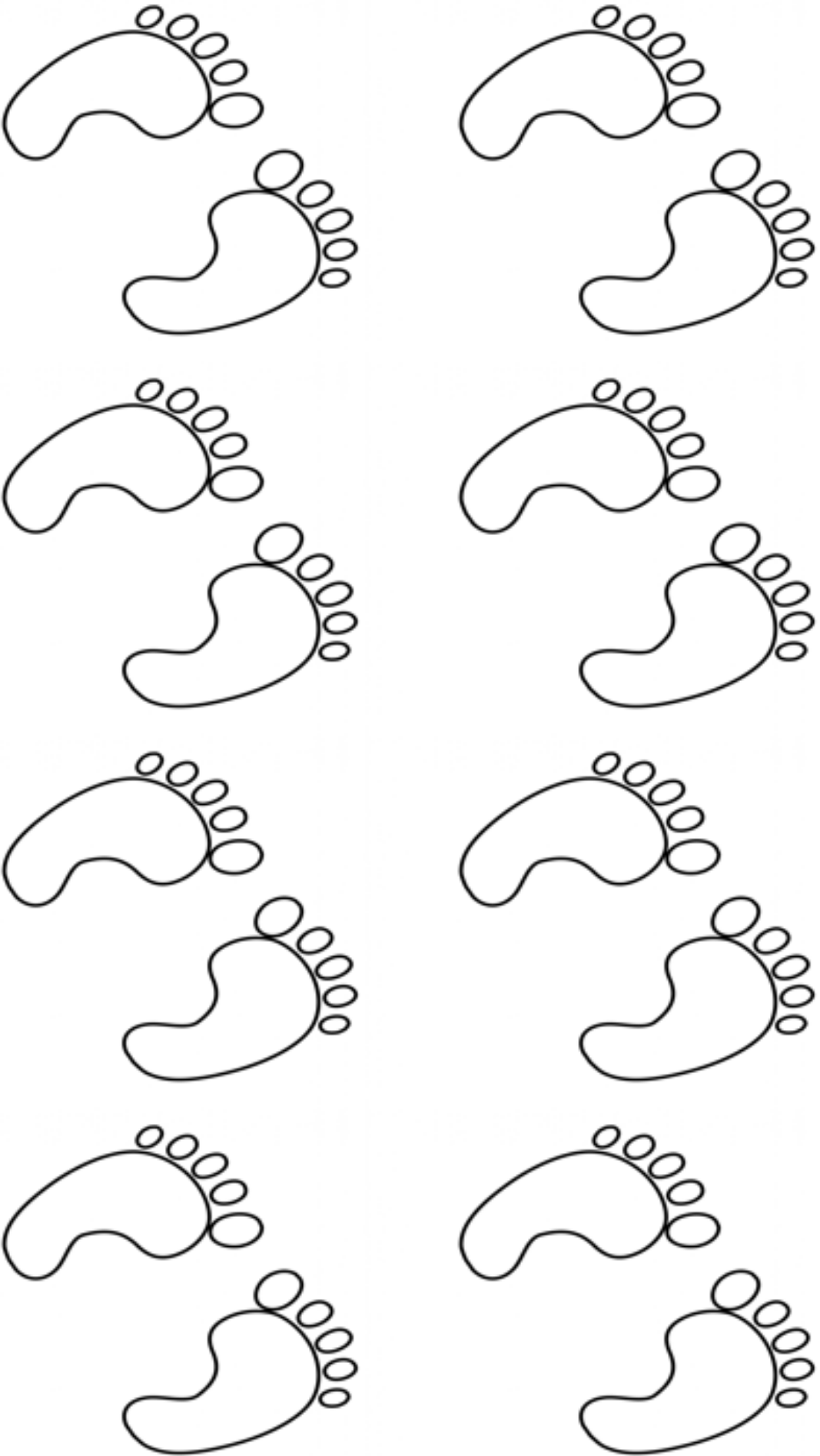
*Before you move on stamp (or place a sticker on) your travel card.*



Station 7 - Footprints



# Footprints



## 8. Endings

### Did you know?

The Bible includes some promises about our journey through life -

**God said:** “My presence will go with you. I’ll see the journey to the end.”

Exodus 33:14 (The Message).

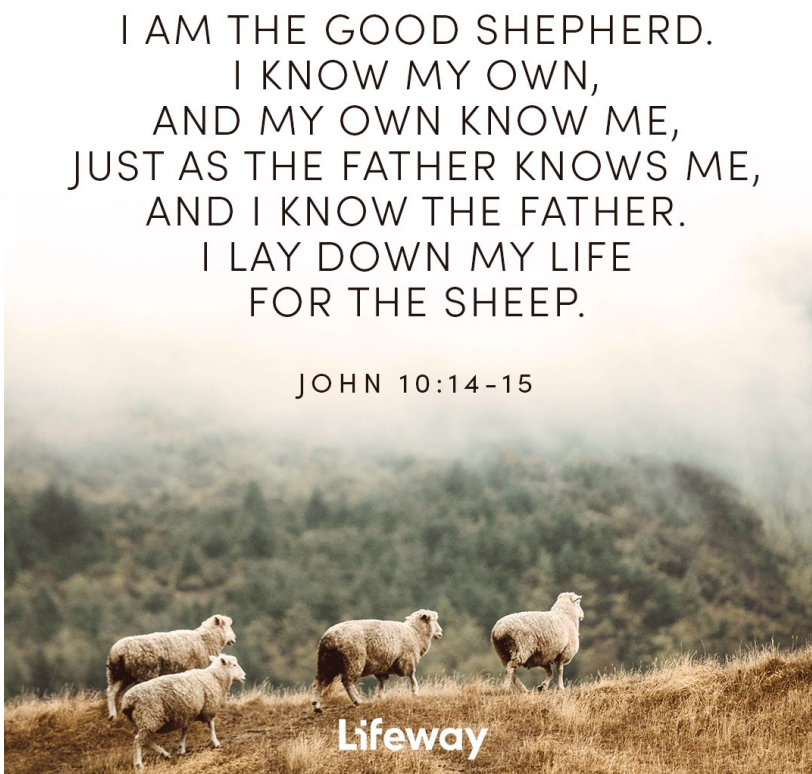
**A friend of Jesus said:** The promise of “arrival” and “rest” is still there for God’s people. God himself is at rest.

And at the end of the journey we’ll surely rest with God. So let’s keep at it and eventually arrive at the place of rest... Hebrews 4:8-11 (The Message).

*In front of you are some printed copies of these promises.*

Choose a promise and stick it to your travel card with glue.





# Bible Promises



# Station 8 - Bible Promises



*After these things I saw, and, look! a great crowd, which no man was able to number, out of all nations and tribes and peoples and tongues, standing before the throne and before the Lamb, dressed in white robes; and there were palm branches in their hands. - (Revelation 7:9)*

Don't let your heart be troubled.  
Believe in God. Believe also in me.  
In my Father's house  
are many homes.  
If it weren't so,  
I would have told you.  
I am going to prepare a place for you.

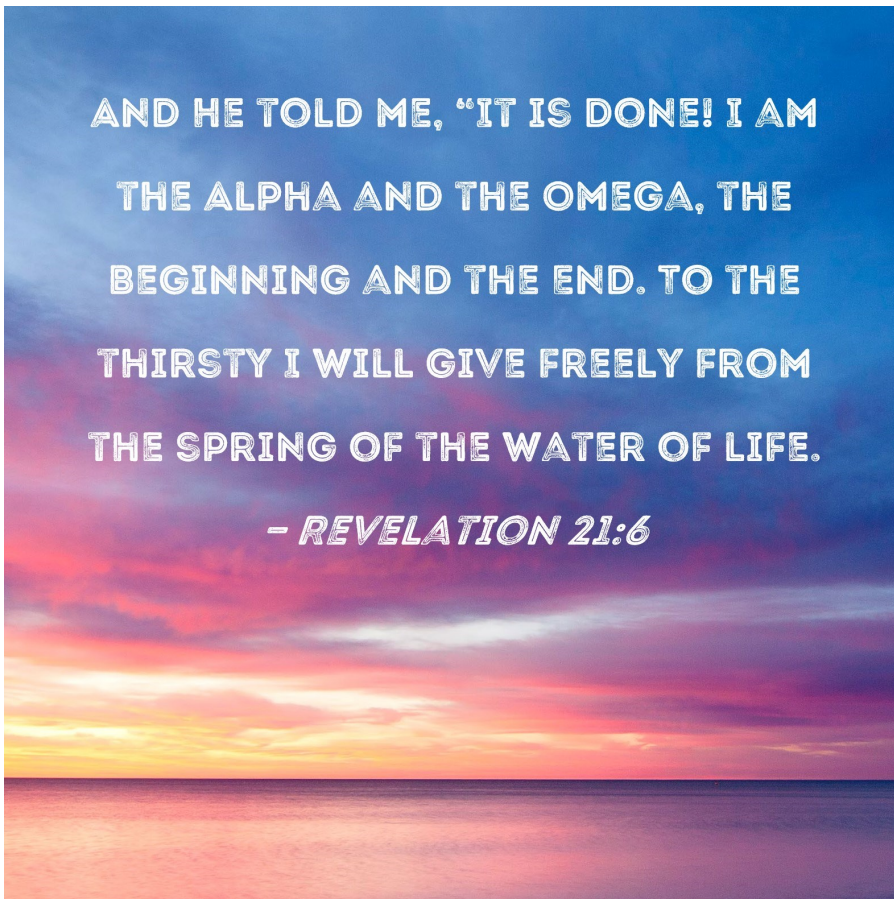
John 14:1-2  
[talktotheword.com](http://talktotheword.com)





AND HE SAID,  
"MY PRESENCE  
WILL GO  
WITH YOU,  
AND I WILL  
GIVE YOU  
REST."

EXODUS 33:14



AND HE TOLD ME, "IT IS DONE! I AM  
THE ALPHA AND THE OMEGA, THE  
BEGINNING AND THE END. TO THE  
THIRSTY I WILL GIVE FREELY FROM  
THE SPRING OF THE WATER OF LIFE.

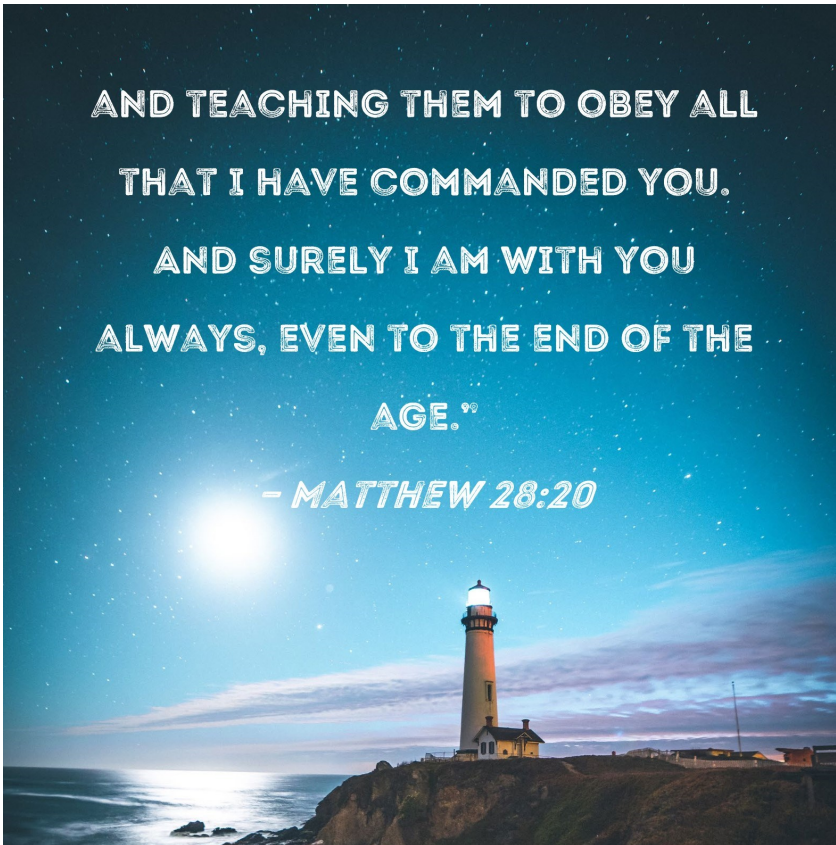
- REVELATION 21:6

# Station 8 - Bible Promises



AND TEACHING THEM TO OBEY ALL  
THAT I HAVE COMMANDED YOU.  
AND SURELY I AM WITH YOU  
ALWAYS, EVEN TO THE END OF THE  
AGE.”

- MATTHEW 28:20



"I am the bread of  
life," Jesus told  
them. "Those who  
come to me will  
never be hungry;  
those who believe in  
me will never be  
thirsty. . .

John 6:35 GNT



# Station 8 - Bible Promises



# Station 8 - Bible Promises





## Music tracks on a Journey theme

These can be played softly as background music as people make their way through the stations.

The Journey - [https://www.google.com/search?q=christian+journey+songs&rlz=1C1GCEA\\_enGB997GB998&oq=christian+journey+songs&aqs=chrome..69i57j0i22i30l2j0i390i650l5.7217j0j7&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:bba9dd79,vid:Uawxvj6nUPU](https://www.google.com/search?q=christian+journey+songs&rlz=1C1GCEA_enGB997GB998&oq=christian+journey+songs&aqs=chrome..69i57j0i22i30l2j0i390i650l5.7217j0j7&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:bba9dd79,vid:Uawxvj6nUPU)

Be though my vision - <https://www.youtube.com/watch?v=Optrm7lF16s>

We walk his way - <https://www.youtube.com/watch?v=yPG2I50cOgQ>

Hamba Nathi (Come walk with us) <https://www.youtube.com/watch?v=S1DawD7YulU>

Guide me O Thou Great Redeemer <https://www.youtube.com/watch?v=y3NmfmVGblw>

Order my Steps - <https://www.youtube.com/watch?v=kCSuw1zs8Kw>

Brother, Sister let me serve you - <https://www.youtube.com/watch?v=EQaOErUUjm8>

Pilgrim - <https://www.youtube.com/watch?v=ly57XPXI09Q>

We will walk with God - <https://www.youtube.com/watch?v=YKybxg99fUc>

One more step - <https://www.youtube.com/watch?v=TL2LrOAZVZ8>

We are people on a journey - <https://www.youtube.com/watch?v=se2uHeJimHw>



**Unlock**, by various names, has been around since 1972, trying to help (mainly) urban Christians to understand and share their faith appropriately. Our life experience matters; our stories; our joys and sorrows. The Bible has plenty to say, more than we'll ever know, about our lives, if we know how to read it and apply it - if we know how to **UNLOCK** it!

The work outlined in this pack is adapted from the learning cycle on page 28, (*usually used in small groups*). **The cycle starts by using a 'prompt'** , to draw out group member's stories. Leaders should allow plenty of time for people to respond to the prompts and share their own experiences and listen carefully as they do. What are the themes and issues arising in the stories? Try to remember so that you can remind people later if necessary.

The next stage is to **find part of the Bible** that comes to mind having listened to the stories. If you are using this activity with a non-church group you will need to be ready to provide some Bible links, but only if they are unable to do so. It is always worth giving them a chance to come up with a Bible link for themselves first; they may surprise you! Then ask the group to explore **connections**, similarities or differences.

Finally there is a **reflective activity**, giving people an opportunity to reflect on the session and any action they might want to take as a result. The reflective activity creates space in which discussion and reflection can continue in an unforced way.

How well the group know and trust one another will affect the type of story that they share, often the newer the group, the more light hearted the stories are likely to be.



Unlock uses an approach to engaging with the Bible that is different to traditional Bible studies (see page 28). Unlock's approach starts from the stories and experiences of group members, whereas a more traditional approach starts from the Biblical text. Unlock's approach has been found to work well with small groups of urban, oral learners from outside of the church. There are many free resources on the Unlock website designed for use with such groups. However, because each of these resources was designed for a particular group in a particular time and place they are unlikely be a perfect fit for your group as they stand. They are offered more as inspiration to you to design your own materials along the same lines, rather than as ready to use packages.

Unlock usually works with people outside of church who may be interested in finding out a bit more about faith but perhaps are not attracted to the formal methods of learning often associated with church. Our work is based on a reflective learning cycle and is a tried and tested way of introducing people to the Bible in an informal, accessible non-judgemental way. Many churches have activities that draw in members of their surrounding community but then struggle with how to move on from those relationships into exploring faith, especially in urban environments where anything formal might be treated with suspicion.

**This resource has been developed by Unlock workers in Treeton, Rotherham, specifically for the 2023 Unlock London walk around Thamesmead and the Elizabeth Line .**

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# The Unlock Learning Cycle

## **Unlocking real life**

### **stories of urban people**

Start with the group telling stories from their real life experience.

## **Leading to more experience**

What we learn now is learnt for life and changes us. We also learn to keep reflecting!

## **Releasing life changing skills and confidence**

Change happens as a result of linking real life experience with the Bible. This change often leads to action among others.

## **Revealing Good News of the Down to Earth Christ**

The real life stories are connected to and compared with similar situations in the Bible.

