**LABYRINTH MEDITATION FOR ELECTION WEEK**

**November 3-9, 2024**

**As you enter the Labyrinth:**

O God of all people, our world is troubled, and I am troubled. I know you care for me and that your care for creation is unending. I pray for your created world*: “O God of every nation, of every race and land, redeem the whole creation with your almighty hand. Where hate and fear divide us and bitter threats are hurled, in love and mercy guide us and heal our strife-torn world.”* (vs. 1 hymn 756 Glory to God Hymnal)

Offer your own prayers for the natural world and its healing.

**Begin walking into the Labyrinth holding these prayers in your heart.**

**As you move into the 2nd quadrant of the Labyrinth (or when you are ready), pray for our government and elected leaders. Hold in prayer those who are in positions of power, and for this 2024 Election.**

           **“Please, God...”**

We plead for God to intervene,  
even “just this once...”  
But I don't think that's how God works:  
the Holocaust would have been a good time to do so.  
No, God doesn't stop the tyrant,  
or nudge the car on the icy road.  
God is not a Big Guy with a magic finger  
he deploys now and then (but not always).  
  
God is the Love at the heart of all being,  
as constant as gravity, infinitely attentive,  
and can't be more present or active than right now.  
  
When we ask for God's help,   
what we mean is to align ourselves  
with the great power of God's grace already at work.  
Like musicians in perfect tune,   
we create harmonics, notes that sound  
though none of us is producing them.  
Our harmony with God creates an energy field  
that does indeed change things.  
  
In troubled times it takes great concentration  
to align ourselves with grace instead of force,  
with love instead of fear.  
We begin by allowing ourselves to be loved,  
along with all the rest of Creation,  
and then we fall into that love,  
and let that love flow through us into the world.  
  
I think that's what we mean when we pray,  
“Please, God...”  
(from Steve Garnaas-Holmes. *Unfolding Light* [*www.unfoldinglight.net*](http://www.unfoldinglight.net) *10/28/24)*

**As you move into the 3rd quadrant (or as you are ready), pray for governments and peoples across the globe. Pray for particular situations that are on your heart and in the headlines of our daily News.**

Gracious God, we pray for all who labor for peace. We pray for release from the fear of exploding bombs and falling missiles; from dread of war’s increase. When hope and courage falter, may your small voice be heard. Undergird us with your love and grace.

**As you move into the 4th quadrant (or when ready), pray for peace and justice. Reflect on ways you can promote peace and justice in your actions.**

**As you reach the Center. Pause and reflect again on all the prayers of your heart. Then pray for the world:**

Pray for the world.  
Open your heart to the goodness of God,  
pouring out upon the world.  
Open your heart to the goodness of the world,  
the dear people, the children and women and men,  
the creatures, and all living things.  
As you open your heart, in pours their pain.  
Make space for their aching, their sadness, their terror,  
for the wounds of war and poverty and greed,  
the great shadow of loneliness.  
As the pain flows in, make more room:  
make room in your prayer for the grace of God,   
the vast mercy of the Beloved,  
the very atmosphere of love that fills and embraces all.  
Let your prayer be the world flooded with blessing,  
in all its wonder and pain and beauty and brokenness,  
the world inundated with God's hope and tenderness.  
Hold that. Hold it a long time.  
Then carry it out into the world, your living prayer.

(from Steve Garnaas-Holmes. *Unfolding Light* [www.unfoldinglight.net](http://www.unfoldinglight.net/) *10/25/24}*

**As you walk out of the Labyrinth:**

Let your prayer be the world flooded with blessing,  
in all its wonder and pain and beauty and brokenness,  
the world inundated with God's hope and tenderness.  
Hold that. Hold it a long time.  
Then carry it out into the world, your living prayer.

**AMEN**