

## Prayers & meditations with the Celtic Prayer Sphere Labyrinth

Lectio Divina, or the art of praying with the Bible, was an art all but lost outside monastic communities, but now being re-discovered by increasing numbers of those who want to lean on Jesus breast to hear the heartbeat of God.

Attending to the word of God through the printed text is an art which helps us to listen to God in a world where we are surrounded by a cacophony of noise.

With your prayer labyrinth ball, Your prayers can now literally be “all fingers and thumbs”, in a positive way, as you with intention gently follow the labyrinths route whilst saying the following prayers and meditations.

### Canticle from Morning prayer

Try choosing one phrase from the Canticle of morning prayer : ‘Illumine and guide me’, Or ‘Be within and without me’ recite that one phrase while following the labyrinth path.

Christ, as a light, illumine and guide me.  
Christ, as a shield, overshadow me.  
Christ under me., Christ over me.  
Christ beside me on my left and my right.  
This day be within and without me,  
lowly and meek, yet all-powerful.  
Be in the heart of each to whom I speak,  
in the mouth of each who speaks unto me.  
This day be within and without me,  
lowly and meek, yet all-powerful.  
Christ as a light., Christ as a shield.  
Christ beside me, on my left and my right.

Holding the words of the meditations in CDP intentionally your heart as you hold the route of the labyrinth ball is another good practice of praying.

The meditations from Celtic Daily Prayer book 2 days 5, 7, 11, 14, 23 & 24 are particularly kind and upbuilding as we think about our Journeys with God, Jesus and the Holy Spirit.

Phrases from the Lords prayer and the 23rd Psalm also work well. Reciting a repeating a simple phrase like,

‘Lord show me Your ways, teach me Your paths’ Psalm 25:4

‘Drench my soul with life as I walk in your paths.’ Psalms 119:37 (TPT)

## Caim prayers, ‘circle me Lord’

The Celtic Caim or ‘encircling’ prayers can often be helpful.

Walk with your fingers the apotropaic (protective) circling path of the labyrinth ball as you pray, this is an outward sign of an inward intention symbolising the all encompassing love of God.

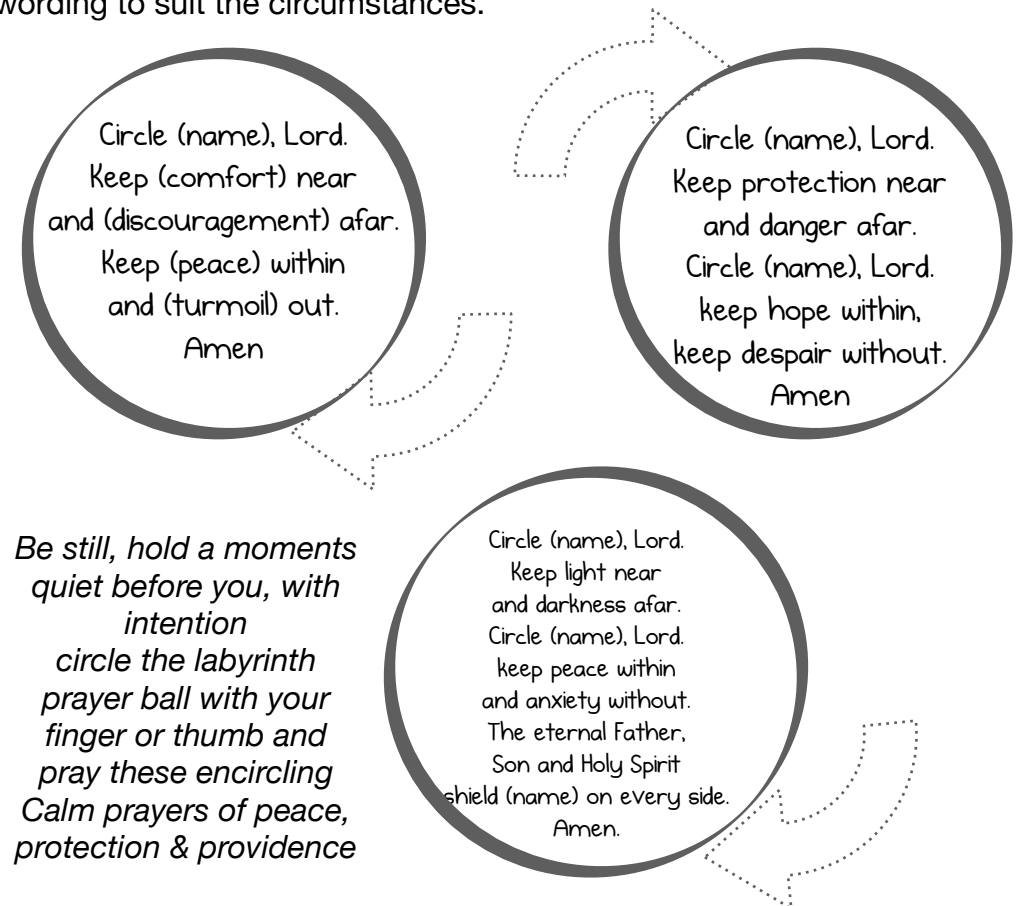
See yourself and others encircled and be aware that the living God surrounds and encompasses us with His love, care and protection.

The Caim prayer can be adapted to many different situations.

Sometimes a particular form of the prayer that has been found to be helpful can be written down for repeated use when praying again for the same person or for another person in similar circumstances.

Different examples of Caim prayers follow.

Insert him, her or them instead of name if appropriate, and change the wording to suit the circumstances.



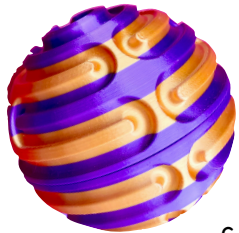
*Be still, hold a moments quiet before you, with intention circle the labyrinth prayer ball with your finger or thumb and pray these encircling Caim prayers of peace, protection & providence*

## Caim prayers, 'circle me Lord'

The compassing of God be upon you,  
the compassing of the God of life.  
The compassing of Christ be upon you,  
the compassing of the Christ of love.  
The compassing of the Spirit be upon you,  
the compassing of the Spirit of grace.



The compassing of the Sacred Three be upon you,  
the compassing of the Sacred Three protect you,  
the compassing of the Sacred Three preserve you.



Circle me Lord with joy,  
for weeping gathers all its gloom against me.  
Circle me Lord with love,  
for the world's a hating place at times.  
Circle me Lord me with good news,  
for the days overwhelm the soul with negativity.

Circle me Lord with foreverness,  
for I am too temporary to have any kind of future without You. Amen.  
Calvin Miller ( adapted J Bailey )

Traditional Gaelic Prayer, A prayer attributed to Saint Columbia.

The path I walk, Christ walks it.,  
May the land in which I am, be without sorrow.  
May the Trinity protect me wherever I stay, Father, Son, and Holy Spirit.  
Bright angels walk with me — dear presence — in every dealing.  
May I arrive at every place, may I return home,  
May the way in which I spend be a way without loss.  
May every path before me be smooth,  
man, woman, and child welcome me.  
A truly good journey!

More online meditations can be found at [www.pilgrimpaths.org.uk](http://www.pilgrimpaths.org.uk)

## Celtic Spirit Labyrinth Prayer Sphere Ball



A prayer tool for meditative contemplation that encourages intentional, engaging prayer in a deeper way, enhancing the prayers of Celtic Daily Prayer.

A resource to help us be thankful for the roots and routes of the 'wise and the good'. An aid to help enhance focus and reflection on the heritage of Celtic Christianity, Holy Island and Celtic saints like Oswald, Aidan, Cuthbert and Hild plus many more who paved a way.

St. Oswald was a significant Christian King. He brought monks from Iona to Lindisfarne bringing the message of Jesus to Northumbria and beyond.

Bede records the Northumbria flag of purple and gold stripes in Oswald's tomb. "Hung up over the monument, is his banner made of gold and purple". This is the oldest known flag design in Britain.

Gold is associated with illumination, love, compassion, courage, passion and wisdom. Gold symbolises what is precious and valuable. Majesty, joy, celebration and the presence of God.

Purple is associated with pain, suffering, mourning and penitence. It is the colour of Lent, the colour of courage, resilience and royalty. Purple symbolises strength and transformation as well as the power of the spiritual and imaginative.

The meandering spiralling gold and purple path of the ball represent the labyrinthine Celtic knot work of The Lindisfarne Gospels.

Swirling back and forth, revolving, turning, gyrating over and under, in and out with the twists and turns symbolising the lives that were led by trying to live life in the spirit of Christ Jesus, in acting justly, loving mercy and walking humbly with God.

The following prayers can be said whilst tracing the path of the labyrinth ball.

The Journey Prayer

\*God bless the pathway which I go.  
God, bless the earth that is beneath my sole.  
Bless, O God, and give to me thy love.  
Carmina Gadelica Prayers



As you pray this part of the liturgy,  
hold the Prayer Sphere lightly in both hands

*Show me what blessing it is that I have work to do  
And sometimes, and most of all when the day is overcast  
and my courage faints, let me hear Your voice, saying,  
'You are my beloved one in whom I am well pleased.'*

*Stand at the crossroads and look, ask for the ancient paths,  
ask where the good way is, and walk in it, and find rest for your souls.*

*Give us to see Your will, and power to walk in its path;  
and lo! the night is routed and gone.*

*Keep me close to You, Lord. Keep me close to You.  
I lift my hands to You, Lord, I lift them up to You.*

As you pray this part of the liturgy, place your palms side by side  
& upward. Let the Labyrinth Sphere rest gently in the middle of your  
cupped palms. Lift the sphere, symbolising lifting who you are and your  
prayers up to God.

*Hands, Lord, Your gift to us, we stretch them up to You.  
Always You hold them.*

*Help me to find my happiness in my acceptance  
of what is Your purpose for me:  
in friendly eyes, in work well done, in quietness born of trust,  
and, most of all, in the awareness of Your presence in my spirit.*

Take what part of the Oswald liturgy and prayer that is connecting with  
you, speaking to you most and hold those words in your head and heart  
with intention and begin to trace the Celtic Spheres path inward to the  
centre, releasing any obtrusive thoughts.

At the centre, pause and receive what you need, trust it has been given  
even if you don't feel anything. Rest in the Trinity's love for you. As you  
return by tracing the path out of the Labyrinth, commit your self and your  
days to God afresh and trust for the power to follow  
the life path God has for you.

'No good thing will he withhold from those who walk along his paths.'  
Psalm 84:11 Living Bible

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## THE OSWALD LITURGY - IN PRACTICAL WAYS PRAYERS FOR COMMITTING OUR WORK TO GOD

This liturgy is taken from Celtic Daily Prayer Book 1. It can be used :

*on 5 August, Oswald's feast day;  
on pilgrimage to Heavenfield or Bamburgh;  
as a way of committing our work to God for those who live out their  
Christianity in ordinary life.*

As you pray this part of the liturgy,  
hold the Celtic Prayer Sphere lightly in both hands

*This day is Your gift to me; I take it, Lord, from Your hand  
and thank You for the wonder of it. God be with me in this Your day,  
every day and every way, with me and for me  
in this Your day; and the love and affection of heaven be toward me.*

As you pray each line of this liturgy, pass the Labyrinth Sphere  
back & forth in between both hands

*All that I am, Lord, I place into Your hands.  
All that I do, Lord, I place into Your hands.  
Everything I work for, I place into Your hands.  
Everything I hope for, I place into Your hands.*

*The troubles that weary me, I place into Your hands.  
The thoughts that disturb me, I place into Your hands.  
Each that I pray for, I place into Your hands.  
Each that I care for, I place into Your hands.*

*I place into Your hands, Lord, the choices that I face.  
Guard me from choosing the way perilous of which the end  
Is heart-pain and the secret tear.  
Rich in counsel, show us the way that is plain and safe.*

As you pray this part of the liturgy,  
Let the Celtic Sphere rest gently in your hands

*May I feel Your presence at the heart of my desire,  
and so know it for Your desire for me.  
Thus shall I prosper, thus see my purpose is from You,  
thus have the power to do the good which endures.*

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*Show me what blessing it is that I have work to do  
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