

### **1 Kings 19:1-8 (New Revised Standard Version Updated Edition)**

Ahab told Jezebel all that Elijah had done and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also, if I do not make your life like the life of one of them by this time tomorrow." Then he was afraid; he got up and fled for his life and came to Beer-sheba, which belongs to Judah; he left his servant there.

But he himself went a day's journey into the wilderness and came and sat down under a solitary broom tree. He asked that he might die, "It is enough; now, O Lord, take away my life, for I am no better than my ancestors." Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones and a jar of water. He ate and drank and lay down again. The angel of the Lord came a second time, touched him, and said, "Get up and eat, or the journey will be too much for you." He got up and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

### **1 Kings 19:9-15 (New Revised Standard Version Updated Edition)**

At that place he (Elijah) came to a cave and spent the night there.

Then the word of the Lord came to him, saying, "What are you doing here, Elijah?" He answered, "I have been very zealous for the Lord, the God of hosts, for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away."

He said, "Go out and stand on the mountain before the Lord, for the Lord is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind, and after the wind an earthquake, but the Lord was not in the earthquake, and after the earthquake a fire, but the Lord was not in the fire, and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, "What are you doing here, Elijah?" He answered, "I have been very zealous for the Lord, the God of hosts, for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." Then the Lord said to him, "Go, return on your way to the wilderness of Damascus."

**What is a labyrinth?**

A labyrinth is not a maze, there is only one path to the center with no “dead ends”. It is an ancient figure and was used by Christian cathedrals in medieval Europe as a symbol of the journey of faith, and the journey of life. It was walked by those who could not afford the spiritual practice of going on a pilgrimage to the Holy Land. It was and is also used by Christians as a prayer tool, a way to focus the mind upon God and reflect upon God’s presence in all the twists and turns of our journey. Labyrinths are designed for walking – and tracing them allows those with mobility issues to engage in the practice, as well as a way to bring the practice to everyday spaces.