

But how can you say that?

Don't you know?

Haven't you heard?

The Lord is the eternal God,  
Creator of the earth.

The Lord never gets weary or tired;  
God's wisdom cannot be measured.

The Lord gives strength  
to those who are weary.

Even young people get tired,  
then stumble and fall.

But those who trust the Lord  
will find new strength.

They will be strong like eagles  
soaring upward on wings;  
they will walk and run without getting tired.

### *Labyrinth Walk:*

*As you follow the path allow your thoughts to flow ...*

**When you get to the center, pause** in some time of prayer and reflection receiving God's love and blessing

**When you are ready return along the same path**, give thanks for what you may receive as you continue to journey....

**When you leave the labyrinth**, you might like to write down a few words, symbols, or phrases in a journal or on the back of this leaflet to acknowledge and remember this time of prayer.

## MARKING THE LONGEST NIGHT OF THE YEAR THE WINTER SOLSTICE December 21, 2022



Tonight, as we walk and pray the labyrinth, we reflect on the way in which this moment in the year redefines our hopes, fears, and outlook. The darkness and cold seem to be ever-growing, yet it's at this moment that we begin to be closer to spring than winter. It's also the time when we celebrate Christmas – the story of the birth of a baby to poor parents that redefines our expectations of God and understanding of peace that comes not through victory, but through justice.

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**COLLEGE AVENUE PRESBYTERIAN CHURCH**

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Tonight, you're invited to reflect on these verses from the prophet Isaiah (often read in Churches at this time of year) and spend some time walking and praying with your body in the labyrinth of light on this longest night.

*Begin by praying these words ...*

- Come, Lord Jesus ...
- or Breathe on me Breath of God ....
- or Light of the World shine upon me...



*repeat them to yourself a few times softly  
as a way to center yourself and calm your mind...*

*Pause for Thought:*

Spend a few moments considering the verses from the prophet Isaiah who wrote these words in a time of great societal upheaval, cultural uncertainty and fear of growing darkness in the 8<sup>th</sup> century BC.

- Where in your life are you feeling weary?
- How do you struggle with the injustice that you may see...  
in your life...  
in our world...?
- How do you long to be strengthened and re-energized in life in this season?

*Hold onto one of these thoughts*

*and take it into the labyrinth with you ...*

*A reading from Scripture: Isaiah 40:18-31 (CEV)*

Who can compare with the God of the Universe?  
Is anything like the Holy One?  
Don't you know?  
Haven't you heard?  
Hasn't it been clear since the time of creation?  
God is the one who rules the whole earth,  
and we that live here  
are like mere insects in comparison.  
He spread out the heavens  
like a curtain or an open tent.  
God brings down unjust rulers  
and turns them into nothing.  
They are like flowers  
freshly sprung up and starting to grow.  
But when God blows on them,  
they wilt and are carried off like straw in a storm.  
The holy God asks,  
"Who compares with me?  
Is anyone my equal?"  
Look at the evening sky!  
Who created the stars?  
Who gave them each a name?  
Who leads them like an army?  
The Lord is so powerful  
that none of the stars are ever missing.  
You who resist and wrestle with God [*Israel*] say,  
"God pays no attention to us!  
God doesn't care if we are treated unjustly."