

## Praying with a Finger Labyrinth

- ◆ Sit comfortably, be still and gently pray: *I place myself in your presence O Lord, my God.*
- ◆ When you are ready... slowly trace the labyrinth path with a finger, use a finger on the hand that you do not write with, just let your thoughts come to the surface and let them flow... Jesus is with you every step of the way, you are never alone. You are always loved by God.
- ◆ When you reach the centre...consider your thoughts...
- ◆ ...stay in the centre for a while and spend some time in prayer and reflection receiving God's love and blessing.
- ◆ When you are ready... return along the same path... return gratefully, prayerfully ... you might like to sing or say aloud a line from the psalms or a favourite hymn.
- ◆ As you exit the labyrinth give thanks and praise to God: *Glory to the Father and to the Son and to the Holy Spirit as it was in the beginning is now and ever shall be world without end. Amen.*



*... you will reveal the path of life to me,  
give me unbounded joy in  
Your presence...*

Psalm 16:1

**Your labyrinth prayer time** can be as open or as focused as you would like it to be. You might want to simply enter the labyrinth and be with the Lord...

or, before you enter the labyrinth, you might like to take time to:

- ◇ Read and reflect on a line or two from Scripture and ponder those words in the labyrinth
- ◇ Hold a memory or a photo of a loved one you wish to remember or pray for while you are in the labyrinth
- ◇ Consider an experience in your life where you are seeking healing or forgiveness and talk to God in the labyrinth
- ◇ Think about a key celebration in your life and walk a prayer of thanksgiving in the labyrinth.

# Finger Labyrinth

and

## Prayer Guide



Labyrinths are ancient pathways found across the world. The winding path helps us to 'unwind', to let go and rest in God. Members of the early church as well as Medieval pilgrims have used them as a support for prayer.

Today, labyrinths are being created in churches, retreat centres, schools, hospices and cathedrals to offer a spiritual space for prayer and reflection providing a stilling space in a busy world.

A labyrinth is different from a maze. A maze is full of dead-ends and designed to get you lost. A labyrinth has only one path that always leads to the centre... if you stay on the path you cannot get lost.

There is no right or wrong way to a labyrinth... no set pace... just follow the path in your own time...

Finger labyrinths can be used for prayerful reflection when it is not possible to walk a full-sized labyrinth.

*...did not our hearts burn within us as he  
talked to us on the road...*

Luke 24:32