

Finger Prayer Labyrinth

A Prayer Labyrinth is a way to go on a brief prayer journey, using the movement through the labyrinth to keep you focused and guide your time. With a Finger Prayer Labyrinth, simply trace your finger along the path instead of walking a physical trail.

There is no “right way” to use a Labyrinth. Here are some suggestions to help you on your journey.

- Before starting, consider choosing a topic, situation, or person to be the focus of your prayer
- Think of it as a walk with Jesus
- Listen as much as you speak
- Move slowly and intentionally, do not hurry
- Pause at each turn, talk as you move, listen as you pause
- Dwell in the center, review the conversation so far
- Focus on yourself on the way in, and on others or sharing God with others on the way out
- Remember God is with you and wants this time with you. Be open to letting Him steer the conversation
- Journal the experience when you're done (but not while on the journey)

