

Finger Labyrinth Prayer Guide

Release

Place a finger on your non-dominant hand at the entrance of your labyrinth and offer a prayer of preparation.

Walk with us Lord through all the twists and turns of life,
Walk with us when the clouds obscure the way,
when what seemed close is now so far away.
Walk with us Lord until we trust in you,
Lead us to the centre of your love.

Prayer by Christine Sine

Release

As you travel the path to the centre, release your burdens to God, quieting your mind and settling into the awareness of God's steadfast love. You may wish to use this or another breath prayer.

Inhale: To you, O Lord, I lift up my soul

Exhale: O my God, in you I trust.

Receive

When you reach the centre, rest. You may want to lay your hands, palms up, on your lap or the table, in a gesture of open acceptance. Notice what God has brought to your attention – images, words, emotions, questions. What is God saying to you? Stay as long as you like.

Return

When you are ready to leave the centre, slowly follow the path (again with a finger on your non-dominant hand) back out. Take the knowledge of God's love back out with you. As you go, allow prayers to rise for yourself, for those you love, and for the world.

