

Finger Labyrinth

Before you enter the labyrinth, you may like to take a moment to be still. You might like to focus on a particular joy, challenge or concern, or simply open your heart and mind to what God wants to say to you. Use your finger to slowly trace a path to the centre of the labyrinth. As you travel, allow God to speak to you. When you arrive at the centre, consider your thoughts and spend some time reflecting on them. When you are ready return along the same path. You might like to add words or symbols to your labyrinth which capture your journey.

