

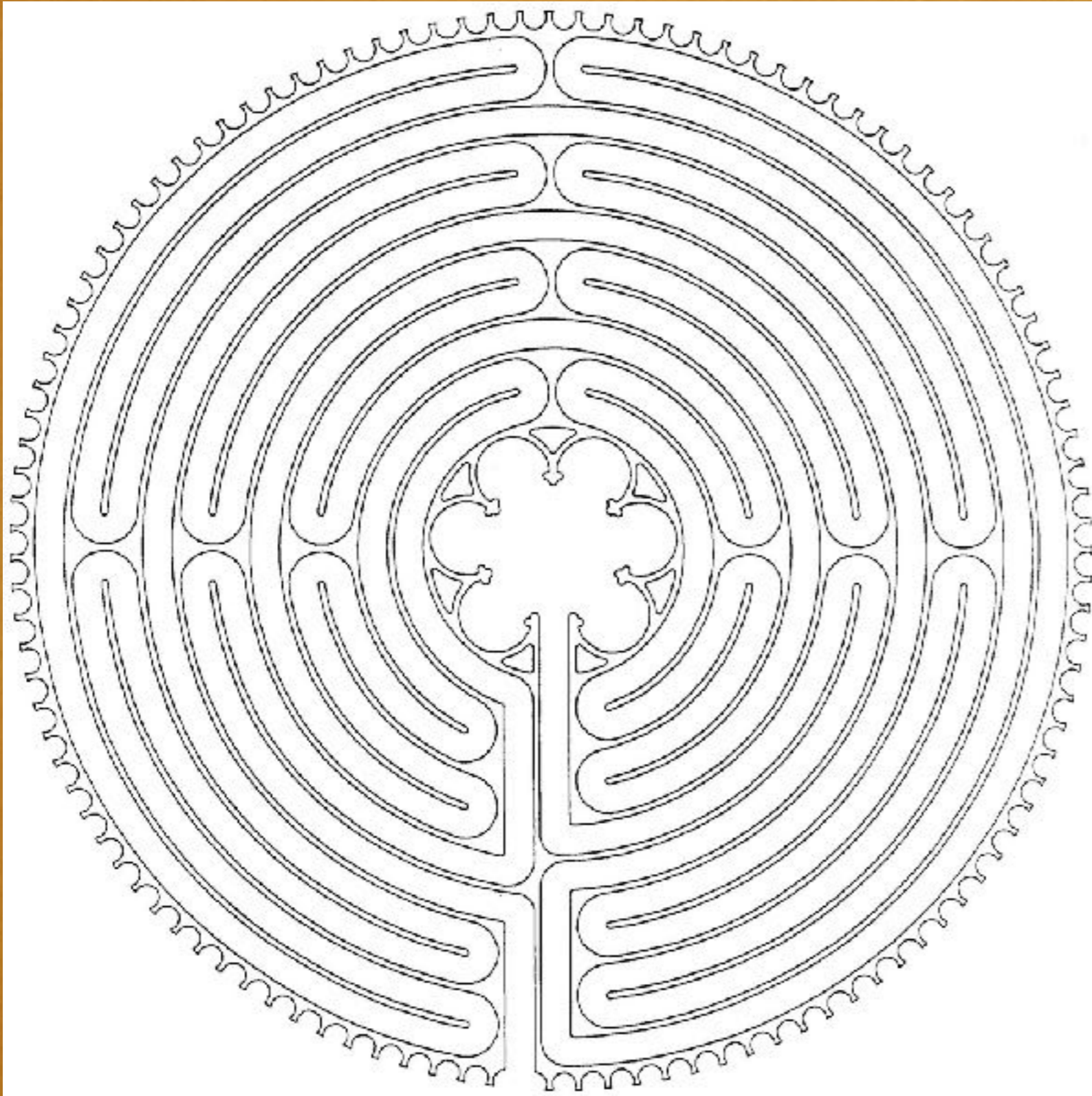
“Finger Praying”

Labyrinth Prayers of Peace



Metal Chartres-style labyrinth and stylus used for hand praying.

You can pray a labyrinth
with your feet, eyes, or hand.



Labyrinth Prayer Experience Hymn: Praying the Labyrinth



Text: Jill Kimberly Hartwell Geoffrion ©1998
Tune: DIX (For the Beauty of the Earth)
Dedicated with gratitude to Madeleine Sue Martin.



Suggestions for your peace prayers:

Pray with a prayer phrase: "Peace I leave you, my peace I give you..." "Do not worry about anything..."
Pray with a request: "God, please help me to feel more peace..." "Release me from stress bondage."
Pray with a question: "God, what will help me embody more peace?" "What peace is most needed?"
Or, pray any prayer that seems important to pray right now.



Wooden finger 7 circuit heart-shaped labyrinth. The grooved path leads from the entrance to the center.

To your o-pen mouth we come,
pausing with expectancy.
Posing questions, praying dreams,
gath'ring courage, hope and faith,
Circle, you hold life indeed.
With thanksgiving we proceed.



Dancing Woman Canvas Labyrinth Labyrinth Society Gathering 2008

Place *your* finger near the entrance of the labyrinth.
Ask God to move with *you* as *you* pray.



Stepping in, the way is sure,
Pacing comes in its own time.
Breathing slows, awareness dawns,
Trusting, longing fill our hearts.
Pathway, you hold life indeed.
With thanksgiving we proceed.



HEAL Africa Lava Labyrinth, Pastor and Children Goma, Democratic Republic of Congo

Begin following the path with any finger.
When you arrive at the center, rest.



In the center we are held,
deeply knowing, deeply known.
Healing, wholeness rising up,
Wisdom, insight overflow.
Center, you hold life indeed.
With thanksgiving we proceed.



Rest in God's presence as *your* finger rests in the center of the labyrinth.
Welcome any feelings of peace *you* experience.



Back we go, the way we came,
Weaving, winding in and out.
Moving t'ward the world beyond,
Op'ning hearts to needs perceiv'd.
Pathway, you hold life indeed.
With thanksgiving we proceed.



Temporary Popsickle Stick, Leaves & Grass Labyrinth 2008, Church Camp, Atlanta, Georgia (USA)

When you are ready, move your finger out of the center and back along the path towards the threshold (exit/entrance).

Remember to pause at the threshold to give thanks for your experience.



Once outside we gaze within,
wond'ring at the peace we know.
Spending moments filled with awe,
taking leave with strength renewed.
Circle, you hold life indeed.
With thanksgiving we proceed.



Chartres Cathedral floor labyrinth as seen from triforium balcony, France

Share with the person next to you
something about your prayer using the labyrinth.



Mounded earth, 7 circuit classical labyrinth. Mendocino, California, USA

What would you like the group to know about the experience of labyrinth prayer?

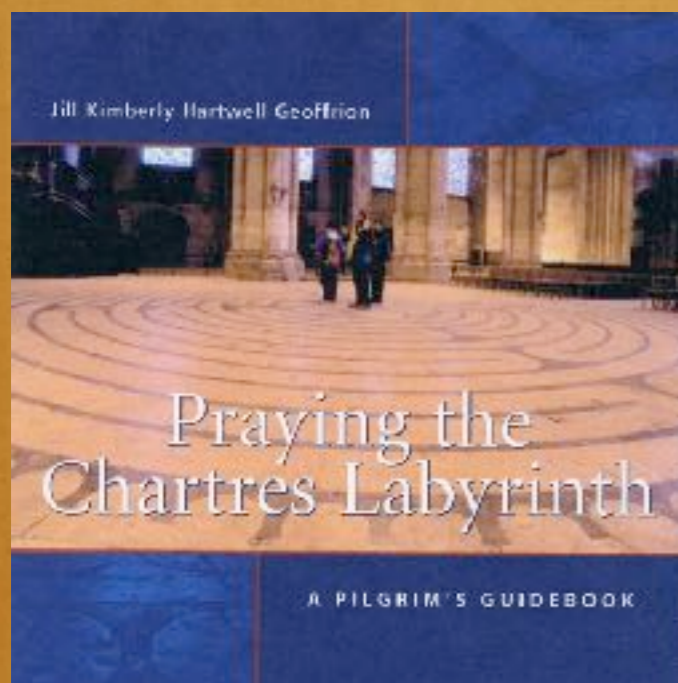
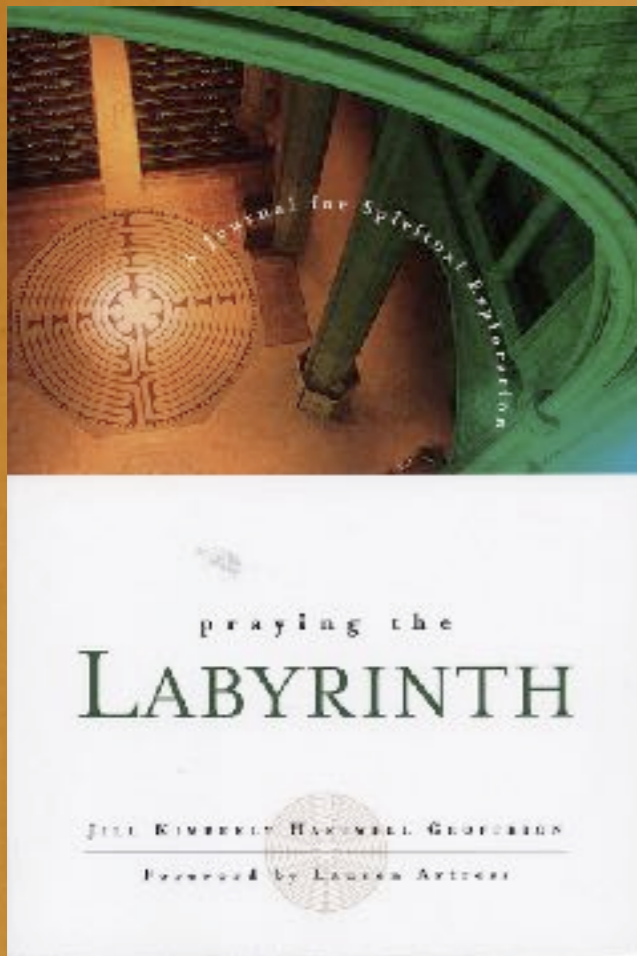


Brick labyrinth, John Hopkins Hospital and Medical Center Baltimore, MD (USA)

What other questions do you have about labyrinth prayer?



“May my teaching fall like rain, and my words, distill as the dew, like showers on new grass, like abundant rain on tender plants.” Deuteronomy 32:2



Feel free to contact Jill
jill.geoffrion@fhlglobal.org
www.jillgeoffrion.com
www.fhlglobal.org

