



Finger Labyrinth Prayer

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God leads me in
right paths...

Psalms 23:3



Labyrinth prayer
quiets the mind and
heart
so that you can
listen more easily
and connect more
deeply with yourself
and God.





There is just one
path that leads to
and from the center
in a labyrinth.

Begin your prayer at the threshold.



Continue praying as you enter
into the sanctuary of the labyrinth.



You will turn many times,
but you are always heading to the center.
Trust!



Take time to rest in the center with God.

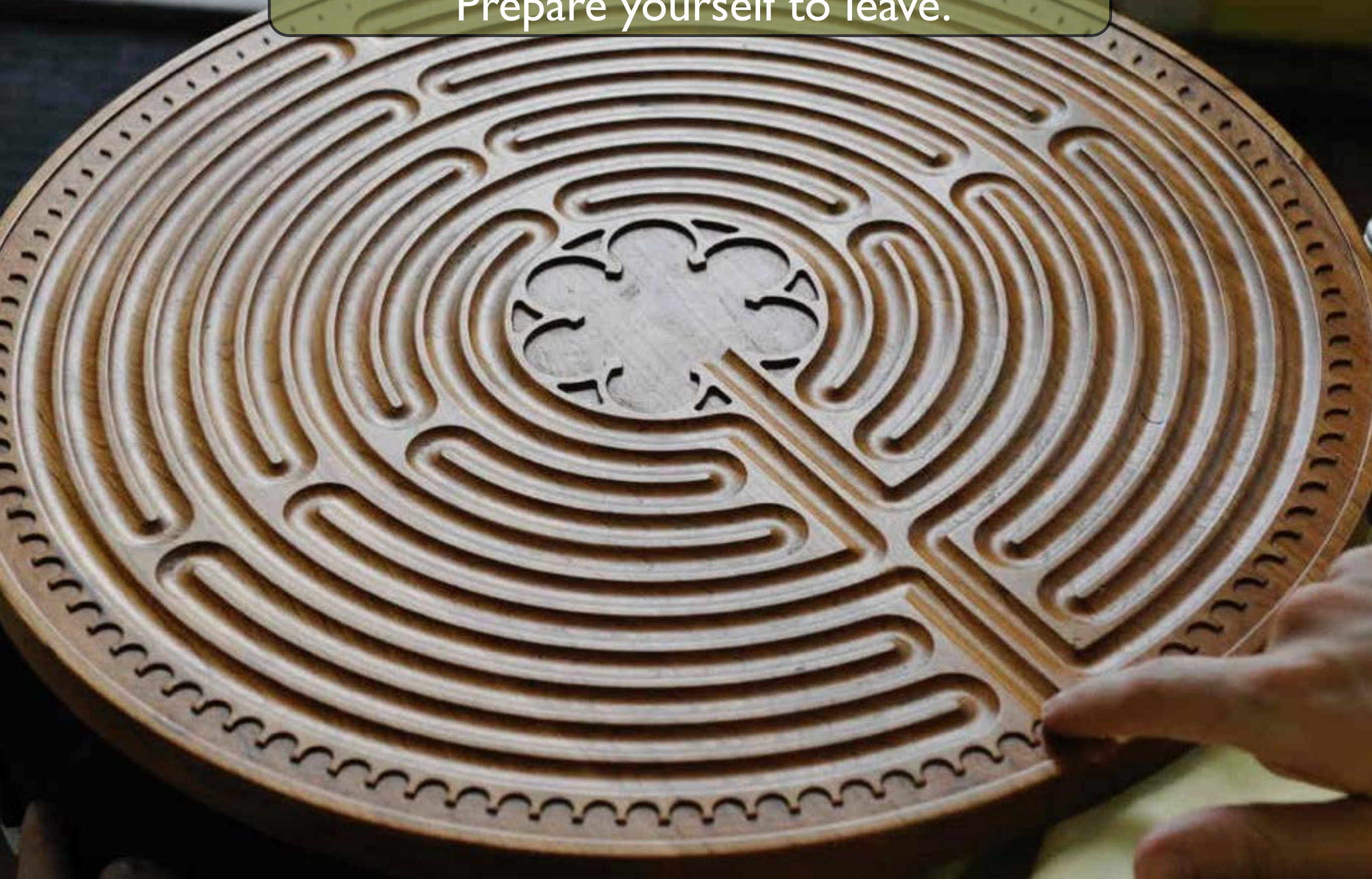


Returning

When you are ready, leave the center and follow the path back towards the threshold (in the opposite direction).



Going out.
Before crossing the threshold stop.
Prepare yourself to leave.



Afterwards, consider
what you want to remember.
You may want to write it down.





Make me to know Your ways,
O LORD;
teach me Your paths.
5 Lead me in Your truth,
and teach me,
for you are the God
of my salvation;
for You I wait all day long.

Psalm 25:4



Speak, God,
Your servant is listening.

I Samuel 3:9

Labyrinth resources by Dr. Jill www.jillgeoffrion.com

Photo travel blog with many labyrinths from different parts of the world: www.throughjillseyes.wordpress.com

Ministry website www.fhlglobal.org

