

## Finger Labyrinth – Prayer in Motion

The prayer labyrinth is an ancient tool used for prayer; the winding path a metaphor for our faith journey.

Take a few breaths to get ready for prayer. When you are ready, follow with your finger the path from the entrance to the centre of the Labyrinth. There is no trick. There is only one path. When you come to the centre, rest a moment. You might want to pray what is in your heart or offer prayers for your family or congregation. Then continue outward to the entrance. Notice any feelings or images that arise for you.

