

Finger Labyrinth

- A labyrinth is a tool that helps us to quiet our minds for deep down listening.
- Begin at the opening of the labyrinth and using your finger follow the path into the middle. Notice that the path sometimes turns back on itself. That gives more time to relax and quiet your mind.
- When you get to the middle, stay for a while and pay attention to your deep down thoughts and feelings. What might God be saying to you?
- When you are ready, begin your journey out, breathing in and out slowly.
- With your finger, slowly follow the path out of the labyrinth. When you get to the end, pause and give thanks for God's guiding, teaching, and leading.

