



GO AND...

BE INTENTIONAL

Create your own Finger Labyrinth

Pull out your markers, crayons, and colored pencils and create your finger labyrinth with colors that speak to you, the color of the rainbow, or our liturgical colors.

Many labyrinth users share they use the inward journey to let go and the outward journey as a time to focus on what is next. The time in the center is for focusing on listening and reflecting on what God may be saying to you. Some users have found choosing a word or phrase, scripture or visual as a focus helps them connect and takes them deeper.

Ready to begin?

When you are ready to use your labyrinth find a quiet spot that will allow you to focus and eliminate most of the distractions buzzing in your head.

Take a deep breath and begin to trace the path of the labyrinth with your finger/pen/stylus.

Focus on your breath as you move intentionally through the path. Slowly!

Pause in the center.

When you are ready trace the path to the starting point.

Reflection:

+ What did you notice as you journeyed towards the middle?

+ What did you hear, feel, sense as you paused and slowed your breath in the middle of the labyrinth?

+ What did you notice as you traced your way back to the beginning?

Close your time by giving thanks to the loving God who created us all.

