

Praying With a Finger Labyrinth

Step One Decide what you want you need to pray about:

- A problem you have.
- Something you need or want from God.
- Pray for someone else and their need.
- Thank God for a person you love, etc.

Step Two Using one of your fingers, trace along the line of the labyrinth and as you do, imagine that you are bringing your prayer into the heart of God.

Step Three When your finger reaches the heart of God, stop and be still for a few moments and listen with your heart. God is listening to your prayer and is holding you close.

Step Four Using your finger, return the way you came by tracing the labyrinth back to where you began. Knowing that God has heard your prayer and loves you, take a deep breath and smile!

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