



Your word is a lamp
to my feet and a
light to my path

PS 119 : 105

Stand at the crossroads and ask
for ancient paths, where the
good way lies; and walk in it, and
find rest for your souls

Jeremiah 6:16

You show me the
path of life. In your
presence there is
fullness of joy.

PS 16: 11

SUGGESTIONS FOR USING A FINGER LABYRINTH

FOCUS ON A CURRENT LIFE ISSUE:

1. Sit quietly, close your eyes and become aware of your breathing. Allow your mind and body to slow down.
2. In the quiet space, decide what you would like to bring to God at this moment in your life. Say a prayer as you begin your finger walk . this might also include naming the issue or question you want to take into the labyrinth.
3. Using the index or middle finger of your non dominant hand, trace the path from the entrance to the centre of the labyrinth, releasing control to God for the issue you are praying about.
4. Remain a while in the centre, open to God's influence and willing to receive.
5. When you feel ready, trace the pathway back. As your finger leaves the labyrinth, give thanks and close with a prayer.
6. Remember that answers may not always come to you immediately, things tend to work in God's good time.

USING THE LABYRINTH FOR PRAYER AND CONTEMPLATION:

Walk the labyrinth as above, while repeating a prayer, a line from a Psalm, words of Jesus from one of the Gospels, or any other quote from the Bible. Stop and pause whenever you like, to increase your focus. Continue to pray at the centre or use silent contemplation. When you are ready, make your way back, either with words or in silence. Give a prayer of thanks after you exit.

WORDS OF INSPIRATION:

You can walk, repeating any positive quotation or even a single inspirational word, such as peace, joy, compassion, forgiveness, love, service etc.

In addition, you may also wish to light a candle before you use the finger labyrinth and/or keep a record of any experiences and inspirations you might receive. You may prefer to be creative with a personal sacred ritual to increase your focus. The labyrinth always meets you where you are.

The History of the Labyrinth

A labyrinth is prayer and contemplation in motion along a single winding pathway from its entrance to its centre. Physical movement towards that centre is like a pilgrimage that mirrors your own spiritual journey to the centre of yourself where God resides in a place of peace and wholeness. It provides an opportunity to slow down, enhance spiritual awareness and seek prayerful solutions.

Although labyrinths predate Christianity by well over 2000 years, Christians may have used them as early as 400 AD. They gained popularity in mediaeval times, famously at Chartres Cathedral, and are now enjoying a revival with permanent labyrinths constructed in Cathedrals, church grounds, Christian retreat centres, convents and monasteries. There are also portable canvas labyrinths.