

Title: Finger Labyrinth Prayer



Covid:

Print a Labyrinth picture - Prayer can be used at home or in school

Alternatively use the computer copy onscreen

Labyrinths are a very old way of praying. Usually people walk labyrinths outdoors, but today we are going to use our fingers to *'walk and pray'* -to walk quietly with God, to thank him for his gift of creation, to ask him for our needs, and to listen, in our hearts, to God's response.

1 Find a quiet place -light a candle in a classroom/home. Remember as you do, that Jesus is always with you, every step of the way. Pray the Opening Prayer.

Opening Prayer

May the blessing of God

Open our hearts and minds

May the Word of God find a home with us

May the wisdom of God's spirit speak to each one of us

And may the God of all creation hold us in peace

2 Place the 'finger labyrinth' sheet on the table in front of you or on your lap. Become still, be aware of God's presence within you and around you.

3 Using a finger from the hand you do not write with, let your fingers walk very slowly along the labyrinth path. As you walk, reflect on the beauty of God's creation and ask God to help you find ways to care better for all of creation-people, birds, animals, fish, trees, plants, flowers, seas, rivers etc Remember that Jesus walks with you.

4 At the centre, stay a while and listen to what God is saying about loving and caring for everything he has created. Say quietly these words *'Be still and know that I am God.'*

5 When you are ready to leave the centre, trace your way back out of the labyrinth and remember that God loves you unconditionally. Recite the Our Father or Hail Mary as you walk towards the exit. (you may meet others on the way in but just move to one side and let them pass by)

Final prayer: Give praise to the Father almighty, to his son Jesus Christ the Lord, to the Spirit who dwells in our hearts, both now and forever, Amen.

You are precious in my eyes and I love you (Isaiah 43:4)

