**FINGER LABYRINTH**

*FROM:* [*www.upperroom.org*](http://www.upperroom.org)

*(How to make your own finger labyrinth): https://heatherplett.com/2015/01/make-finger-labyrinth-also-piece-art/*

*Download here:* [*https://www.upperroom.org/resources/praying-with-a-finger-labyrinth*](https://www.upperroom.org/resources/praying-with-a-finger-labyrinth)

*There is a printed version of the finger labyrinth provided at the end of this document for your convenience.*

***FIRST MOVEMENT: RELEASING (CONFESSION)***

*Place your finger at the opening of the labyrinth. Pray silently or aloud a prayer of confession.*

***Jesus, I confess that I am prone to wander.***

*Pause and pray.*

*Oh, to grace how great a debtor  
Daily I'm constrained to be  
Let that goodness like a fetter  
Bind my wandering heart to Thee  
Prone to wander, Lord, I feel it  
Prone to leave the God I love  
Here's my heart, oh, take and seal it  
Seal it for Thy courts above*

*(words by Robert Robinson)*

**When finished**, slowly move your finger forward along the labyrinth. Move at your own pace toward the center.

**Let the words of this song stay with you.**

*Breathe on me, Breath of God*

*Fill me with life anew*

*That I may love what thou dost love*

*And do what thou wouldst do*

*Breathe on me, Breath of God*

*Till I am wholly thine,*

*Till all this earthly part of me*

*Glows with Thy fire divine.*

Quiet your mind as you move through the labyrinth. Makeroom for thoughts, tangents, worries and stirrings that arise. What needs to be changed, forgiven, cleared, confronted, or healed in your life? Offer these situations to God as you move forward.

**SECOND MOVEMENT: RECEIVING (CENTERING)**

When you reach the center, rest your finger there for a moment before you read a scripture reading for the day.

***Psalm 130***

• When you are ready, read the passage slowly, as if you have never read it before.

• Center on God’s Word and be open to what God reveals to you through the reading.

• Return your finger to the center of the labyrinth and reflect on the passage and what it holds for you.

***THIRD MOVEMENT: RETURNING (INTERCESSION)***

*As you prepare to leave the labyrinth, place your finger at the same opening in the center where you entered. Now lift up your intercessory prayers for the day and when finished, begin to move your finger back along the same path on which you entered. Let the intercessory prayers stay with you and add to them as you make the turns and move along the pattern back out of the labyrinth. Be mindful of people and circumstances in the world that are in need of your prayers. Hold each one in your heart for a part of the journey outward.*

***When You Have Finished***

*As you lift your finger from the labyrinth’s end offer thanks to God.*

