

# "Finger Praying" Labyrinth Prayer



Metal Chartres-style labyrinth and stylus used for hand praying.

Prepared by ©The Rev. Jill K H Geoffrion, Ph.D.

[www.jillgeoffrion.com](http://www.jillgeoffrion.com) [www.fhlglobal.org](http://www.fhlglobal.org) [www.jillgeoffrion.wordpress.com](http://www.jillgeoffrion.wordpress.com)




Place your finger, pen or gaze near the entrance of the labyrinth.  
In prayer, prepare yourself for the journey that is ahead.



prelude...  
focus...  
intention...  
symbolic beginning...



Begin following the path with any finger, your eyes, your pen (or the back of it).  
Pray in any way that flows naturally.

A close-up photograph of a hand tracing a wooden labyrinth. The labyrinth is a circular path with a central cross-like shape, carved into a wooden board. The hand is pointing to the path, and the text is overlaid on the right side of the image.

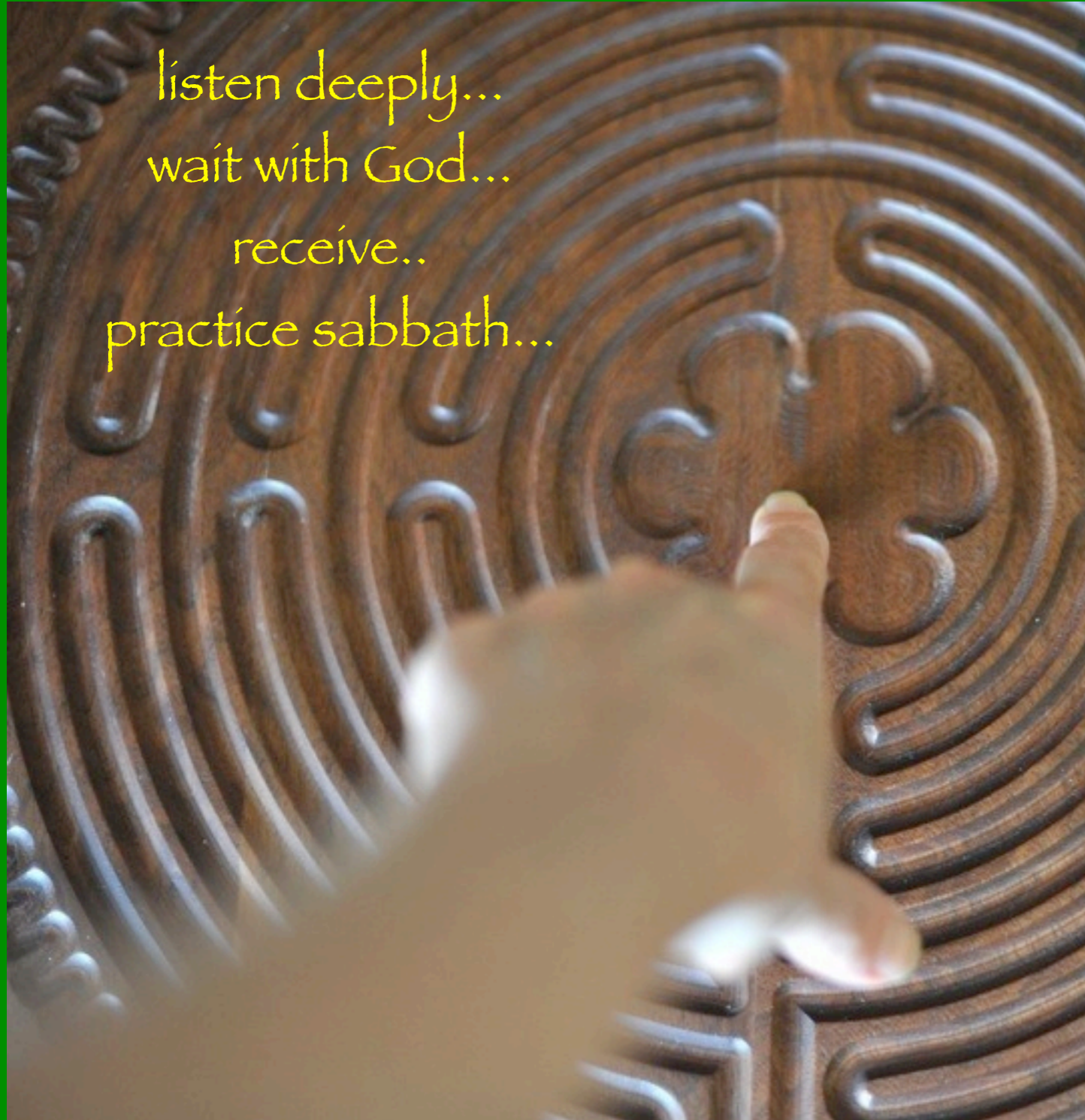
If you were to  
trust the path  
you are on,  
what would you  
discover?



Rest in God's presence as your finger rests in the center of the labyrinth.  
Welcome any feelings of peace you experience. Stay as long as you like. Enjoy!



listen deeply...  
wait with God...  
receive..  
practice sabbath...



Be  
here,  
now  
!!!!!!



When you are ready, move your finger out of the center and back along the path towards the threshold (exit/entrance).





Remember to pause at the threshold to give thanks for your experience.





Next, reflect on your labyrinth prayer. Journal, sketch, or draw your experiences or responses to what God was communicating while you prayed the labyrinth.



Begin by documenting what took place-- externally and internally.

Expect the meanings of your experiences to emerge over time.



Prayer song of preparation:  
We are moving in the love of Christ,  
we are moving in the love of Christ.





1. Before you begin, decide what you are going to pray for. Today we will use paper labyrinths to pray with the question, "God, where am I in my spiritual journey of discipleship?"

2. Place your finger near the entrance of the labyrinth. Ask God to move with you as you pray.

3. Begin following the path with any finger.

4. Rest in God's presence as your finger rests in the center of the labyrinth. Welcome any feelings of peace you experience.

5. When you are ready, move your finger out of the center and back along the path towards the threshold (exit/entrance).

6. When you come to the end of the path, pause, and thank God for whatever has happened.

7. Take time to reflect on your labyrinth prayer experience. Write your thoughts down, or creatively express what has taken place.



Walking the Labyrinth by Hand

Use your finger or a pen to follow the pathway from the entrance in to the center and back out.



Share with the person next to you something about your prayer using the labyrinth.



Mounded earth, 7 circuit classical labyrinth. Mendocino, California, USA



What would *you* like the group to know about *your* experience of labyrinth prayer?



Brick labyrinth, John Hopkins Hospital and Medical Center Baltimore, MD (USA)



What questions do you have about labyrinths and labyrinth prayer?

