

Finger Tracing Labyrinth



Follow the same instructions you would with a traditional labyrinth, tracing the path of the labyrinth with your finger. A labyrinth is not a maze, and is not meant to confuse you. It is an ancient symbol used to represent the Christian Journey.

Consider the following rhythm for tracing and re-tracing the labyrinth:

RELEASE...

The journey in- What distractions or resistances are you called to shed as you journey deeper into God?

RECEIVE....

The center- feel free to linger here and rest in God's presence. What is God inviting you to do?

RETURN.....

The journey out- Who is God calling you to become