



PRAYING THE LABYRINTH

Slow down your breathing.

Use a finger from your
non-dominant hand

Enter at arrow
(you will exit at the same spot)

As you go in the labyrinth:

Let go of fear and anxiety
Release whatever gets in the way
of peace with God

**When you reach the center, focus
on these words and promises of**

Jesus for you:

You are mine
Do not be afraid
I am with you
Come to me
You are loved no matter what
Trust in me
My peace I give to you

**On your way back out, pray these
prayers:**

Open me
Use me
Set me free
Fill me
Let me love _____
Let me be at peace with

Give me more _____