



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 _____