**What You Need:**

* A printed or drawn finger labyrinth (simple spiral design)
* A quiet space
* Your finger (or a small object to trace)

**Instructions:**

1. **Prepare Your Heart:**
	* Find a quiet space where you can focus.
	* Take a few deep breaths to centre yourself.
2. **Begin with a Scripture, an Intention or a Question:**
	* Hold your finger over the entrance of the labyrinth.
	* Offer a short prayer or intention. This could be for guidance, peace, or a specific concern. You could ask a question, like ‘What am I afraid of?’
3. **Trace the Path:**
	* Start at the entrance and slowly trace the path with your finger. Pause whenever you want but keep your finger on the page.
	* As you move along the path, allow your mind to be still. Focus on your breath or repeat a simple prayer or scripture.
4. **Reach the Centre:**
	* When you arrive at the centre, pause. Take a moment for reflection or meditation.
	* Listen for God’s voice or simply enjoy the stillness.
5. **Return Journey:**
	* Trace the path back out of the labyrinth. As you return, reflect on any insights or feelings you experienced in the centre.
	* Consider how you can carry this experience into your daily life.
6. **Close with Gratitude:**
	* Once you exit, take a moment to thank God for the time spent in prayer. Revisit your original prayer or question – how has it changed?
	* You may want to jot down any thoughts or feelings in a journal.

