

Year of Jubilee activities

Finger labyrinth

A labyrinth is like a prayer path. With every step we take along the path we move closer to the centre, praying, thinking and walking as we go. Just like a pilgrimage, using a labyrinth is a way of slowing down to spend time with God.



Lots of churches and schools have labyrinths, like this one at Santa Teresa Spirituality Centre here in Brisbane. But sometimes using a finger labyrinth, like the one in this activity, can be a great alternative to use at home, at church or at school.

FINGER LABYRINTH

YOU WILL NEED:

- a printed template for each child (we suggest using card)
- scissors
- pens and pencils

INSTRUCTIONS:

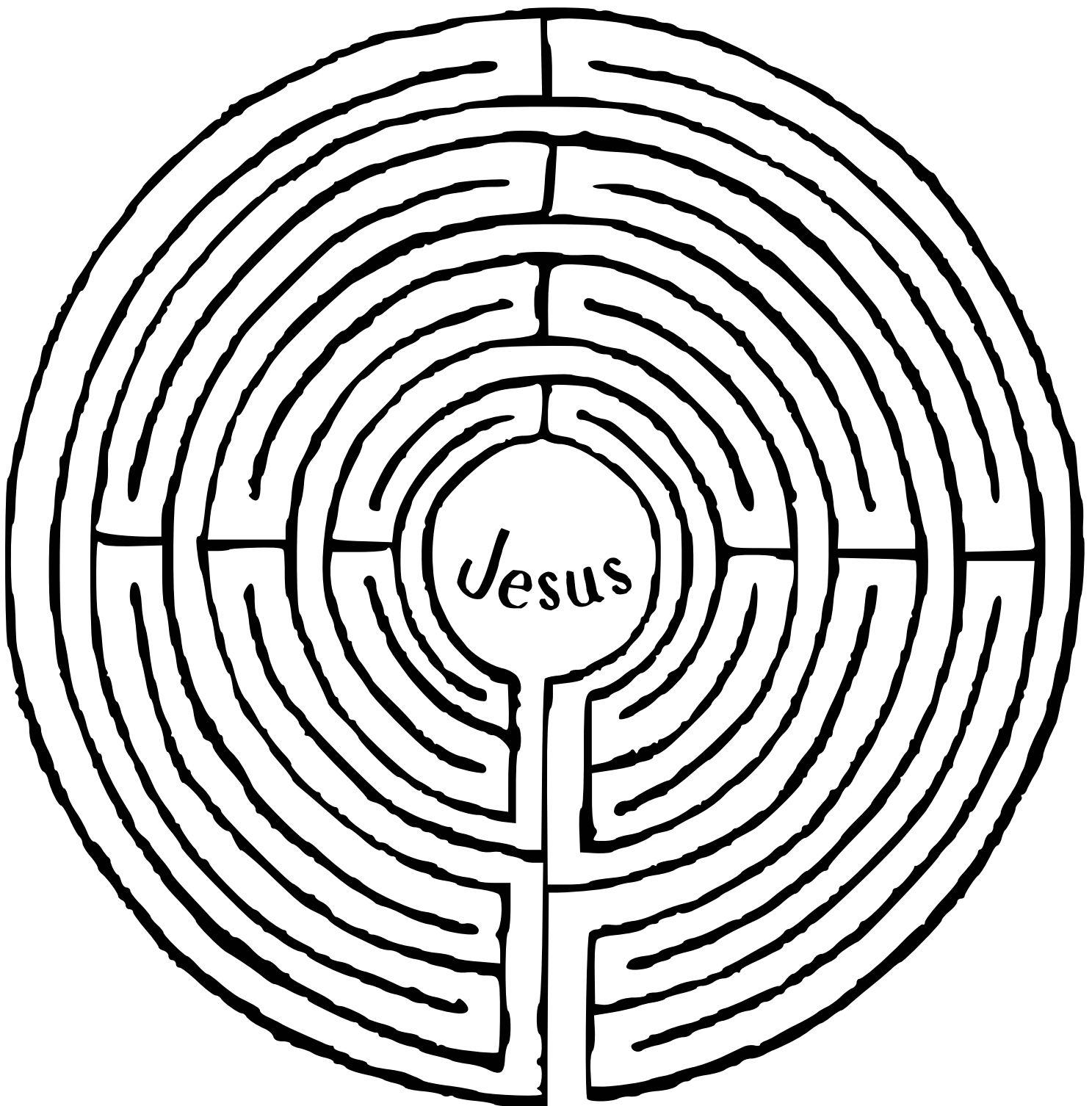
Make the labyrinth

- Talk to the children about the labyrinth to give context for the activity.
- Have the children cut out the template if you wish (there are a couple to choose from).
- There are two options for using the labyrinth: The children might trace the labyrinth using a pen OR trace it with a finger.
- The labyrinths in this template have the cross or name of Jesus at the centre to focus our 'labyrinth prayer' on Jesus and his great love.

Finger labyrinth

Pray using the labyrinth

- Take a breath, calm your body and think about Jesus. He loves you SO much!
- Say a little prayer asking God to be with you as you trace your pencil or finger along the path. Trace your pencil or finger slowly. Keep thinking about Jesus.
- When you get to the middle stop for as long as you want, then when you are ready, trace your pencil or finger slowly back out of the labyrinth.



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