

Finger Labyrinths

Activity adapted from Faithful Families: Creating Sacred Moments at Home by Traci Smith (Chalice Press, 2017)

Labyrinths are maze-like structures that have their roots in ancient mythology. Christians have used them for centuries as a way to center themselves, look inward, and meditate. However, unlike a maze, a labyrinth has only one path to follow the whole way through. Part of the experience of walking a labyrinth is trusting that there is one way in and one way out- you can't always see the end and you have to trust that you won't get lost!

TO USE A FINGER LABYRINTH:

1. The idea of a labyrinth is to journey to the center then out again as slowly and meditatively as possible. There is nothing specific you have to think about.
2. Find the entrance and exit to the labyrinth. Use your finger to trace along the path. You can do this either with your eyes open, or closed.
3. As you move through the labyrinth, move your finger as slowly as possible.
4. Once your finger exits the labyrinth, give thanks for the journey!

