

Prayer Labyrinth Guide

To make the most of your prayer labyrinth experience, follow these three stages:

Stage 1 | Place your finger at the entrance of the labyrinth and slowly trace the path inward. As you journey toward the center, acknowledge your deepest worries and fears. Offer them to God, who walks beside you as your guide and companion.

Stage 2 | Upon reaching the center, pause to pray. Share what is on your heart and seek God's wisdom, guidance, and peace. Be open to receiving what God has prepared for you in this moment.

Stage 3: | Keeping your finger on the labyrinth's path, begin your journey outward toward the entrance. Reflect on your experience and the insights you've gained. Carry a heightened awareness of God's presence with you as you go about your day.

Feel free to adjust to your individual needs and with the guidance of the Holy Spirit.

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Isaiah 43:1-2



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