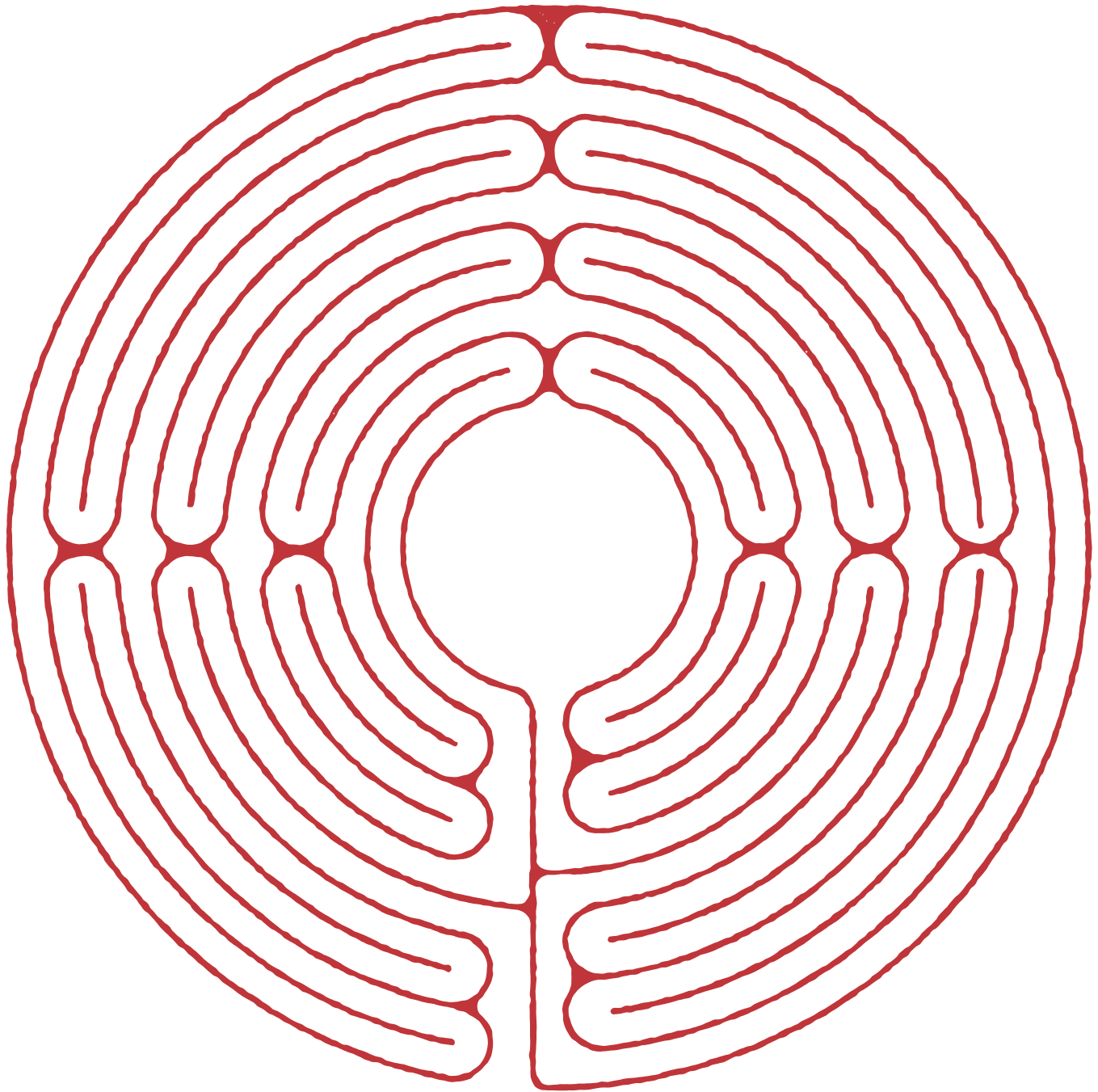


PRAYER LABYRINTH JOURNEY

To get the most out of your prayer labyrinth experience, follow these 3 stages in your journey:



Stage One: Place your finger on the labyrinth entrance. Slowly follow its path towards the center. Confront your innermost worries and fears. Name them to God, who walks alongside you as a guide and companion.

Stage Two: When you reach the center of the labyrinth pattern, stop and pray, expressing what is on your heart. Ask God for insight, guidance, and peace. Receive what God has for you.

Stage Three: Keeping your finger on the pattern, move away from the center towards the entrance. Reflect on your labyrinth experience. Take a greater awareness of God's presence with you throughout your day.