Mindfulness Exercise
Finger Labyrinth

Before you begin this journey, take a deep breath to focus your mind, then exhale. You should have nothing in your hands but the labyrinth.

1. Beginning at the arrow, slowly trace your finger along the pathway until you reach number 1. Pause briefly and silently affirm “I am a child of God.”
2. Continue to slowly trace the labyrinth, breathing gently, until you reach number 2. Stop here and silently affirm “God loves and cares about me.”
3. Continue on your journey until you reach number 3. Stop here, take a centering breath, and silently affirm “God is watching over me.”
4. Continue to trace the labyrinth until you reach number 4. Pause and silently affirm: “I am so glad to be loved by God.”
5. Continue along the path until you reach number 5, the center of the labyrinth. Conclude with this affirmation: “I will pray to God and be in peace.”