

Lent Finger Labyrinth

Lent is a time of reflecting on your relationship with God. Many people chose a spiritual practice to focus on during Lent, like praying more, listening for God, giving more, or reading their Bible more.

Use this finger labyrinth during Lent to help you quiet your mind and focus on God. Find a quiet place to sit, and start with your finger in the entrance. Move your finger through the labyrinth, following the path until you return to where you started. As you move your finger, pray to God, repeat a song or Bible verse, or just quietly listen.

