PILGRIMAGE OF THE HEART
LABYRINTHS: PRAYER IN MOTION

GROUNDED IN SCRIPTURE, STEEPED IN TRADITION

Labyrinths are rooted in the ancient practice of pilgrimage, the once-in-a-lifetime journey that early Christians would make to walk in the footsteps of Jesus. For those unable to travel to the holy land, labyrinths became a symbolic pilgrimage. The earliest known labyrinth (324 AD) was built into the floor of the Basilica of St. Reparatus in Algeria. It features a palindrome of text at the center, *Sancta Eclesia* (Holy Church), that reads the same forward or backward, vertically or horizontally.

Whether walked with feet or fingers, a labyrinth is a slow, quiet, and meditative invitation to pray for others, ask for forgiveness or healing, give thanks, or praise or celebrate.

FINGER LABYRINTHS: GETTING STARTED

Choose a verse before beginning your pilgrimage. Consider selecting a verse from an unfamiliar translation, which heightens focus, shifts perspective, and deepens understanding.

- *Let all that I am wait quietly before God, for my hope is in him.* (Psalm 62:5 NLT)
- *[Y]ou refresh my life. You are true to your name, and you lead me along the right paths.* (Psalm 23:3 CEV)
- *You will show me the path of life; In Your presence is fullness of joy...* (Psalm 16:11 NKJV)
- *My soul clings to You; Your right hand reaches down and holds me up.* (Psalm 63:8 VOICE)
- *My health fails; my spirits droop, yet God remains! He is the strength of my heart ...* (Psalm 73:26 TLB)
- *You have searched me, Lord, and you know me.* (Psalm 139:1 NIV)
- *I will offer You my grateful heart, for I am Your unique creation, filled with wonder and awe.* (Psalm 139:14 VOICE)
- *Cast all your anxiety on him because he cares for you.* (1 Peter 5:7 NIV)
- *God's love has been poured out into our hearts through the Holy Spirit.* (Romans 5:5 NIV)
- *He gives power to the faint, abundant strength to the weak.* (Isaiah 40:29 NABRE)
- *... lead me in the ancient way.* (Psalm 139:24 MEV)

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BEGINNING YOUR PILGRIMAGE

- Choose a finger from your non-dominant hand. It helps you focus and move more slowly.
- Place your finger at the entrance and read the verse you chose.
- As you begin the pilgrimage, consider the meaning of the verse, and talk with God about whatever is on your mind.
- At the center, pause, and recite or reread your verse. Does it carry new meaning, deeper understanding, or a wider perspective now?
- As you journey out, intercede for others, ask for forgiveness, healing, or guidance, give thanks and praise, and celebrate what God has already done.
- After completing the labyrinth, consider journaling your thoughts, feelings, or insights. Include the date so you can look back and remember.



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