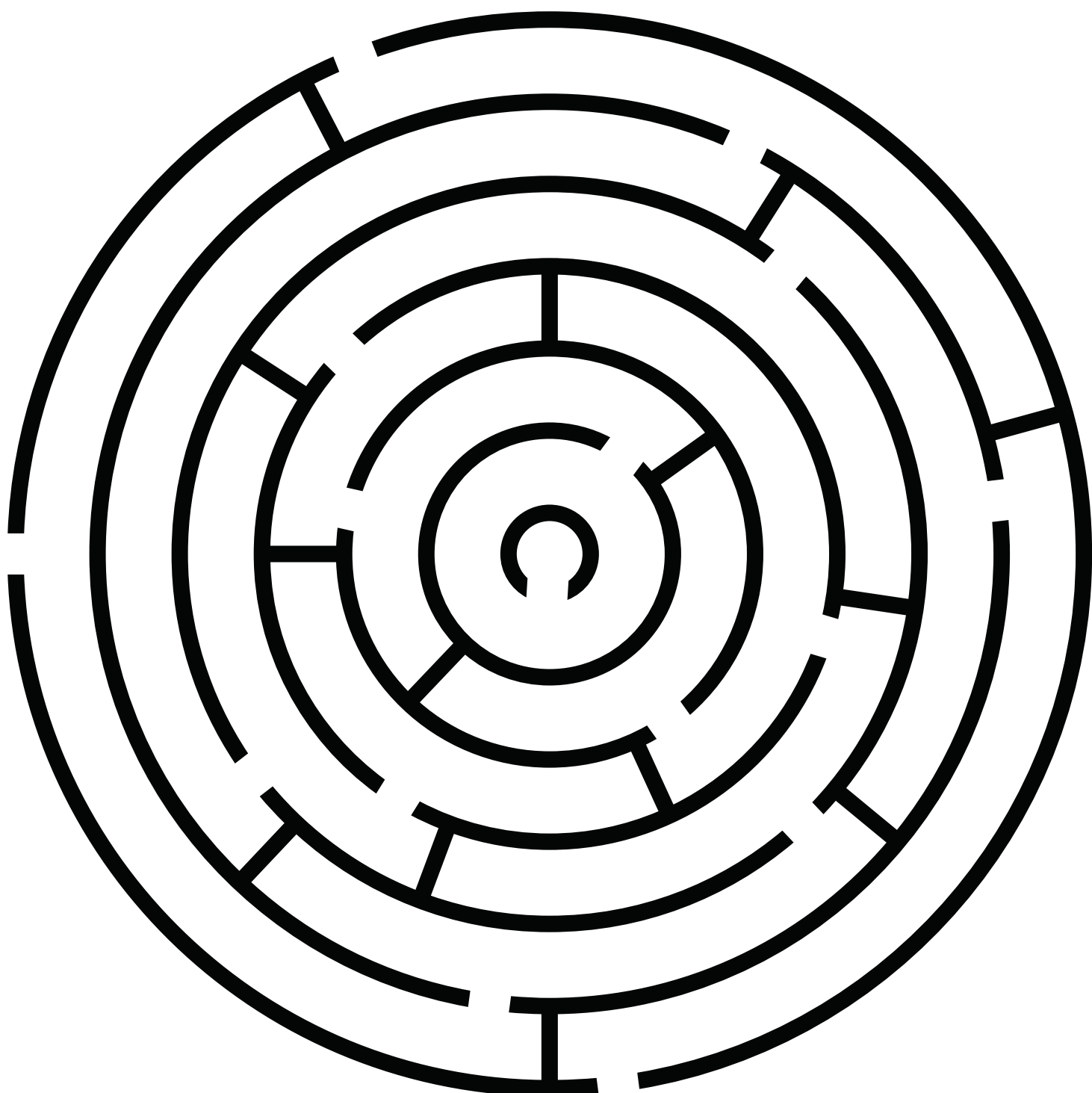


## Labyrinth Prayer

Trace your finger through the labyrinth towards the centre.  
Pause as you go to express gratitude, in the present moment, for good things - comfort, warmth, security, anything that comes to mind.  
Linger each time you pause to allow the gratitude to go deep into your heart.

On reaching the centre, offer your gratitude to God, from whom all good things flow.



## Prayer of Letting Go

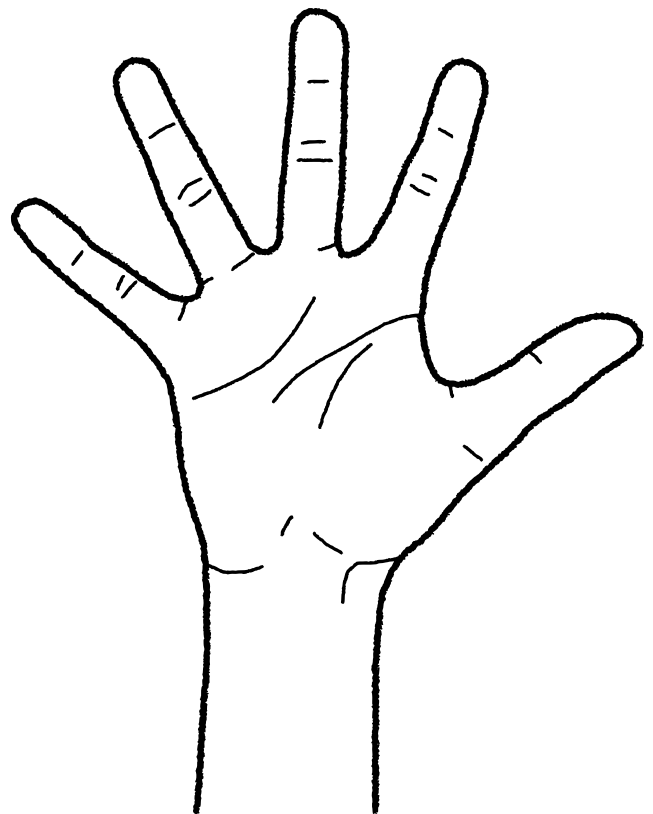
Clench your hands into fists for 30 seconds.

Notice the build up of tension and the tiredness in the hands, and the eventual strain up the arms.

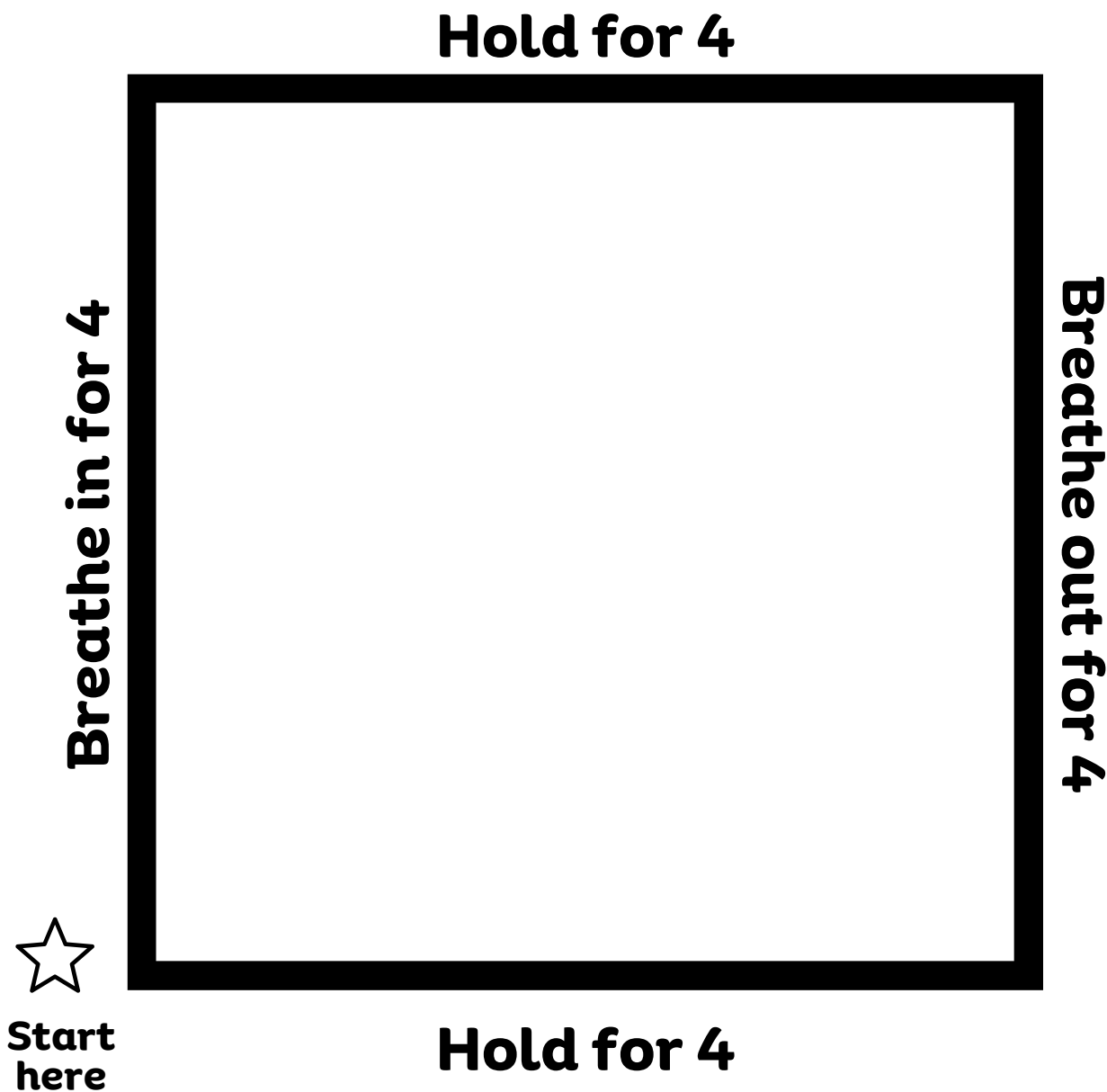
Slowly, unclench your fists, and notice the relief of letting go.

Ask God to show you where you're holding on to things that are stealing your joy and making you tired and strained.

Take time to to be thankful for all your hands do, hold, take, offer, and create.



# SQUARE BREATHING PRAYER



Start at the bottom left of the square. Trace your finger up the first side, while you take a deep breath in. Hold your breath for four seconds as you trace the top of the square.

Breathe out as you slide your finger down the other side.

Hold your breath for four seconds, as you trace the bottom of the square. Repeat as many times as you need to, or want to, until you feel calm and centred.

## **Prayer for Five People in Five Minutes on Five Fingers**

Spread your hand in front of you, and look at your fingers. As you pray, hold each finger in turn with your other hand, and focus on how it feels. This helps to keep your attention grounded in the present moment.

**Thumb:** Your thumb is different from your other digits, so as you hold it, pray for those who feel left out, those who feel they don't fit in, & those who are strangers in a strange land.

**Index finger:** also known the pointer finger. Pray for those who point the way, who lead us, care for us, and help us: parents, grandparents, guardians, teachers, church leaders.

**Middle finger:** this is the tallest finger, so here we pray for those in government, in our nation and in the nations of the world.

**Ring finger:** people used to believe that a vein ran directly from this finger to the heart, which is why a wedding ring is worn here. Pray for those who are close to us in our hearts: our family, our friends, and all those whom we dearly love.

**Little finger:** the smallest finger, and the one with least strength. Pray for those who are unwell in body, mind or spirit, and all who need strength and support.

