

# FINGER LABYRINTH

## The Chartres Labyrinth

The Chartres Labyrinth is named after the floor mosaic of the same design at Chartres cathedral. Also known as the Medieval Labyrinth, the Chartres Labyrinth first started appearing in the tenth century in Europe (centuries before the Chartres cathedral was built), and by the 12th century was the dominant labyrinth design in Christian Europe.



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Pause before you begin the labyrinth. Take a deep breath.

Read this verse silently:

***Break open your words, let the light shine out, let ordinary people see the meaning.***

***Psalm 119:129.***

Think about someone who needs to hear God's words, or a situation where light needs to shine into the darkness.

Place your finger at the beginning of the labyrinth. Trace slowly around the labyrinth using your finger. As you do this, talk with God about this person or situation. Take your time.

When you reach the centre pause. You could draw something in the middle (a star, a heart, someone's initials) to remind you that we can leave our concerns with God.

When you are ready, trace your way slowly out of the labyrinth, leaving your request with God.