**Labyrinth**

* The Labyrinth is an ancient form of prayer pilgrimage
* This is a finger labyrinth. Trace slowly around from the entrance, praying about all aspects of what concerns you, as you journey to the center.
* In the middle, hand this worry over to God. Know that you are deeply loved, and that God wants to free you from the things you are worried about.
* Slowly make your way out of the labyrinth, knowing that this worry has been left in the middle, in God’s hands.