

# Labyrinth of Prayer



Slowly trace the labyrinth path with a finger, allow your thoughts to come to the surface and let them flow..... God is with you every step of the way, you are never alone..... stay in the centre for a while and spend some time in prayer and reflection. When you are ready.... return along the same path.... as you exit the labyrinth you might like to say this prayer:

Glory to the Father and to the Son and to the Holy Spirit as it was in the beginning is now and ever shall be world without end. Amen.