



Saturday of Holy Week

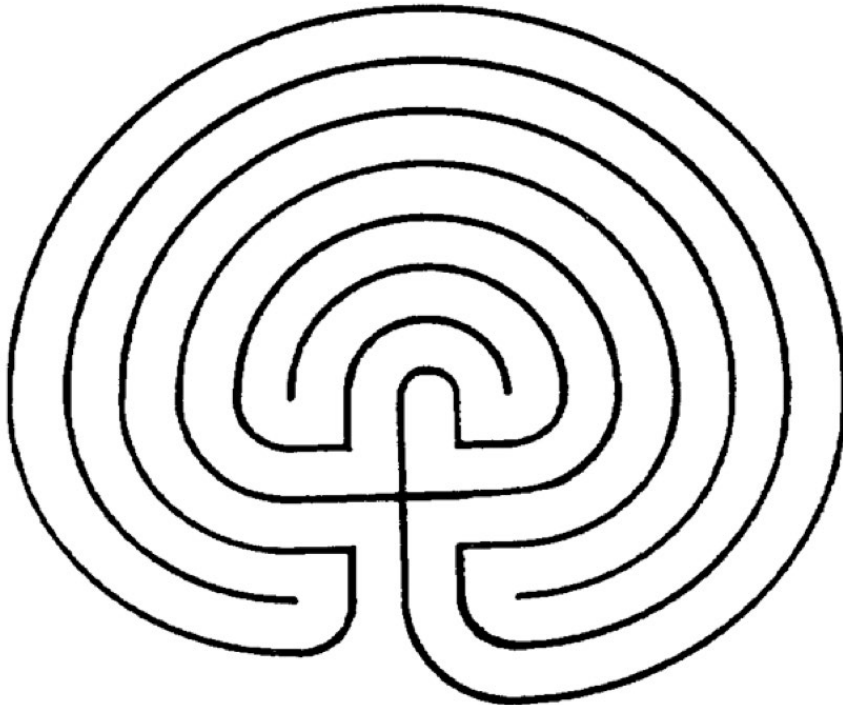
Worship @ Home April 11, 2020

This finger labyrinth leads us into an ancient way of prayer.

Place your finger-tip on the entry point at the base, left of middle and gently wind your way around the 7 circles until you reach the centre.

Pause, and wind your way back out again.

Use the suggestions below to guide you in prayer and meditation.



Going in

This is the way of 'letting go'... This is a time of waiting. Waiting in the darkness of grief and fear with the disciples. In the waiting we are holding the gospel story and our own struggles in this time of physical separation from each other. What are the things you are carrying that you would like to put down? Your prayer might be begin,

"God, please take this from me so I can live lighter in the promise of your light."

You could also use this 'letting go' prayer for those you love, or the world in general.

Being still in the centre

Take some generous time to bask in the presence of God surrounding you and within you.

Coming out

This is the way of 'receiving blessing'... This Holy Saturday echoes the state of the world. We're in a holding, waiting, confusing time, full of uncertainty and concern for ourselves and each other.

"God, please fill me with so I can live stronger in the promise of your light."

You could also use this 'receiving blessing' prayer for those you love, or the world in general.

You can come back here whenever you want and finger-walk slowly. May the peace of God that passes all understanding guard your hearts and your minds.

Collect some things that remind you of life, ready to place at your worship space tomorrow: a flower, a photo, an egg...

