

Little Fingers Faith Walk

By Rev. Dr. Olivia Bryan Updegrove

Adults struggle with prayer because many feel there is a “right way” to pray and they do not know it. The labyrinth helps toddlers and parents pray together beyond “close your eyes and kneel.” Many adults embrace the kinesthetic prayer practice of the labyrinth in the same way children will. (You may find children bring a new sense of joy and playfulness with this prayer ritual. Be open to the spirit.)

For

Young Family

Season

Fall

Prepare in Advance

Print the “Labyrinth” resource page

(Gift Idea: There are finger labyrinths made out of wood that are great gifts for families.)

Activity Plan

1. Place the labyrinth sheet on the table or on a large book.
2. Start to use your finger to go around the labyrinth. As your finger moves say out loud, “I pray for ...” Continue to move your finger and pray for those in your family, friends, community and world.
3. When you get to the center of the labyrinth, rest a moment then continue back out. If you are done with words, just move your finger in silence.
4. If your child seems ready, you can help him or her move their finger through the pattern. Feel free to let them try on their own. *There is no “right way” to do it.* Encourage your child to say, “I pray for ...”
5. As this ritual becomes a regular activity, you can expand upon it. You can keep longer silences or add new introductions to prayer. (Examples: “I am thankful for,” “I feel blessed to have,” “I am sad God because,” or “Help me God to...”)
6. Lead into a regular simple family prayer or the Lord’s Prayer that helps your child know when the prayerful time is finished.

Labyrinth

