



**Place a finger at the entrance to your labyrinth.** As you move toward the center of the labyrinth, tracing the path with your finger, offer to God any feelings of unease, worry, or guilt that you carry. If there is something for which you feel you need forgiveness, offer that to God.

**When you reach the center,** let your finger rest there. Receive the forgiveness that God offers through Jesus. Breathe in deeply and feel the breath of the Spirit flow through your body, filling you with God's peace.

**As you begin your journey back out of the labyrinth,** you have an opportunity to extend forgiveness to anyone toward whom you feel ill will. Remember that forgiving someone does not mean continuing in a harmful relationship. Forgiveness means releasing the negative feelings you hold to heal your own heart, connect more deeply with God, and create space for healthy relationships where they are possible. Extend forgiveness in whatever ways you need to as you slowly trace the path back out of the labyrinth.

\*adapted from worship materials written by Joanna Harader