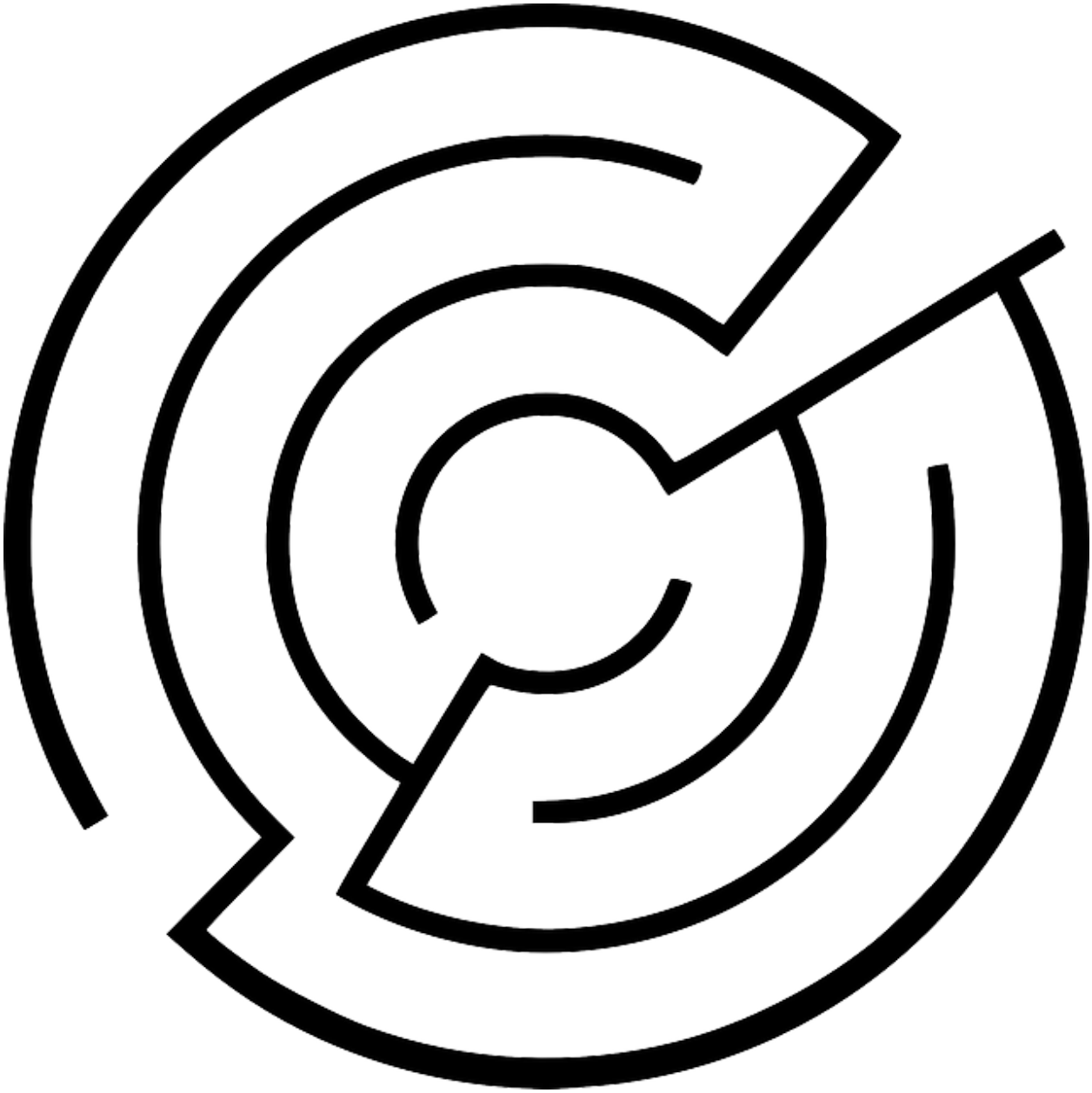
Calming Spiritual Exercise: Finger Labyrinth

Directions:

Quiet your mind, breathing deeply in and out. Then, with your non-dominant hand, that is the hand that you don't use to write or draw, follow the path, imagining Jesus with you. Keep following, focusing on the movement of your finger all the way into the middle. When you get there, stay a little. Imagine Jesus with you and see if He says anything to you.



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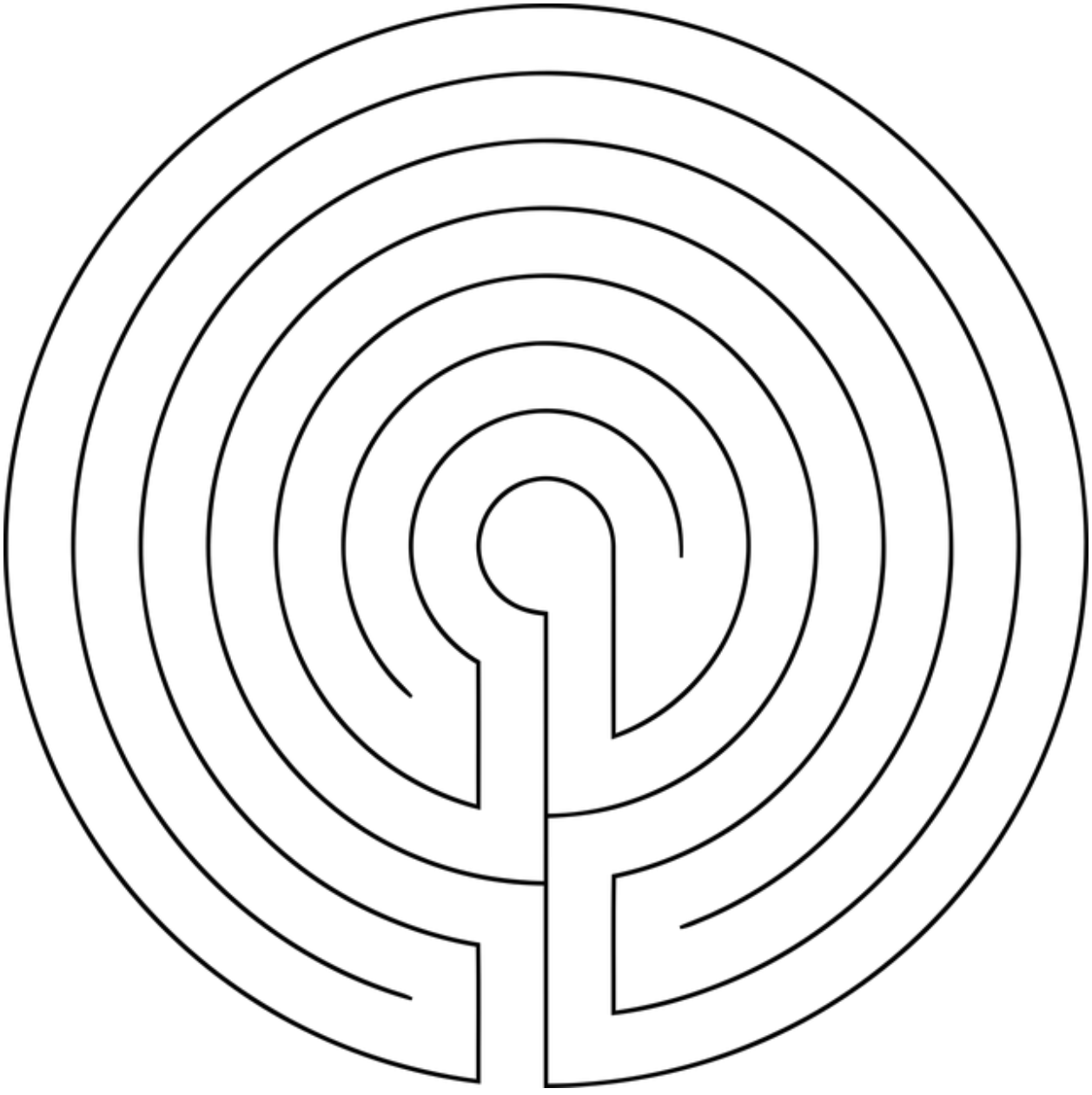
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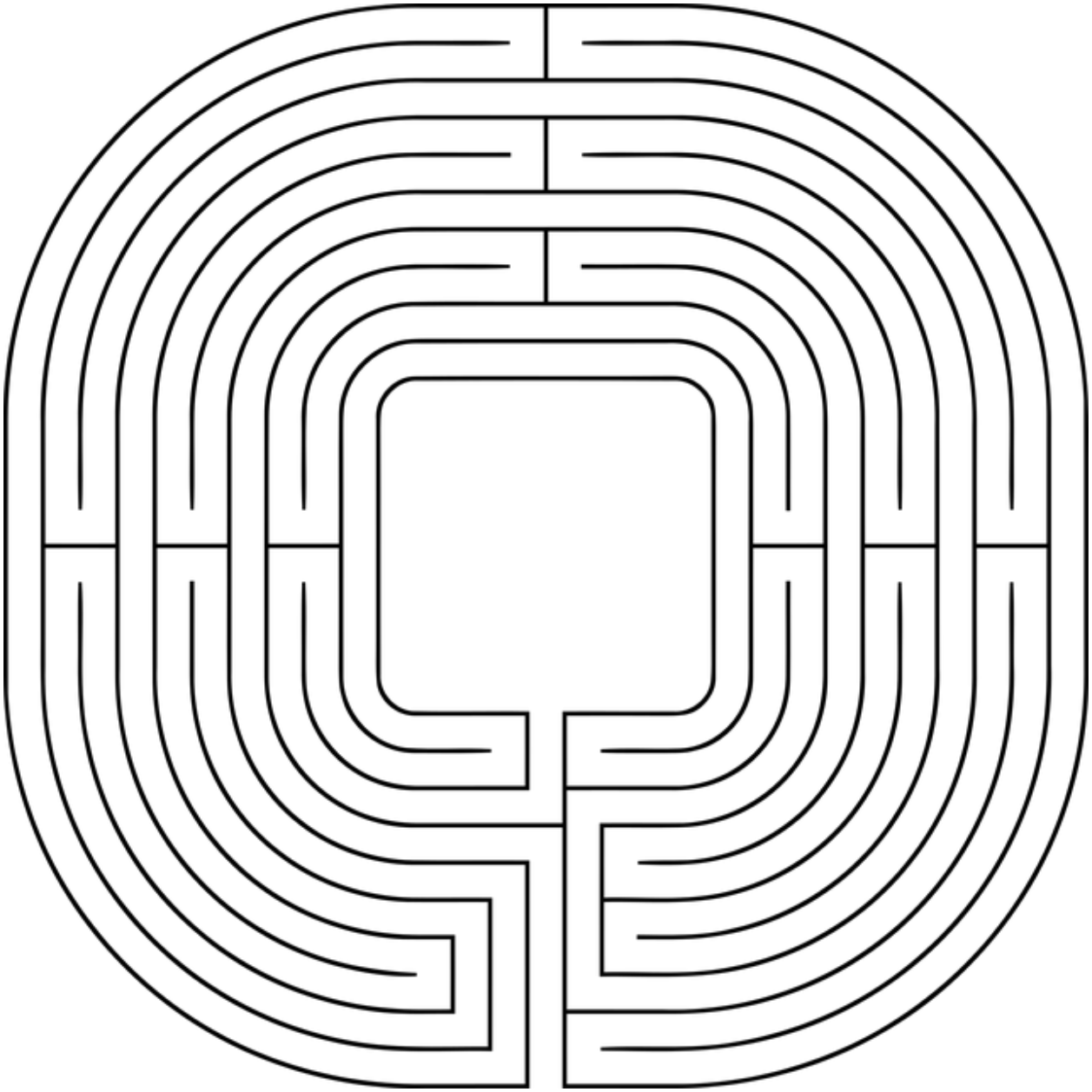
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