



"Living the Resurrection"

Eastertide Family Faith Moment 4.



Practice - Finger Labyrinth

For centuries, labyrinths have been used as tools for prayer for Christians. There are many designs, the most famous being the labyrinth etched into the floor of the Chartes Cathedral in France. If possible, have one copy of the 'Finger Labyrinth' for each family member, or take turns sharing. Use your finger or a pointed object to prayerfully "walk" the labyrinth in silence at the table together. "Walk" in, following the path, then "pause" in the centre, then "walk" back out following the same path but in reverse. As you "walk" the labyrinth, take your prayers to God, consider saying out loud or quietly in your heart, "I am the way, and the truth, and the life" when you reach the centre, on the way out take those words with you. Click [here](#) for the labyrinth page

EQUIPMENT
Copies of the Finger Labyrinth for each family member

Reflection Questions

Read verse 1 again: "Do not let your hearts be troubled." Hear that message for you and your family. It is a message that can bring comfort and hope when things seem scary or uncertain. Can you think of a time that you were unsure of what would happen next? Or a time when you were scared of what might happen? I wonder, what other things bring you comfort? As you talk about these things together, think about the ways different ways we can seek comfort from God when we are afraid.



BLESSING

God of Resurrection Life, remind us of the surprising joy that is found at the empty tomb. In these ever-changing days, surprise us over and over again with joy and fill our homes and our hearts with the life we have because of your Son, our risen Saviour, Jesus Christ. Amen!