Where Is the King Sitting?

A finger labyrinth guide for Thanksgiving week · First Christian Church · Nov 23, 2026 · @Rebecca Sundquist

A labyrinth has one path. It winds and turns, but it always leads to the center and back out again. This week, take five to ten minutes a day to trace a finger labyrinth slowly, pray with this week's texts, and look for the King.

Before you begin

- **Find your labyrinth.** Use a printed or wooden finger labyrinth, or draw one. Any single-path labyrinth works.
- **Find a quiet spot.** A kitchen table, a desk or your lap is fine. Silence your phone.
- **Use your non-dominant hand** if you can. It slows you down and helps you pay attention.
- **Breathe.** Take three slow breaths. With each one, let your shoulders drop a little.
- **Read the day's phrase** from the table below. You can hold it silently as you trace, or simply rest in God's presence.

There is no wrong way to walk a labyrinth. If your mind wanders, gently come back to your finger on the path.

The walk

Each walk has three movements. Go slowly; the whole walk can take five minutes or twenty.

1. **Releasing (the way in).** Place your finger at the entrance. As you trace inward, let go of whatever you're clutching: worry, hurry, the need to be first, old words that have wounded you. Each turn of the path is a chance to set something down.
2. **Receiving (the center).** Rest your finger in the center. Stay as long as you like. This is the Shepherd's pasture, where there is room for you. Breathe, listen, and receive whatever God offers: peace, a word, a face, or simply quiet.
3. **Returning (the way out).** Trace back along the same path. Carry what you received into your day. Ask: *Who will I meet today? Where might the King be sitting?*

When you reach the entrance again, pause. Offer a simple word of thanks before you move on.

Daily focus

Each day matches the week's devotional. Read the passage first if you have time, then carry the phrase into your walk.

Day	Passage	Phrase to carry	On the way in, release	At the center, receive
Mon, Nov 23	Ezekiel 34:11–16	*I am being searched for.*	The places you feel lost or worn out	Being found by the Shepherd
Tue, Nov 24	Ezekiel 34:20–22	*Put down the horns.*	The urge to push, prove or protect your place	Enough pasture for everyone
Wed, Nov 25	Matthew 25:37–40	*Lord, when did we see you?*	Keeping score of your kindness	Eyes to see Christ in ordinary faces
Thu, Nov 26	Psalm 100	*We are God's.*	Holiday stress and expectations	Gratitude for the table and everyone at it
Fri, Nov 27	Ephesians 1:15–19	*I have enough.*	The fear of "not enough"	The riches you already share
Sat, Nov 28	Mark 13:33–37	*Keep awake.*	Distraction and hurry	Readiness for Christ's coming in Advent

For families and the Thanksgiving table

Children love finger labyrinths. Try this version together:

- **On the way in,** say one thing that made you sad, worried or grumpy, and pretend to drop it on the path.
- **At the center,** say one thing you're thankful for.
- **On the way out,** name one person you can be kind to today.

On Thanksgiving, pass a finger labyrinth around the table before or after the meal. Each person traces it while everyone else waits quietly. When they reach the center, they share one thing they're thankful for.

Closing prayer

Shepherd and King,
you walk every winding path with us.
Take what we've set down,
fill us with what we've received,
and send us out with open eyes,
to find you at every table
and in every face.
Amen.