FINGER LABYRINTH DEVOTION · CLOBBER PASSAGES, WEEK 6

Daily Bread

A weekly contemplative practice following Sunday's sermon, "If Anyone Will Not Work?" Use any finger labyrinth, printed or carved. Allow 10 to 15 minutes, and return to it as often as you like this week.

BEFORE YOU BEGIN

Find a quiet place and set the labyrinth in front of you. Take three slow breaths, letting your shoulders drop a little with each one.

Read these words slowly, twice:

> *Those who gathered much had nothing over, and those who gathered little had no shortage; they gathered as much as each of them needed. (Exodus 16:18, paraphrased)*

Now hold your free hand open and empty in your lap. Notice how it feels to hold nothing, to have nothing to show, nothing to prove. This is the hand that receives manna. Then place a finger of your other hand at the labyrinth's entrance.

RELEASING · THE PATH INWARD

Begin tracing slowly toward the center. The path will turn back on itself many times. You are not lost; you are on the way.

As you go, let go of the belief that your worth is your work: the pressure to produce, the fear of not having enough, the habit of comparing your portion with someone else's. Notice any place where you have quietly judged someone as undeserving. Let each turn of the path loosen its grip. You might pray with your breath:

> *Breathe in:* ***Generous God,*** *· Breathe out:* ***I release the need to earn your love.***
> *Breathe in:* ***Generous God,*** *· Breathe out:* ***I let go of my fear of not enough.***

RECEIVING · REST AT THE CENTER

When you reach the center, stop and rest your finger there. Keep your free hand open, palm up.

Imagine yourself as one of the last workers in the marketplace, the ones no one had hired. Hear the landowner say, "You also go into the vineyard." Feel a full day's wage placed in your open hand, not because you earned it, but because the One who called you is generous. You are beloved. You have enough. Rest here as long as you like.

> *Breathe in:* ***Give us this day*** *· Breathe out:* ***our daily bread.***

RETURNING · THE PATH OUTWARD

When you are ready, trace your way back out. This time, bring to mind those still standing in the marketplace: neighbors who have lost work, those who cannot work because of illness or disability, caregivers, and anyone who has been made to feel unworthy of help.

> *Breathe in:* ***Send me back to the marketplace,*** *· Breathe out:* ***to find the ones still waiting.***
>
> *Breathe in:* ***Make me generous,*** *· Breathe out:* ***until everyone has enough.***

The way out is the same path as the way in. Carry the grace you received at the center with you. When you reach the entrance, pause and take one more slow breath.

CLOSING PRAYER

> *God of manna and daily bread,*
> *thank you for meeting me on this winding path.*
> *Where I have measured worth by work, teach me to see with your eyes.*
> *Where I have feared scarcity, remind me of your abundance.*
> *Send me back to the marketplace again and again,*
> *until all your children go home with enough.*
> **Amen.**

A WORD FOR EACH DAY

If you return to the labyrinth during the week, carry one word inward with you each day.

DAY	WORD TO CARRY	PRAY IT THIS WAY
Monday	**Enough**	Where do I already have enough?
Tuesday	**Worth**	What would it mean to believe I am beloved, not productive?
Wednesday	**Release**	What comparison or judgment can I set down?
Thursday	**Receive**	Where do I need to let someone help me?
Friday	**Notice**	Who is still waiting in the marketplace?
Saturday	**Rest**	Simply receive God’s grace with open hands.
Sunday	**Share**	What can I bring to God’s table for others?