

THAT'S NOT WHAT IT SAYS
WEEK SIX · A FINGER LABYRINTH PRAYER

Walking the Mystery

— *with just one finger*

ISAIAH 55:6–13 · MARK 4:26–29

Our garden labyrinth is resting while storm repairs are underway — but the prayer doesn't need the whole path underfoot. This one fits in your hand.

First Christian Church · Highland, Indiana · September 20, 2026

BEFORE YOU BEGIN

Praying With Your Finger

A finger labyrinth works the same way our garden labyrinth does, just smaller. There's one path in and the same path back out — no wrong turns, nothing to solve. You simply trace it slowly with one finger, the way you'd walk it with your feet.

This isn't a puzzle, and there's no correct speed. If your mind wanders, gently bring it back to your fingertip on the page. If you want to pause partway, pause. The path will still be there.

This week's labyrinth is a fitting shape for what we've been sitting with: a path you can't see the whole of at once, that still, quietly, leads somewhere. Like the farmer in Mark 4, you don't have to understand how it works. You just have to follow it.

Turn the page when you're ready to begin. Read through the three movements first, then let your finger walk you through them, one at a time.

THE PRAYER

Three Movements

INWARD • Releasing

Begin at the outer edge of the labyrinth. As your finger moves toward the center, let go of whatever you feel you have to figure out today. Let this path be the seed going into ground you cannot see.

A BREATH PRAYER FOR THE WAY IN

Breathe in: I don't have to understand—

Breathe out: —to trust what's growing.

CENTER • Receiving

When your finger reaches the center, stop. Rest there for a few breaths. You don't need to resolve anything in this moment — only receive it. The center of a mystery was never meant to be a locked door.

A BREATH PRAYER FOR THE CENTER

Breathe in: God's ways are higher—

Breathe out: —not hidden.

OUTWARD • Returning

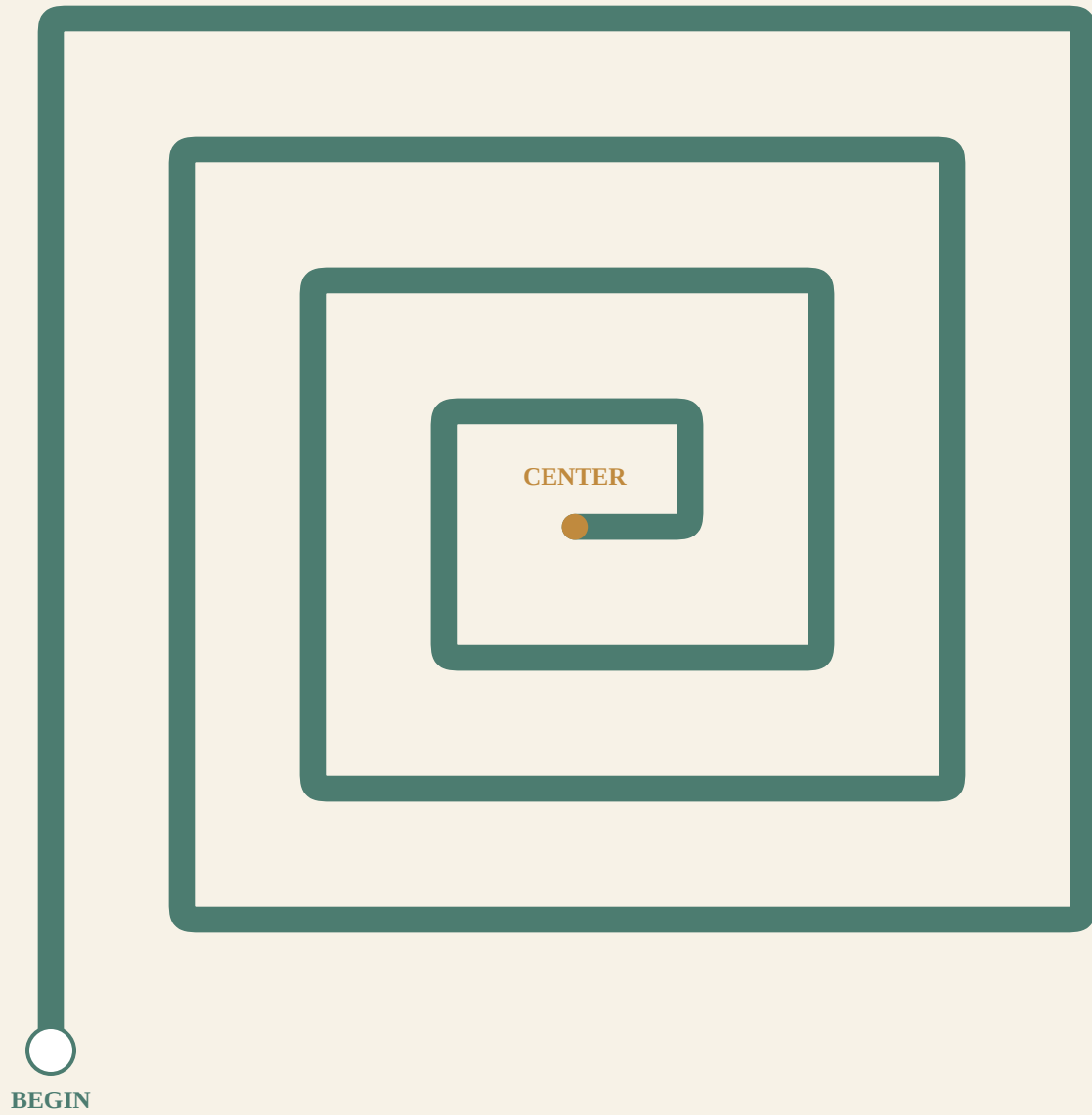
Trace the same path back out, the way you came. As you go, imagine carrying something of what grew in the silence back into your ordinary day — not an answer, necessarily, but a little more trust than you walked in with.

A BREATH PRAYER FOR THE WAY OUT

Breathe in: I go out in joy—

Breathe out: —and am led back in peace.

YOUR PATH



Trace slowly, with one finger, from BEGIN to CENTER and back out again.