

HOW TO MAKE a PRAYER LABYRINTH



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What You'll Need:

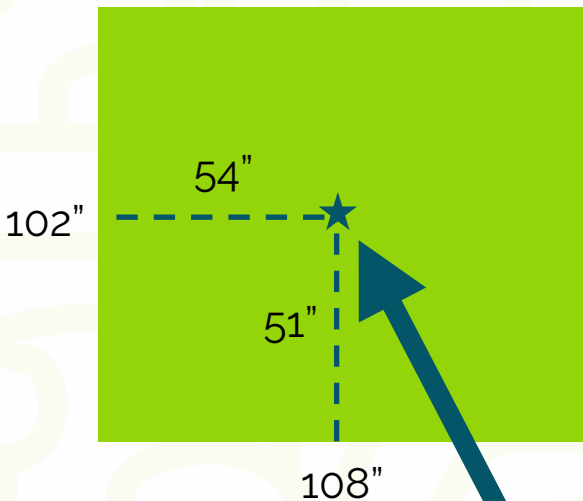
- King size flat sheet
- Pencil
- Tape measure/ruler
- Sharpie (regular and thick)

Tip: When drawing with the pencil, don't press down too hard! Make light pencil lines so they come off easily in the wash.

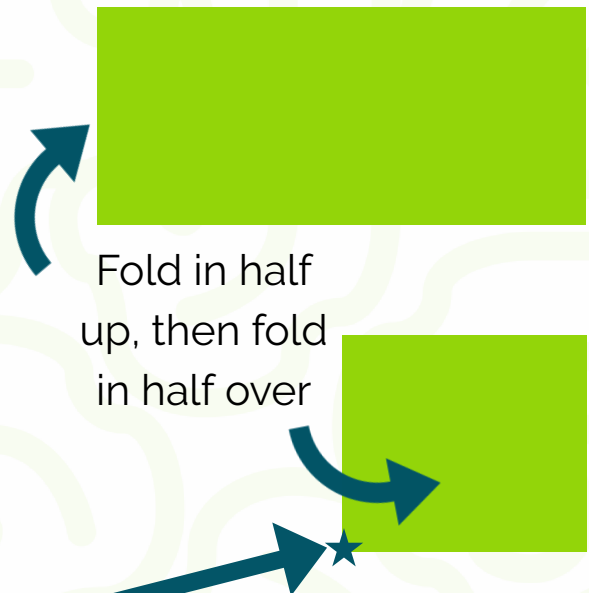
What To Do:

1) Find the center of the sheet by either folding it into quarters or using a measuring tape. A king sheet is 108" x 102" (9' x 8'). Use a pencil to mark the middle.

Measure



Fold

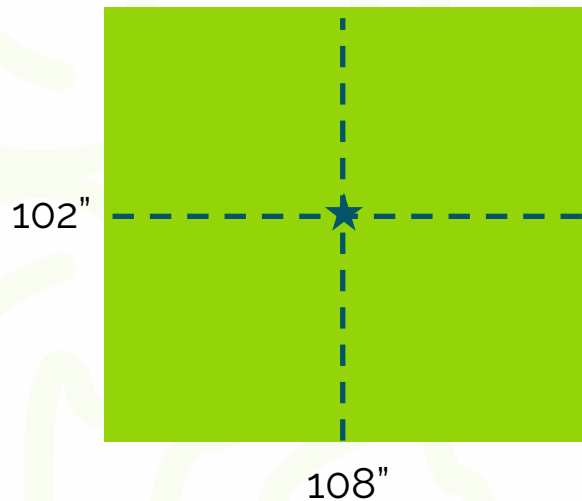


Fold in half up, then fold in half over

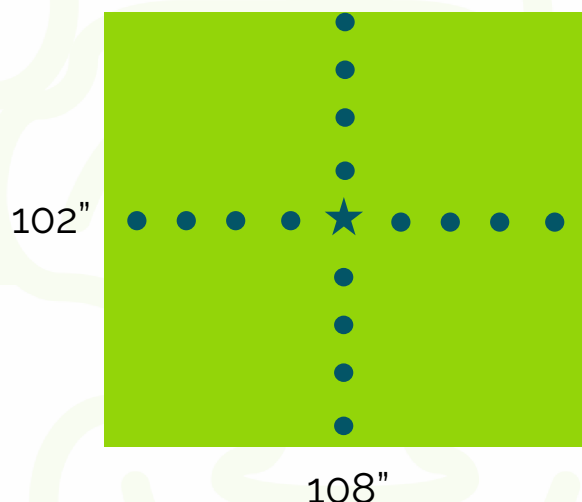
That's the center of your sheet!

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2) Now that you have the center, take yourself back to high school math class and think of the sheet being divided into 4 quadrants by 2 axes (the dotted lines).

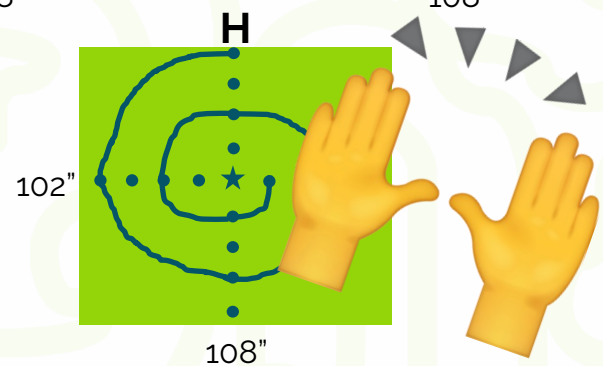
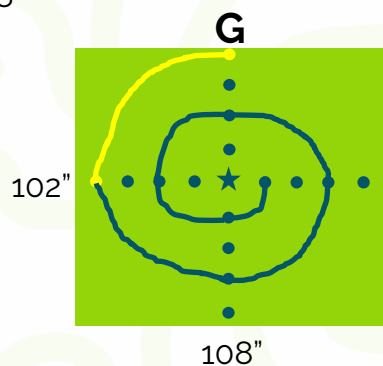
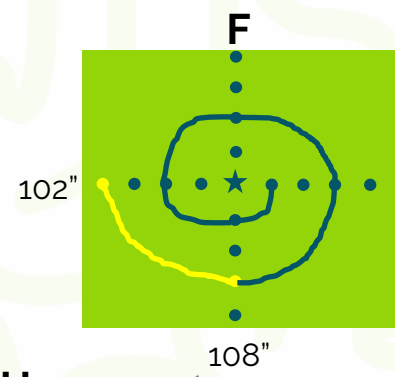
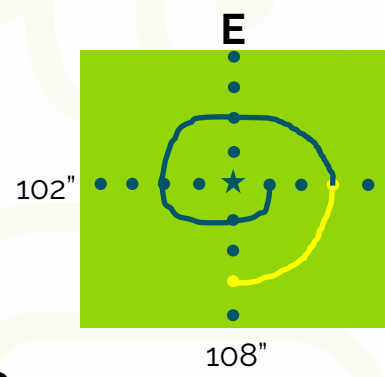
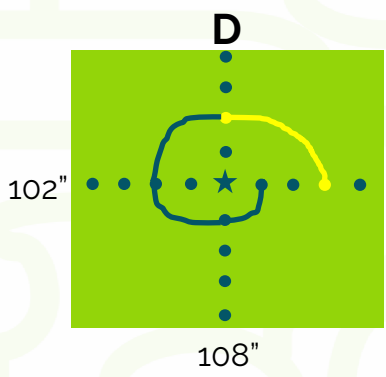
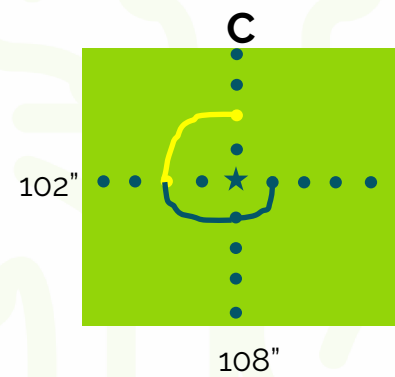
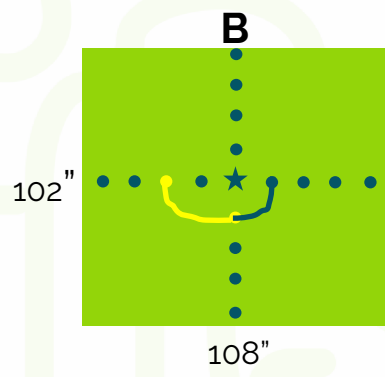
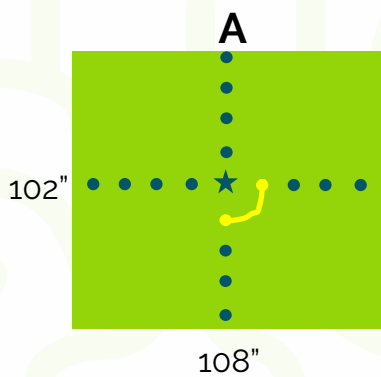


3) Along each of these imaginary axes, make small pencil marks 1 foot apart starting from the center point all the way to the edge of the sheet. You should end up with 4 marks, 1 ft apart, on each side of the center mark going to the edge of the sheet. Including the center mark, you should end up with 8 marks across each length of the sheet,



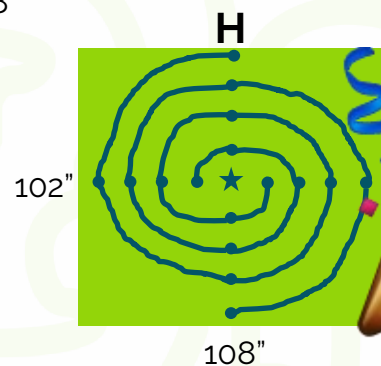
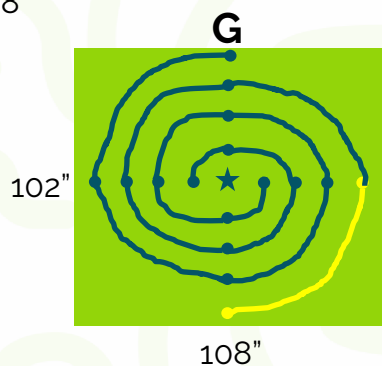
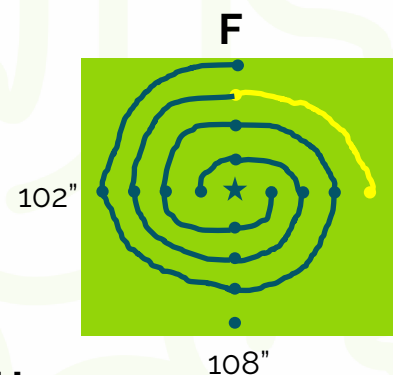
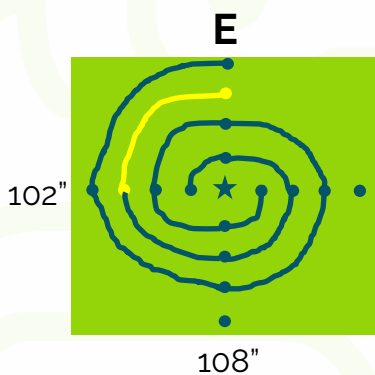
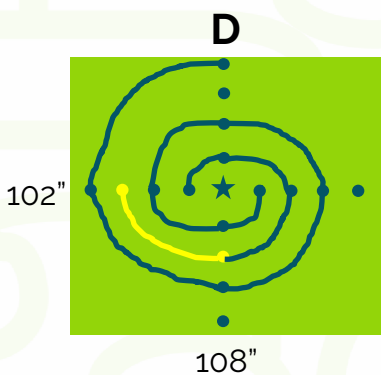
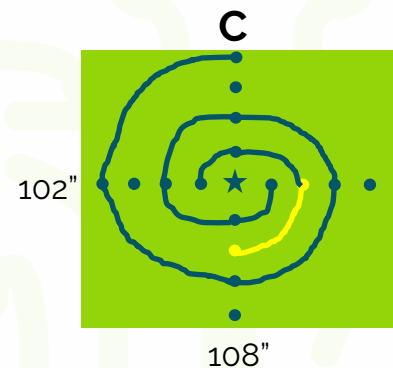
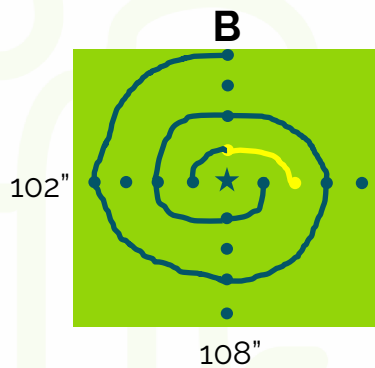
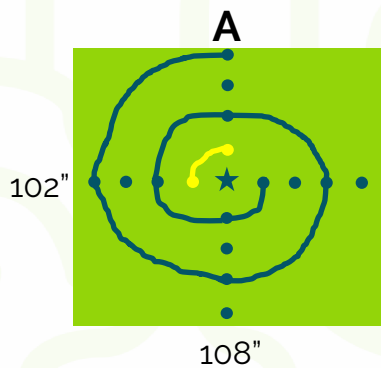
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4) Still using pencil, start connecting your dots! **A)** Pick the dot on the right side of the center mark. In an arch, connect it to the dot just below the center mark. **B)** In an arch, connect that dot to the second left dot from the center mark. **C)** In an arch, connect that dot to the second dot above the center mark. **D)** In an arch, connect that dot to the third right dot from the center mark. **E)** In an arch, connect that dot to the third dot below the center mark. **F)** In an arch, connect that dot to the fourth dot left from the center mark. **G)** In an arch, connect that dot to the fourth dot above the center mark. **H)** Now give yourself a high-five! The hardest part is done!



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6) Still using pencil, connect the other line of dots. **A)** Start with the dot to the left of the center mark and connect it in an arch to the dot above the center mark. **B)** In an arch, connect that dot to the second right dot from the center mark. **C)** In an arch, connect that dot to the second dot below the center mark. **D)** In an arch, connect that dot to the third left dot from the center mark. **E)** In an arch, connect that dot to the third dot above the center mark. **F)** In an arch, connect that dot to the fourth right dot from the center mark. **G)** In an arch, connect that dot to the fourth dot below the center mark. **H)** Party because your labyrinth path is made and all that's left is the finishing touches!



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7) Now it's time to grab your Sharpie! Using a Sharpie, trace over your pencil lines to darken the labyrinth path and make it easy to see. I ended up going over the pencil in regular Sharpie first, then used my heavy duty, don't-smell-it-for-too-long Sharpie to really thicken the lines, but a regular Sharpie works too.

8) Extra Add-Ons:

- Write "Prayer Labyrinth" near one of the openings to let kids know what it is.
- Add directional arrows to designate an entrance and an exit (this helps avoid collisions.)

9) Throw your labyrinth in the washer and dryer to erase the pencil lines and eliminate the wrinkles, and you're good to go!

Bonus: Print off the next page to give kids instructions on how to use the prayer labyrinth.

Want to see how a prayer labyrinth can be used a lesson?

Check out this [Valentine prayer stations lesson](#) from Deeper KidMin!

LOVE LABYRINTH

A labyrinth is like a maze to help you think.

At the beginning of the labyrinth, say a prayer to invite God to join you.

Walk through the labyrinth as many times as you want (but make sure everyone gets a turn!)

As you walk, pray or think about:

- How much God loves you
- How you can show love to others
- Today's Bible verse or story