

## Traces of Faith

*By Nilwona Nowlin, p. 44*

**How an unusual version of an ancient spiritual practice helps direct one minister's journey with God.**

1. Have you ever walked a labyrinth? What was the experience like for you?
2. Nilwona Nowlin was skeptical about labyrinths at first. Does it make you uncomfortable to consider praying with a labyrinth? Why or why not?
3. Nowlin was repeatedly surprised by how God spoke to her through the finger labyrinth exercise. When do you hear God speak most clearly?
4. How does the visual image of "being so close to the center in one moment, then suddenly finding myself heading in the opposite direction" relate to your own faith walk?
5. What practices have helped your prayer life to be more meaningful?