

Five-Finger Prayer

Clasp each finger as you pray, thinking of those in each category. Feel free to be as specific or as general as you wish! God hears all prayers!

Pointer: We pray for those who point us in the right direction (teachers, doctors, pastors, etc.), and we ask for wisdom and support.

Middle (tallest):
We pray for those that lead us, and ask for guidance.

Ring (weakest):
We pray for those who are weak, in trouble, or in pain. We pray for those on the edges of society.

Thumb: We pray for those closest to us, our family and our friends.



Pinkie (smallest):
We pray for ourselves and our own needs.

Amen!



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