Our Five Finger Prayer



We are going to do our five finger prayer. It is up to you whether you join in with the prayer part. If you want to, you can quietly reflect instead.

Look at your hand.

1. The thumb is closest to you. We think about those who are close to our hearts. These are people who are the easiest to remember our friends and our family. Give thanks to God and ask for his protection on these people.
2. The next finger is the index/pointing finger. You could pray for those who are far away. This finger is also for those who point us in the right direction like our teachers and all who help us in school. Ask God to give them guidance.
3. The following finger is the tallest. It reminds us of those who have authority in our country such as our leaders and government. Ask God to give them wisdom.
4. The fourth finger cannot stand straight on its own. It reminds us of the weakest, the sick and those suffering. They need our support and compassion. Ask God to give them strength.
5. The smallest finger reminds us to pray for ourselves. When we have prayed for others, we are then able to see our own needs. Pray for your own needs in mind, body and spirit.