

5 Finger Prayer

4. The ring finger isn't very strong and needs help from its neighbours. Pray for those who are sick, sad, struggling, or who need help.

5. The pinky finger is the smallest. Pray for yourself and the things you need last.

3. The middle finger is the tallest. Pray for leaders, in government, the church, and our community, to lead well and make wise decisions.

2. The pointer finger helps to show us the way and give directions. Pray for those who teach us and help us, like teachers, coaches, and medical workers.

1. Your thumb is closest to your heart, so pray for those closest to you- your family and friends.

The Bible says that we are held in the **PALM** of God's hand. Start and end your prayer by giving thanks for God's love and care.

