**FIVE FINGER PRAYER**

Join your hands as if you are praying. Look at your hands. Notice that your thumb is the closest to you.

**THUMB**

The thumb reminds you to pray for those who are closest to you, your family and your friends. *Pause to think about these people and invite God to be bless them and keep them in His care.*

**INDEX FINGER**

The index finger is next to your thumb and is used for pointing. This finger reminds you of your parents, teachers, grandparents and all those who guide you.

*Pause to think about these people and ask God to grant them wisdom.*

**MIDDLE FINGER**

This is the longest finger. This finger reminds you to pray for the leaders of our country, the president, the government and the doctors, nurses and carers who are caring for us right now.

*Pause to pray and ask God for guidance and wisdom for our leaders.*

**THE RING FINGER**

The next finger is the weakest of all our fingers. This finger reminds you to pray for those who are weak or sick.

*Pause to think about these people and ask God to bless them and restore them to good health.*

**SMALL FINGER**

This is the smallest finger. This finger reminds you to pray for yourself.

*Pause to pray for yourself…*

*Thank God for the good things in your life.*

*Tell God how you are feeling… your joys, friends, games, worries, fears, concerns etc.*

*Ask God for what you need from Him at this time – knowing that He loves you and wants what is best for you.*

**PRAY**

Our Father