

# Five Finger Prayer

Summer is a great time to learn a new prayer strategy. Take a few minutes to pray with your family using the Five Finger Prayer strategy found below to guide your prayers.



## THUMB

Our thumb is closest to us, which reminds us to pray for those closest to us.

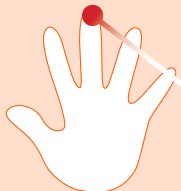
*Never stop praying, especially for others. Always pray by the power of the Spirit. Stay alert and keep praying for God's people. Ephesians 6:18 (CEV)*



## POINTING FINGER

Our pointing finger is a reminder for us to pray for those who point us in the right direction, like our parents, pastors, teachers, coaches, police, and government officials.

*First of all, I ask you to pray for everyone. Ask God to help and bless them all, and tell God how thankful you are for each of them. Pray for kings and others in power, so that we may live quiet and peaceful lives as we worship and honor God. This kind of prayer is good, and it pleases God our Savior. 1 Timothy 2:1-3 (CEV)*



## MIDDLE FINGER

Our middle finger reminds us to pray for those things we find ourselves in the middle of that cause us to worry.

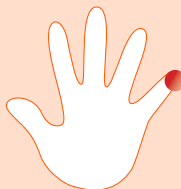
*Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Philippians 4:6 (CEV)*



## WEAKEST FINGER

Our weakest finger is our ring finger, reminding us to ask for forgiveness for our weaknesses or sins.

*But if we confess our sins to God, he can always be trusted to forgive us and take our sins away. 1 John 1:9 (CEV)*



## LITTLEST FINGER

Our pinkie finger reminds us to pray for those who have little, those who are poor, sick, homeless, and in prison.

*Our LORD, I know that you defend the homeless and see that the poor are given justice. Psalm 140:12 (CEV)*