

# Five Finger Prayer



There are a number of variations on this prayer. This handout is based off of one found on the website <http://ministry-to-children.com>. This is a great tool to broaden the content of your prayers or mentoring kids to prayer for others.

**Thumb (people who are close to you)** Praise God for the many wonderful people God has placed in your life as a blessing. Lift up those close to you who need prayer.

**Pointer (people who point the way)** God often guides us through other people. Give thanks for these people and also ask God to protect, provide for and bless them.

**Tall Finger (people in authority)** Prayer for God's guidance of those who are in positions of

authority. Ask for God's Holy Spirit to lead all that they say and do.

**Ring Finger (people who are weak)** This is your weakest finger. Prayer for strength and healing of those who are sick. Pray for the poor and the oppressed.

**Little Finger (your own needs)** Out of humility put others first in your prayer life, but do make your requests known to God with thanks in Jesus Christ. Especially, prayer for God to help you grow in the Spirit that you might better follow Jesus Christ.

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## Application Suggestions:

For Lent consider praying this prayer with a child daily. What an amazing ministry it could be. Or if you are a Sunday School teacher, perhaps you could encourage children to adopt it during Lent and use it to open class each week.

When praying for others, don't forget to pray for their spiritual needs. Most of the prayers that we see in the Epistles for other people are almost entirely about their spiritual health and growth.

Lastly, have a set time for when you will pray and your chances of sticking to it will dramatically increase. Write your time below:

My prayer time will be: \_\_\_\_\_