

Five Finger Prayer

This way of praying can work for children, young people and adults.



Thumb:

The thumb is the finger closest to you. Pray for those who are closest to you ie your family and friends. Thank the Lord for them and ask Him to meet their needs.

Index Finger:

The index finger points the way. Pray for those who teach, instruct and lead you at church, school/college or work. Pray for wisdom and the support that they need.

Middle Finger:

The middle finger is the tallest finger. Pray for those in government and all those who have authority eg the police, the courts, doctors, clergy, business leaders..... Pray for the Lord's guidance for them and for wisdom.

Ring Finger:

The fourth finger is the ring finger and is the weakest finger. Pray for the weak, the sick and those with problems that the Lord would bring them His healing, comfort, release or whatever they most need.

Smallest Finger:

The fifth finger is the smallest finger. Pray for yourself. Ask the Lord to deepen your relationship with Him. Bring to Him any needs you have.

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