

Teaching Kids the Five Finger Prayer

Source unknown

Hold out left hand with thumb towards your heart.

Touch each finger as you pray.

Your fingers remind you of people to pray for.

Thumb.

Pray for people who are close to you.

Your close friends and family.

Give thanks to God and ask his protection on your parents, siblings, friends, and classmates.

Pointer.

Pray for people who point the way.

Leaders in your life - parents, teachers and pastors.

Thank God your thanksgiving for them and ask him to help them in their important work.

Tall Finger.

Pray for people in authority.

The big people in the world need prayer too. Ask God to give wisdom to our government, military, and police.

Ring Finger . This finger can't stand tall by itself

Pray for sick or needy people.

Remember others who are sick, live in poverty, or are treated badly. Pray that Jesus would give them new strength.

Little Finger.

Pray for your own needs.

God wants to hear your needs too, especially when you put others first. Pray for your own growth in mind, body, and spirit.