

# THE FIVE FINGER PRAYER

Look at both hands, each tells you a truth about prayer.

On this activity, the left one teaches you who to pray for in a way that you will not forget who needs your prayers. The right hand teaches you the ways we can pray to God.

*Color and cut both hands. Glue them to cardstock or construction paper.  
Place them where you will remember to always pray to God and pray for others.*

## LEFT HAND:

**THUMB**- *Colossians 4:2*

Pray for those closest to you, closest to your heart, your loved ones.

**POINTER FINGER** - *1 Thessalonians 5:25*

Pray for those who instruct/teach you, the people who point the way.

**TALLEST FINGER** - *1 Timothy 2:1-2*

Pray for those who stand tall for us and lead us.

**RING FINGER** - *James 5:15*

*(Ring finger is the weakest finger)*

Pray for those who are weak or in pain.

**LITTLE FINGER** - *Philippians 4:6*

Pray for ourselves.

Information from Pope Francis' Five Finger Prayer  
<https://www.guidепosts.org/better-living/entertainment/books/pope-francis-five-finger-prayer>

## RIGHT HAND

**A** - In prayers of adoration or worship, we exalt the greatness of God, and we acknowledge our dependence on Him in all things. The Mass and the other liturgies of the Church are full of prayers of adoration or worship, such as the Gloria (the Glory to God).

**C** - In the prayers of petition, we ask God for things we need—primarily spiritual needs, but physical ones as well. Our prayers of petition should always include a statement of our willingness to accept God's Will, whether He directly answers our prayer or not.

## RIGHT HAND CONT.'

**T** - Perhaps the most neglected type of prayer is a prayer of thanksgiving. While Grace before Meals is a good example of a prayer of thanksgiving, we should get into the habit of thanking God throughout the day for the good things that happen to us and others. Adding the Grace after Meals to our regular prayers is an excellent way to start.

**I** - Prayers of intercession are another form of prayers of petition, The Catechism of the Catholic Church teaches us, "Intercession is a prayer of petition which leads us to pray as Jesus did" [CCC 2634.] In a prayer of intercession, we're not concerned with our needs but with the needs of others.

**P** - Prayers of praise acknowledge God for what He is. As the Catechism of the Catholic Church praise "lauds God for his own sake and gives him glory, quite beyond what he does, but simply because HE IS. It shares in the blessed happiness of the pure of heart who love God in faith before seeing him in glory" [CCC 2639.] The Psalms are perhaps the best-known example of prayers of praise. The Act of Charity, a common morning prayer, is good example of a prayer of praise.

Information obtained from  
<https://www.learnreligions.com/the-types-of-prayer-542772>