



MY 5-FINGER PRAYER

THUMB: God, thank you for my friends and family. Protect them and give them joy. Heal those who are sick or having a hard time.

POINTER FINGER: God, thank you for my leaders and teachers who point the way for me to go. Give them rest and clear minds.

MIDDLE FINGER: God, thank you for the people with power. Give the police, government and military wisdom, strength and open hearts.

RING FINGER: God, strengthen those who feel weak, those who are struggling or in need. Help me to see them and offer help when I am able.

PINKY: God, help me learn your ways, surround me with good friends and strengthen me in mind, body and spirit.

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