**The 5 Finger Prayer Guide**

Assemble students for prayer at their desks or around the class prayer table. Invite them to put their hands flat together in prayer. Use these words or a variation to guide children through “The 5 Finger Prayer”:

1. **Thumb: Family & Friends**

Your thumb is the finger that is closest to you. Start by praying for the people in your life who are closest to you. Pray for your family and friends. Pray for your parents, your grandparents, your sisters and brothers, aunts and uncles, cousins, and closest friends.

1. **Index Finger: Teachers**

The finger next to your thumb is the index finger. WE use this finger for pointing. Pray for the people who point you in the right direction. Pray for your teachers, coaches, catechists, tutors, priests, and anyone else who teaches you.

1. **Middle Finger: Leaders**

Your middle finger is the tallest finger. For this finger we pray for the leaders of our country, our world, and our Church. Pray for the pope and his continued leadership of the Church. Pray for the leaders of our country t have the wisdom and judgment to lead us well.

1. **Ring Finger: Sick and Poor**

Our ring finger is our weakest finger. We can’t move it without the help of the other fingers. For this finger, pray for the sick who need help and healing. Pray for the poor and suffering who need God’s comfort and help too.

1. **The Pinky Finger: You**

Finally, for the smallest finger of all, pray for yourself. Jesus taught us to be humble so we pray for ourselves last with our pinkie finger. Place your greatest needs before God in prayer.

