

# The 5 Finger Prayer

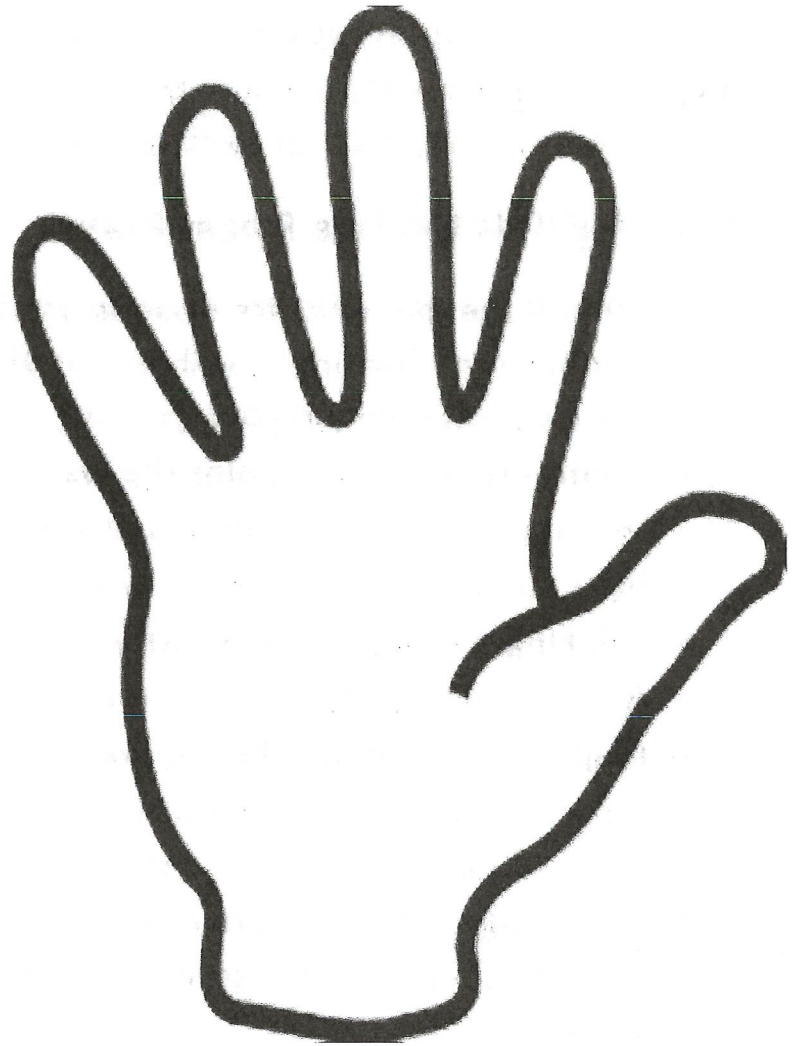
Thumb: Those closest to you, your family.

Pointer: Those that point you in the right direction (teachers, doctors, priests) ask for wisdom & support.

Index: (tallest) Those that lead us, (Government) ask for guidance & wisdom.

Ring: (weakest) Those that are weak, in trouble, or in pain. We cannot pray too much for them.

Pinkie: (smallest) Our prayers for ourselves & our own needs.



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# “The Five Finger Prayer”

Another popular method of teaching kids to pray.

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Here is a helpful approach for teaching kids to pray. It’s a format that allows children to recall and pray in their own words for five different groups of people. All this lines up with the five fingers of their hand.

There are a few different versions of the five-finger prayer on the Internet ([here](#) and [here](#)). I was unable to track down the original, so I’ve collected below what seems like the best of each version.

## Teaching Kids the Five Finger Prayer

- **Thumb (people who are close to you)** These are your close friends and family, often the first you think about when you pray. Give thanks to God and ask his protection on your parents, siblings, friends, and classmates.
- **Pointer (people who point the way)** These are leaders in your life, such as teachers and pastors. Offer God your thanksgiving for them and ask him to help them in their important work.
- **Tall Finger (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 (people who are weak)** This is your weakest finger. We should remember others who are sick, live in poverty, or are treated badly. Pray that Jesus would give them new strength.
- **Little Finger (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.

The following printable in PDF format sent to us from Paula Baytieh.