

Five Finger Prayer Model

Each finger represents a group of people for whom we can pray. You can open the time of prayer however you normally open your prayer and then shift to praying for others represented by each of the fingers on your hand.

Thumb

Pray for those closest to you, family and friends. Pray for them by name and according to specific ways you know they need prayer.

Index Finger

Pray for those who point you in good directions: teachers, mentors, parents. Pray for their wisdom and support.

Middle (tallest) Finger

Pray for those who lead us: business leaders, civic (governmental) leaders, church leaders. Pray for them to receive holy guidance and wisdom.

Ring (weakest) Finger

Pray for those who are poor, sick, in pain, in trouble, or in need.

Pinkie (smallest) Finger

Pray for yourself and for God's provision to meet your needs.



2026

May
PRAYER

Pursuing Hope

The purpose of this prayer guide is to offer an on-ramp into talking with your Father in Heaven. It's not all that prayer can be, but it is a start. Even if all you have is 2 minutes, that's ok. But if the Holy Spirit draws you in, let Him lead as the conversation continues. On the back page, you'll find guidance to enrich your prayer journey further. For those interested in engaging with **Monthly Scripture, read through 1 & 2 Corinthians.**

Fri. May 1	Hope in the Lord - With eager anticipation for all you will do, Father we put our hope in you.
Mon. May 4	Hope for the Lord - Sometimes it feels like we're waiting forever, waiting for you to show yourself, Lord.
Tues. May 5	God of Hope - You, God of glory and salvation, are the God of hope in our lives...nothing compares with you.
Wed. May 6	Faith, Hope, Love - We trust you, Father...we know you are faithful in all you do...we know your perfect love for us.
Thur. May 7	Urgent Hope - This world is a hard place, Lord, we are in desperate need for you to take action quickly.

Fri. May 8	Patient Hope - While it may be hard, we know that you are good and faithful, so we wait for you to move.
Mon. May 11	Confident Hope - There is nothing and no one who can compare to your track record of being there for us, Lord.
Tues. May 12	Humble Hope - I confess, Lord, that I have sinned today...but I know that you forgive and I can trust in you.
Wed. May 13	Persistent Hope - Here is a prayer that I've prayed a thousand times, waiting for you, Father... so I say it again.
Thur. May 14	Hope for Others - There are so many in this world, in my community, without you and without hope - show them you.
Fri. May 15	Hope for Me - When I'm at the end of my rope, when I don't know where to turn, I remember today I have you Lord.
Mon. May 18	Gift of Hope - Jesus, if there is some way that I can bless someone today, to offer them the gift you've given me.
Tues. May 19	Exercising Hope - It's in the face of adversity that you train me in patience, Lord. And learned patience leads to hope.
Wed. May 20	Earnest Hope - We seek you, Lord, with all our heart and mind and soul and strength...reveal your help today.
Thur. May 21	Our Need for Hope - It would be so easy, Father, to get lost in our struggles. But with you we have all we need.

Fri. May 22	Participating in Hope - Jesus, I give myself to your will and way...show me how to join with you to be a blessing.
Mon. May 25	Hope for Tomorrow - Lord, you are the architect of my life, you have great plans for my tomorrow.
Tues. May 26	Hope in Suffering - Father, when I'm struggling just to lift my head off my pillow, help me see your face.
Wed. May 27	Hope for Heaven - We're not there yet, but dear Lord give me a glimpse of your Kingdom in my life today.
Thur. May 28	Jesus My Hope - There is nothing better than you, Jesus...you are my strength and hope.
Fri. May 29	Born Again - Create in me a clean heart, O God, and renew a right spirit within me.

There are many different ways to engage in prayer... contemplative, bold, out loud, silently, with a group, or solo. Through meditation, repetition, spontaneously, or through pre-written words. We can pray standing, sitting, lying down, or on a walk. There are models developed to help people pray well...the Lord's Prayer is one of them. The next page is another. If it helps you to have some guidance for prayer, try the steps on the next page to guide you in talking with the Lord.

2nd Corinthians 4:18 "So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal."