

Mission Together

Pope Francis Five Finger Prayer



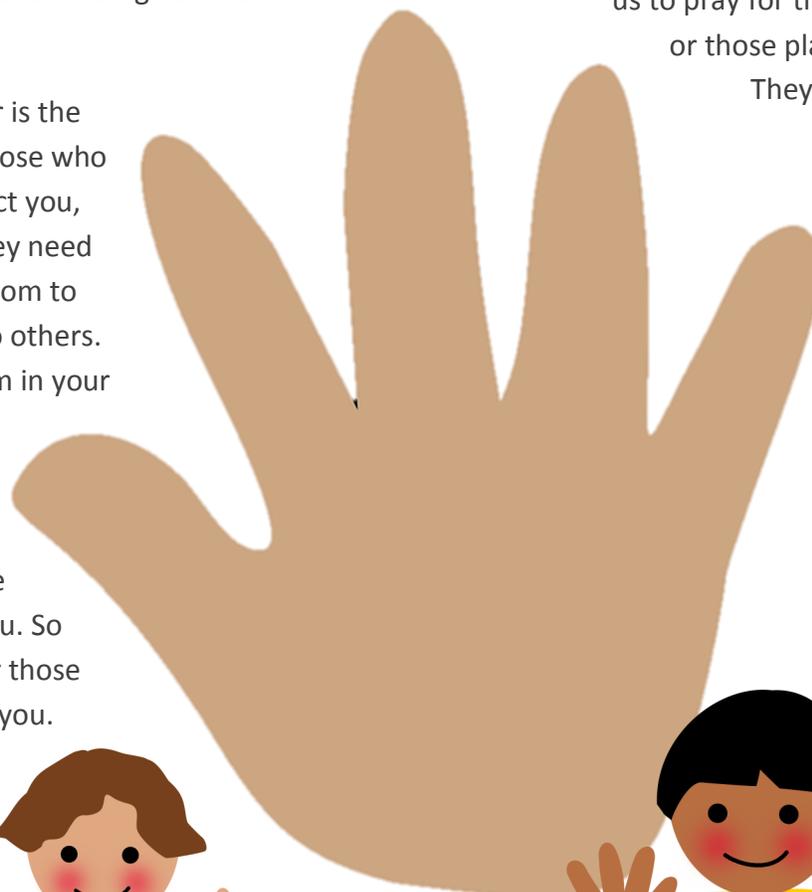
This is a simple method of prayer attributed to Pope Francis, patron of Mission Together, while he was Archbishop of Argentina. The Five Finger Prayer prompts children to pray not just for themselves, but for others. By using the fingers of their hand, the prayer also encourages children to see how, through God's love, we are connected to all people and that concern for the needs of others is part of who we are. When praying the Five Finger Prayer, encourage children to name some of the people who come to mind when thinking of e.g. the sick. This involves the children and makes the prayer more personal.

3. The following finger is the tallest. It reminds us of our leaders and those who have authority. They need God's guidance.

4. The fourth finger is the ring finger. It may come as a surprise that this is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.

2. The next finger is the index. Pray for those who teach you, instruct you, and heal you. They need support and wisdom to show direction to others. Always keep them in your prayers.

1. The thumb is the closest finger to you. So start by praying for those who are closest to you. They are the persons easiest to remember.



5. And finally we have our smallest finger. Your little finger should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to pray for your own needs in a better way.

