

HOW TO USE A *PRAYER HAND*

Thumb: The strongest digit on your hand. Give thanks for all the strong things in your life, like home and family, or relationships that support and sustain you and our church.

Index finger: This is the pointing finger. Pray for those people and things that guide and help you in your life like friends, teachers, medical, and military personnel, and so on.

Middle finger: The tallest finger. Pray for all the people who have power in the world, like world leaders and governments, members of congress/senate and local administration, city mayors, and our president.

Ring finger: The weakest finger on your hand. It cannot do much by itself. Remember the poor, the weak, the helpless, the hungry, the sick, the ill and the bereaved.

Little finger: The smallest and the last finger on your hand. Pray for yourself.

