

## 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.



Let us quiet ourselves before our loving Father and be still in his presence:

We are going to pray today using our hand as our guide. After each prayer and reflection, a moments silence will be held for you to add your own prayers or just to be still and reflect:

Let's begin by holding our hand in front of us palm facing upwards and looking at the thumb:

We remember those closest to us, our family and friends. We pray for elderly parents who may be lonely, frail or in care. We pray for families struggling with work and life balance. Hold them Lord in your care and love and give us strength to support our family and friends whatever their circumstances. We pray that the summer holidays may bring some time of relaxation and refreshment.

Lord in your mercy, hear our prayer.

Let us look to our pointer finger and think of those who point us in the right direction. We pray for teachers as they look forward to a well-earned summer break and thank you for their hard work through a very difficult year. We hold all our doctors, nurses and care staff who again have been working so hard in

our hospitals, surgeries and care homes. We pray they too may soon be able to find a more balanced work and rest time. We pray for all our ministry team here at St Pauls and for our neighbours in Norton, Wilbury & Letchworth.

Lord in your mercy, hear our prayer.

Now we take our index finger, our tallest and pray for all who are in positions of power and leadership. Give them compassion, wisdom and courage to lead in a Jesus based way so we can as a nation live together in harmony and peace regardless of our race, colour or beliefs.

We hold the nations of our fragile world to you, especially South Africa, that they too may find peace and and respite from quarrels, war and human suffering.

Lord in your mercy, hear our prayer

Turn to our ring finger, our weakest. Let us pray for the weak, the weary, those in pain either physically or mentally. We are only too aware of the strain the last year or so has put on so many families. Many are suffering from stress of too much work or too little. We pray for those who are suffering as a result of long covid. We pray for those who are suffering grief as a result of losing a friend or family. Let us take a moment now to remember our own friends and family and those we know in our community who are struggling to live a well and balanced life style.

Lord in your mercy, hear our prayer.

Finally, our pinkie or smallest finger. We pray for ourselves and our needs at this time. We ask Jesus to be at our centre and give us the strength we need to live out our daily lives as he would wish.

Merciful Father, accept these prayers for the sake of your Son our Saviour Jesus Christ.

Amen.