

# The Five Finger Prayer

Each finger is listed below with additional detail describing what prayer reminder that finger represents.

## THUMB

Pray for those closest to you, closest to your heart, your loved ones.

### COLOSSIANS 4:2

When the hands are folded to pray, the thumb is the closest finger to us and our hearts. "Those closest to you" can be your parents, siblings, grandparents, classmates/friends, or the first person who comes to your mind. Pray for them first; they are the easiest ones to remember! As Paul instructs in the book of Colossians, chapter 4, to the people of Colossae, "Devote yourselves to prayer...."

## POINTER FINGER

Pray for those who instruct/teach you, the people who point the way.

### 1 THESSALONIANS 5:25

Just like our teachers and instructors use their pointer finger to show us things, so we should use that same finger to remember to pray for them! Teaching is a big job, and the Bible tells us that they are judged more strictly as they are given more responsibility in this world. It is no easy job to teach people, so our teachers and instructors need all the prayer they can get. Pray for pastors, teachers, and anyone who helps to educate, train, or teach us. Paul, as a teacher, writes to the people of Thessalonica, asking them to pray for him at the end of chapter 5 in 1 Thessalonians.

## TALLEST FINGER

Pray for those who stand tall for us and lead us.

### 1 TIMOTHY 2:1-2

The tallest finger reminds us to pray for those who stand tall for us. This could be our presidents or our leaders in life, such as the police, military, or government leaders too. In the book of 1 Timothy, Paul is writing to Timothy and giving him instruction on how to do the important work that he is doing. In Chapter 2, which is an entire chapter for instruction on worship, Paul writes to pray for "kings and all those in authority...".

## RING FINGER

Pray for those who are weak or in pain.

### JAMES 5:15

The ring finger is known to be the weakest finger. Try to open a drawer handle with it, and it will be noticeably weaker than all the other fingers. This finger should remind us to pray for those who are sick, hurt, in trouble. As James writes in the book of James, chapter 5, "prayer offered in faith will make the sick person well...." Having the faith that if our prayers are offered in faith can make a sick person well is truly life-changing.

## LITTLE FINGER

Pray for ourselves.

### PHILIPPIANS 4:6

The last and smallest finger of the Five Finger Prayer should remind us that we need to pray for ourselves too. We should be placing ourselves last before God and His greatness and others and their needs. After praying for everyone else before yourself, you should take a moment to recognize the good things you have that others may not, and give thanks for those things. Paul writes a great and very well-known verse to the people of Philippi in the book in the Bible called Philippians. In Philippians 4:6, he says that we should pray instead of being anxious about "anything." We should pray about what is worrying us and what is on our hearts and give it to God, for He is in complete control.

# The 5-Finger Prayer



**Thumb:** Pray for those closest to you: your family and friends.

**Pointer finger:** Pray for those who point you in the right direction: your teachers, and other leaders in your life. Pray for wisdom and support.

**Middle finger (tallest):** Pray for those that lead us: those in government, in business, in church leadership. Pray for guidance and wisdom.

**Ring finger (weakest):** Pray for those who are poor, sick, in pain, in trouble: those most in need.

**Pinkie finger (smallest):** Pray for yourself and your own needs.