

WEEK ONE

5 Finger Prayer

Using the handout as a guide, pray for different groups of people as you touch each finger.

- Thumb: pray for those closest to you, your family and friends.
- Index finger: pray for people who give direction like teachers, coaches, health care workers, therapists, first responders, etc.
- Middle finger: pray for leaders in governments, businesses, the church, etc.
- Ring finger: pray for those who are sick, vulnerable, and most in need
- Pinky finger: pray for yourself and your own needs

Finger Labyrinth

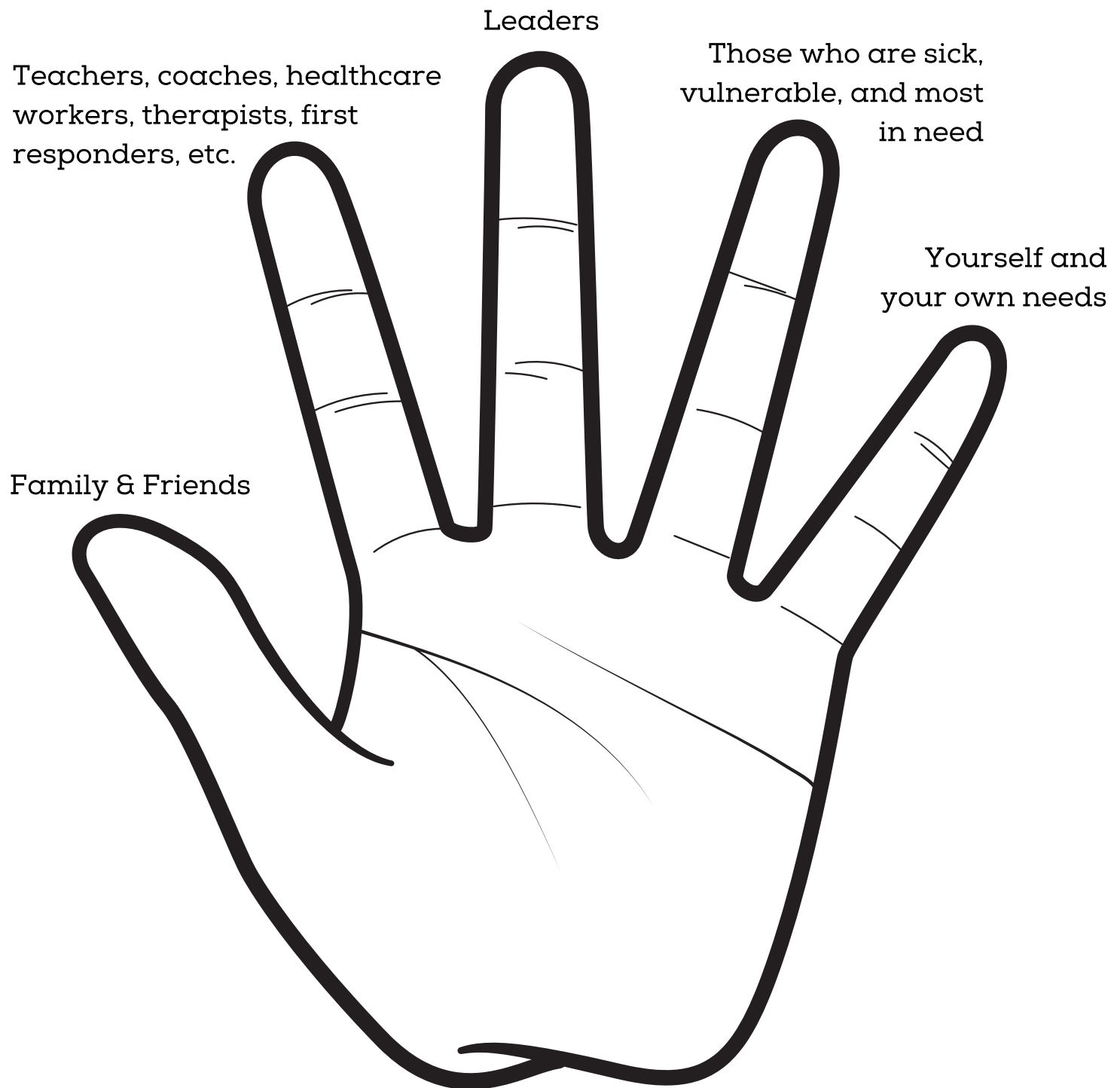
Using the handout as a guide, print the finger labyrinth. If you want to make it more tactile, print it on heavy paper or cardstock. Glue yarn or string or use puffy paint and allow it to dry. Use your finger to trace the path slowly and pray quietly or out loud as you go. You can pray for others or yourself. You can pray with words or without words.

YOU WILL NEED:

- 5 Finger Prayer Handout
- Finger Labyrinth Handout
- Optional: crayons, cardstock, glue, yarn, puffy paint



5 Finger Prayer



Hold out your hand, and follow the prompts to pray using each finger.

Finger Labyrinth



image from buildfaith.org

Use your finger to trace the path slowly. Pray quietly or out loud as you go. You can pray for others or yourself. You can pray with words or without words.