

Five Finger Prayer

(Adapt responses as needed)

Our long time "Five Finger Prayer" which we have said for several years, and one that Pope Francis has talked about, is listed below. It's easy to do and easy to remember. Begin by asking the children to empty their hands and then begin with the Sign of the Cross. Then ask them to hold their left hand out in front of them...

The prayer goes like this:

"We begin with our **THUMB**, which is nearest to our heart, so in your heart, please think about the members of your family."

"The next finger is our **POINTER** finger, it reminds us to think of those who point us in the right direction. So in your heart, please think about the Catechists who are standing in front of you and also about your parents."

"The next finger is our **TALLEST** finger. It reminds us to pray for people who are in positions of leadership. So in your heart, please think about:

Fr. John who is the leader of our flock here at St. Joe's;

Pope Francis, who lives in Rome, and who is the leader of the entire Catholic Church;

Etc.

"The next finger is our **RING** finger, our weakest finger. This finger reminds us to pray for those who are sick. So let's pray for those we know who are sick."

"The last finger is our **SMALLEST** finger. It reminds us to save prayers for ourselves for last. So in your hearts, say a prayer for the uniqueness of being you."

"We ask God to please hear the prayers that we have put before him today, to bless us with caring and loving hearts and to always remember to see the face of Jesus in everyone we meet. In His name we pray, Amen!