



## MY 5-FINGER PRAYER

**THUMB:** God, thank you for my friends, family, and others in my community. Protect them and give them joy. May they feel your presence and your peace.

**POINTER FINGER:** God, thank you for the leaders and teachers who point the way for me to go. Give them patience, rest, and clear minds.

**MIDDLE FINGER:** God, thank you for people who guide and serve. Thank you for first responders, community leaders, and health care workers. Give them wisdom, strength, and open hearts.

**RING FINGER:** God, strengthen those who feel weary, those who are struggling and oppressed, or those in need. Help me to see them and offer help when I am able.

**PINKY:** God, help me learn your ways, surround me with a loving community, and strengthen me in mind, body, and spirit.



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