

# Five Finger Prayer

When you fold your hands, the thumb is nearest you. So begin by praying for those closest to you — your loved ones (Philippians 1:3-5).

The index finger is the pointer. Pray for those who teach — Bible teachers and preachers, and those who teach children (1 Thessalonians 5:25).

The next finger is the tallest. It reminds you to pray for those in authority over you — national and local leaders, and your supervisor at work (1 Timothy 2:1-2).

The fourth finger is usually the weakest. Pray for those who are in trouble or who are suffering (James 5:13-16).

Then comes your little finger. It reminds you of your smallness in relation to God's greatness. Ask Him to supply your needs (Philippians 4:6,19).