



INDEX FINGER

## FOR THE ONES THAT TEACH US


For those who instruct you and heal you. They need the support and wisdom to show direction to others.



MIDDLE FINGER

## FOR OUR GOVERNORS

As it is the tallest finger, it reminds us of our leaders, the governors and those who have authority.

RING FINGER 

## FOR THE SICK AND WEAKEST

It is our weakest finger. It reminds us to pray for the weakest, the sick or those plagued by problems.



THE THUMB

## FOR THE ONES WE LOVE

Start praying for those who are closest to you. They are the easiest to remember.



THE PINKY 

## PRAY FOR YOURSELF

The smallest finger-should remind you to pray for your own needs when you are done praying for the other four groups,

THE

# 5 FINGER PRAYER

BY POPE FRANCIS