5 Finger Prayer
Praying for Others and Yourself

MIDDLE FINGER
The middle finger is the tallest. Pray for our leaders in our church and government.

POINTER FINGER
The pointer finger is used to give direction. Pray for your parents, teachers, coaches and doctors.

RING FINGER
The ring finger is the weakest. Pray for the sick and the poor.

THUMB
Your thumb is closest to your heart, so pray for those you love, your family and your friends.

PINKIE FINGER
The pinkie finger is the smallest. Pray for yourself and your own needs.
5 Finger Prayer
WRITE YOUR PRAYER OUT TO USE AS A GUIDE

LEADERS

THOSE WHO GUIDE ME

THOSE I LOVE

SICK AND POOR

ME

The Compass in the Classroom | November 2021 | Spiritus
Prayer Partner
LEARNING TO PRAY WITH OTHERS

Benefits of praying with others:
- The presence of God and the Holy Spirit is among us.
- We are reminded that we are not alone and we can call upon others to help us.
- Community and trust are built, hearts are opened and bonds are strengthened.
- Faith increases and a belief in miracles grow.
- We move from seeking our own purpose to trusting in God’s purpose.
- There is a strength in numbers.

“For where two or three have gathered together in My name, I am there in their midst.”
Matthew 18:20

How to pray with each other:
- Prayer is a conversation with God. You can talk to him and share what your heart is feeling.
- Start saying your daily prayer out loud so you become used to praying out loud.
- Take a moment to quiet your heart and your mind before you pray.
- Call on God and the Holy Spirit to help guide you in prayer.
- Don’t be afraid to ask a family member or friend if you can pray with them or for them to pray with you.
- Trust in God. You do not need to have answers for the prayers, you just need to intercede and bring these prayer intentions to God.

An exercise to begin to practice praying with one another:
- Each student writes down their prayer intentions on an index card.
- Group the students into pairs.
- Have the students exchange index cards and pray each other’s intentions out loud.
- You can do this with a small group (3-5 students) as well.

Example Prayer:
Lord, we ask that you enter our hearts today as we come together in prayer. Please help my friend with the anxiety she feels about her upcoming geography test. Bring her the strength to study extra hard and skill to recall what she is learning. Let her feel your comfort as you stand by her side, calming her nerves and guiding her to the correct answers. Thank you, Lord, for the ability to attend school and to continue to learn; we are so grateful. Amen.