

## Five-Finger Prayer

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Do you ever have trouble thinking of something to say when you are talking to a friend? I do. I have a friend that I walk with every day and sometimes we go for a long time without either of us saying anything. We just can't think of anything to say.

Sometimes that same thing happens when I am praying. I start to pray and then I just can't think of anything to say. Does that ever happen to you? Well, today, I want to show you something that will help you when that happens. It is called the "Five Finger Prayer."

First, I want you to put your hands together in front of you as if you are praying. Keep your eyes open so that you can see your hands. You will notice that the closest finger to you is the thumb. Since it is the closest to you, the thumb reminds you to pray for those that are closest to you. Pray for your parents and your brothers or sisters.

The next finger is called your index finger. It is used for pointing. Let this finger remind you to pray for those that point you in the right direction. Pray for your teachers at school, your Sunday School teacher, and your pastor.

The next finger is the tallest finger. This finger reminds us to pray for our leaders. Pray for the president and other leaders in our government and those who are leaders in our town.

The fourth finger is called the ring finger. Did you know that this is the weakest of all the fingers? Just ask any one who plays the piano and they will tell you that is true. Let this finger remind you to pray for those who are sick.

The next finger is the smallest finger. The Bible says, "Do not think of yourself more highly than you ought." Let the little finger remind you to pray for yourself.

So the next time you are talking to God, and you can't think of anything to say, let the "Five Finger Prayer" help you.

Dear Lord, we thank you for prayer. It is good to have a friend to talk to, but even friends sometimes have trouble thinking of something to say. Help us to remember this Five Finger Prayer to remember those who need our prayers. Amen.

Note: This sermon was sent to me by Tim and Donna Miller. I do not claim authorship and have tried to determine the origin of the sermon without success. It has been attributed to a nurse who used it to teach basic prayer to a patient who asked her how to pray. It was also reprinted in the Virginia Annual Conference of the United Methodist Church publication Faith Steps, Vol.8, No. 3.