

Pope Francis' Five Finger Prayer

Using the fingers on your hand, start with the thumb and pray these intentions in this order:

2. The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.

3. The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God's guidance.

1. The thumb is the closest finger to you. So, start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "sweet obligation".



4. The fourth finger is the ring finger. Even though it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.

5. And finally, we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective and, also, you will be able to pray for your own needs in a better way.

