

Hand Prayers

By Julie Filby

Encourage one another to pray regularly, even when it's hard to think of what you want to say or you can't remember who needs your prayers. Learn to look at your hand to help you recall at least five prayer petitions or intentions.

For

Young Family

Season

Spring, perhaps on the first Friday in March (World Day of Prayer) or the first Thursday of May (National Day of Prayer)

Needed

Bible



Activity Plan

1. Gather in a comfortable space and pray aloud:

Dear God, thank you for always listening to our prayers. Amen.

2. Recall that the apostle Paul taught people about living as Jesus' followers. One thing he told Christians to do was to pray every day. Open your Bible and read aloud Philippians 4:4, 6-7 or use the following text:

Rejoice in the Lord always; again I will say, rejoice. Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

3. Comment that sometimes it's hard to remember to pray or to think of what to pray about. At times like that, looking at one of your hands can be a simple guide for prayer. Offer up your prayer petitions as you wiggle each finger:

Thumb: The thumb is closest to your heart. Begin by thanking God for the people who are closest to you, including parents, siblings, grandparents and other relatives, and close friends and neighbors. Ask God to love and protect these people.

Pointer finger: The pointer finger reminds you to pray for those who teach and heal—people who "point" you in the right direction. This might include teachers, doctors, coaches, priests or ministers, and Sunday School teachers. Pray that the Spirit will give them wisdom and patience.

Tallest finger: The tallest finger reminds you to pray for those who are in charge, including leaders of your nation and area leaders like the mayor and governor. Pray that God will guide them to make wise decisions.

Ring finger: The ring finger is the weakest finger; it reminds you to pray for those who are weak, sick, hungry, or in pain. Pray that God will strengthen and heal them, and send people to care for them.

Little finger: The smallest finger reminds you to pray for yourself.

