

## Catholic Prayers: Five Finger Prayer

1. Your thumb is the nearest to you. So begin your prayer by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C. S. Lewis once said, a "sweet duty."
2. The next finger is the pointing finger. Pray for those who teach, instruct, and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.
3. The next finger is the tallest finger. It reminds us of our leaders. Pray for the president, leaders in industry and business, and administrators. These people shape our nation and guide public opinion. They need God's guidance.
4. The fourth finger is our ring finger. Surprising to many is the fact that this is our weakest finger; as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble, or in pain. They need your prayers day and night. You cannot pray too much for them.
5. And lastly comes our little finger; the smallest finger of all. Which is where we should place ourselves in relation to God and others. As the Bible says, "the least shall be the greatest among you." Your pinky should remind you to pray for yourself.