

The 5 Finger Prayer Method!



Thumb: Those closest to your heart – family and friends

Pointer finger: Those giving direction – teachers, doctors...etc

Index finger: Those in leader – Government, business, church.

Ring finger: Those who are weak – sick, poor.

Pinky finger: Yourself.

Choose a 'sentence start' to begin your prayer.

God our Father...

Jesus, my friend and saviour...

Spirit of love...

Lord God...

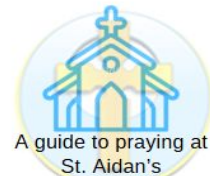
Almighty and eternal God...

We come to you Father...

Jesus
love
thank you
help
pray
Amen

Holy Spirit
heaven
bless
please
look after
watch over

'Living and growing in Christ'.



A guide to praying at
St. Aidan's