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## Back Cover: Five Finger Guide to Prayer (Pope Francis)

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# Five Finger Guide to Prayer

*Pope Francis*

The *thumb* is the closest finger to you. So start praying for those closest to you. They are the easiest to remember.

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

The *middle finger* is the tallest. It reminds us of our leaders, those in charge, those in authority. They need God's guidance.

The fourth finger is the *ring finger*. It is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued with problems. They need our prayers.

Finally we have our *smallest finger*. It reminds us to pray for ourselves. When we are done praying for the other four groups we turn to our own needs, see them in proper perspective and pray for those needs in a better way.