

Five Finger Prayer Activity

What you Need

- ⇒ Construction Paper
- ⇒ Pens
- ⇒ Paint (optional)

Preparation before Activity

- ⇒ Make a sample of finished activity

What to Do:

1. Give each child a piece of construction paper
2. Trace the child's hand on the paper OR
Make a handprint of the child's hand using paint (allow to dry)
3. Write in the people that the child will pray for on each finger using the diagram below.



The 5 Finger Prayer



Thumb: These closest to you, your family.

Pointer: These that point you in the right direction (teachers, doctors, priests) ask for wisdom & support.

Index: (tallest) These that lead us, (Government) ask for guidance & wisdom.

Ring: (weakest) These that are weak, in trouble, or in pain. We cannot pray too much for them.

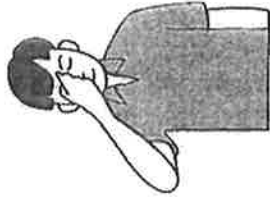
Pinky: (smallest) Our prayers for ourselves & our own needs.



Do you know how to cross yourself?



Join the thumb, index and middle fingers of your right hand.



Then move your hand first to your forehead and say "anoon hor" (in the name of the Father);



then to your chest and say

"yev vortvo" (and of the Son);



then to your left shoulder and say

"yev hokvooyin" (and the Holy Spirit);



then to your right shoulder and say

"se:po" (Holy):



and conclude by putting your open palm on your heart and

saying "amen." (amen).