

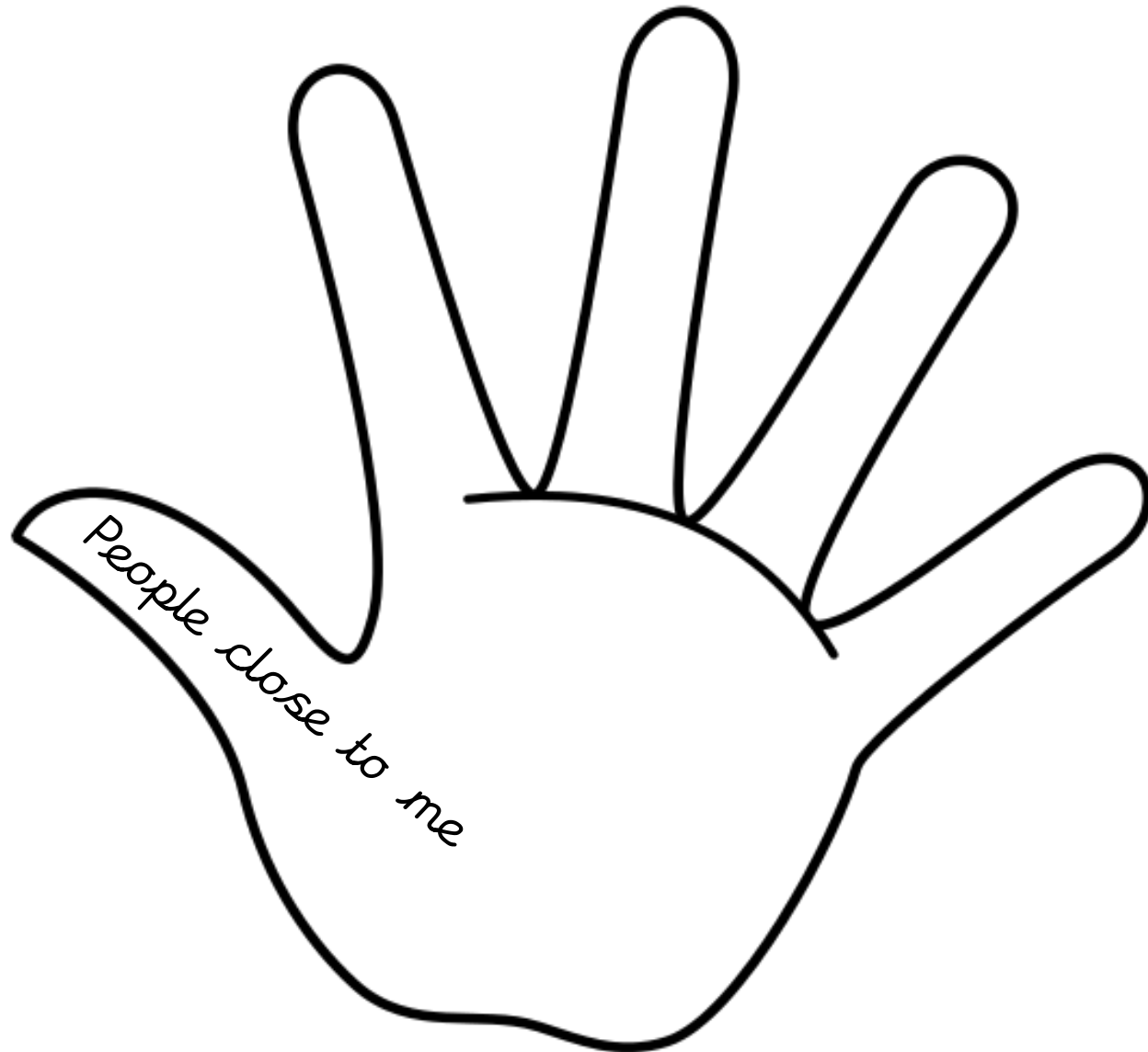
5
Finger
Prayers

You can say a prayer in many different ways.

Prayers are not only said in the hall for Collective Worship or before leaving the school day.

There are many different ways to pray and speak to God. Over the next few RE lessons you will be able to explore prayer and how to become more spiritual through practical and creative ways.

However, you do not need to say prayers to God if you do not want to. You can spend a small amount of time in the day to be still, reflective, thinking of others or the things you are grateful in your life. You can use these prayer ideas as stimulus.



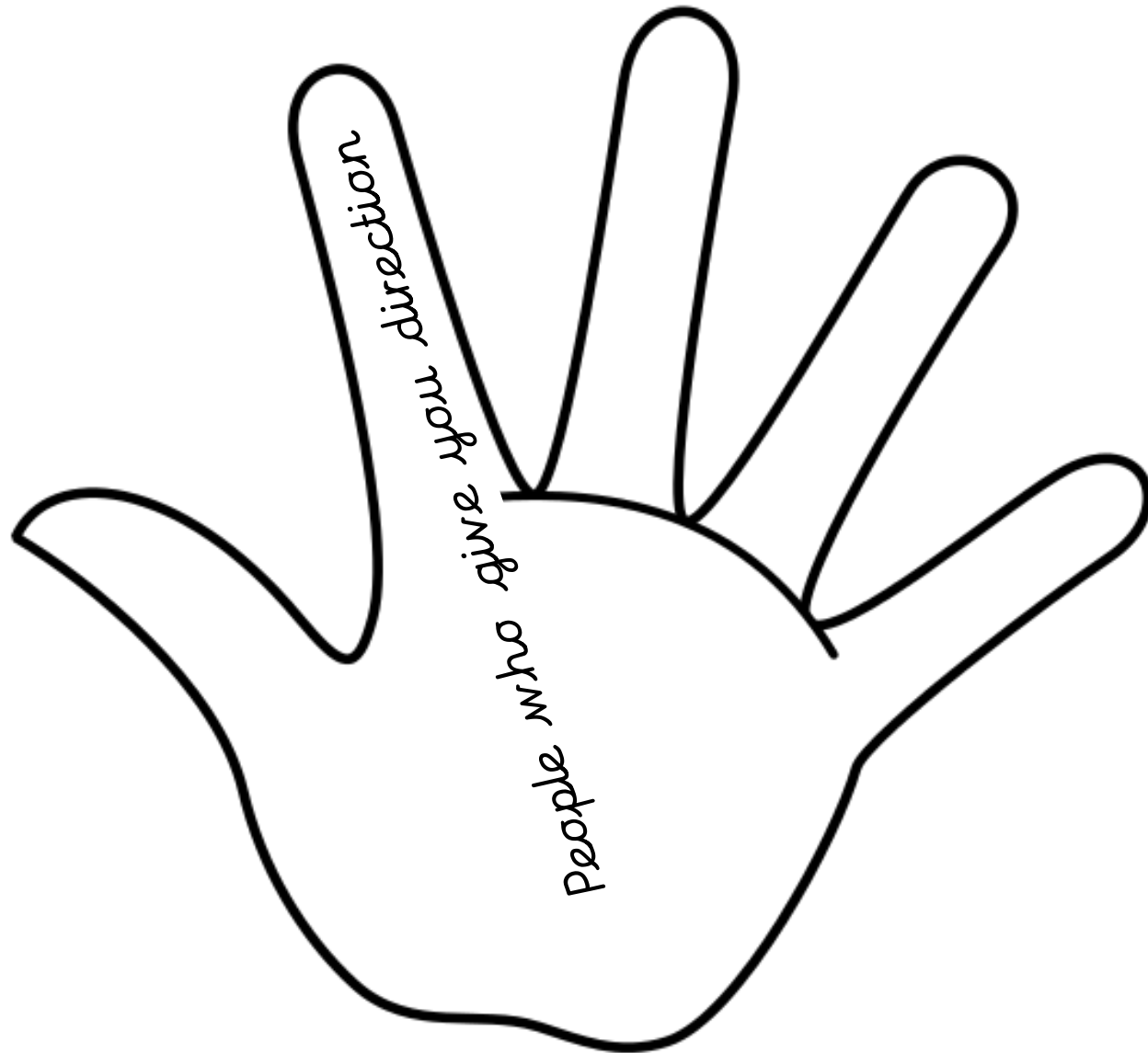
For a 5 finger prayer, all you need is your hand!

Each finger represents someone in your life to think about in your prayer.

Your thumb - is for those who are closest to you, your parents, siblings, your grandparents, family and friends.

You need to chose one person and you pray for

Love



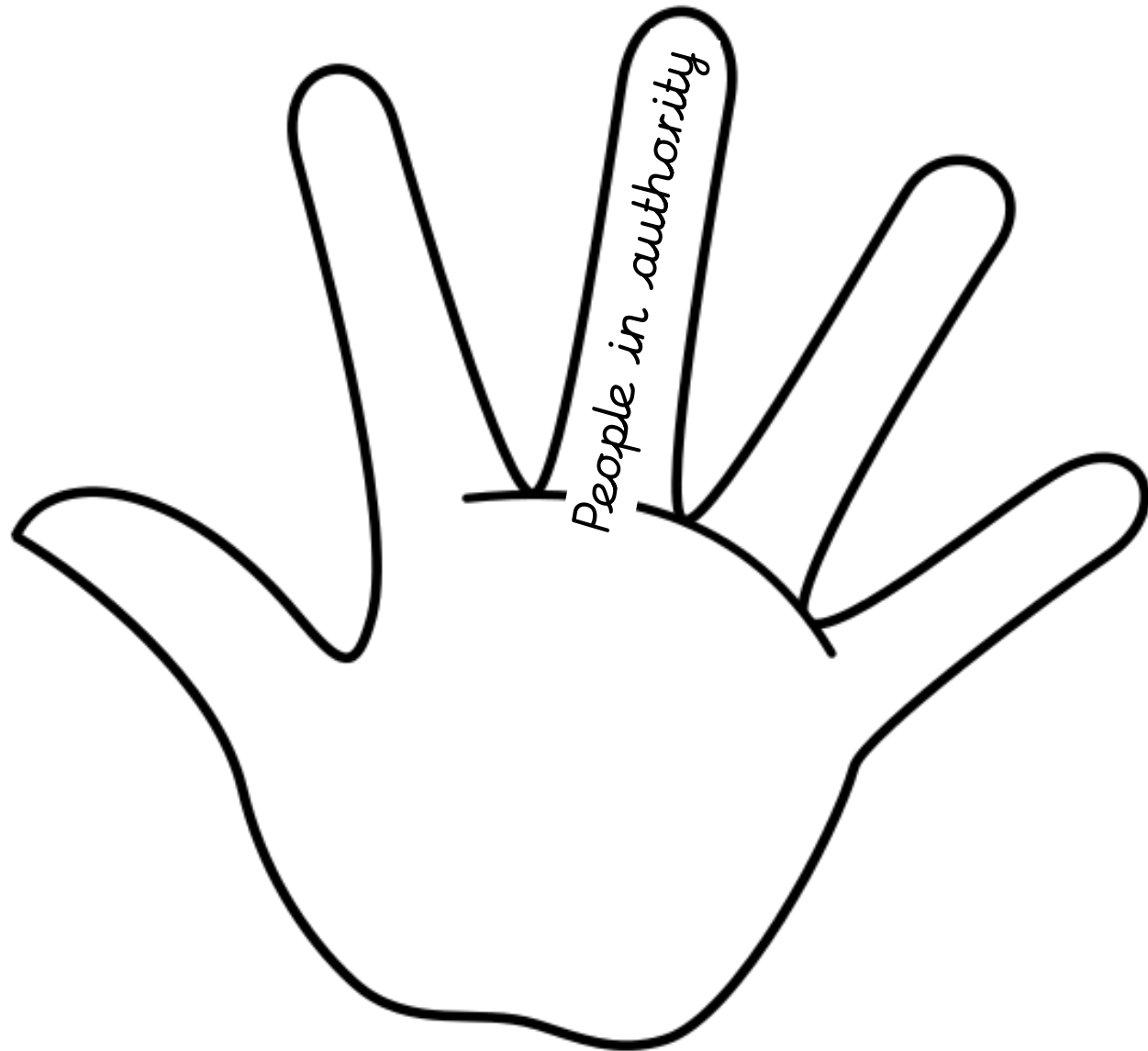
For a 5 finger prayer, all you need is your hand!

Each finger represents someone in your life to think about in your prayer.

Your pointer finger - is for those who direct you in your life, they teach and guide you. For example teachers, doctors, nurses, priests.

You need to chose one person and you pray for

Wisdom



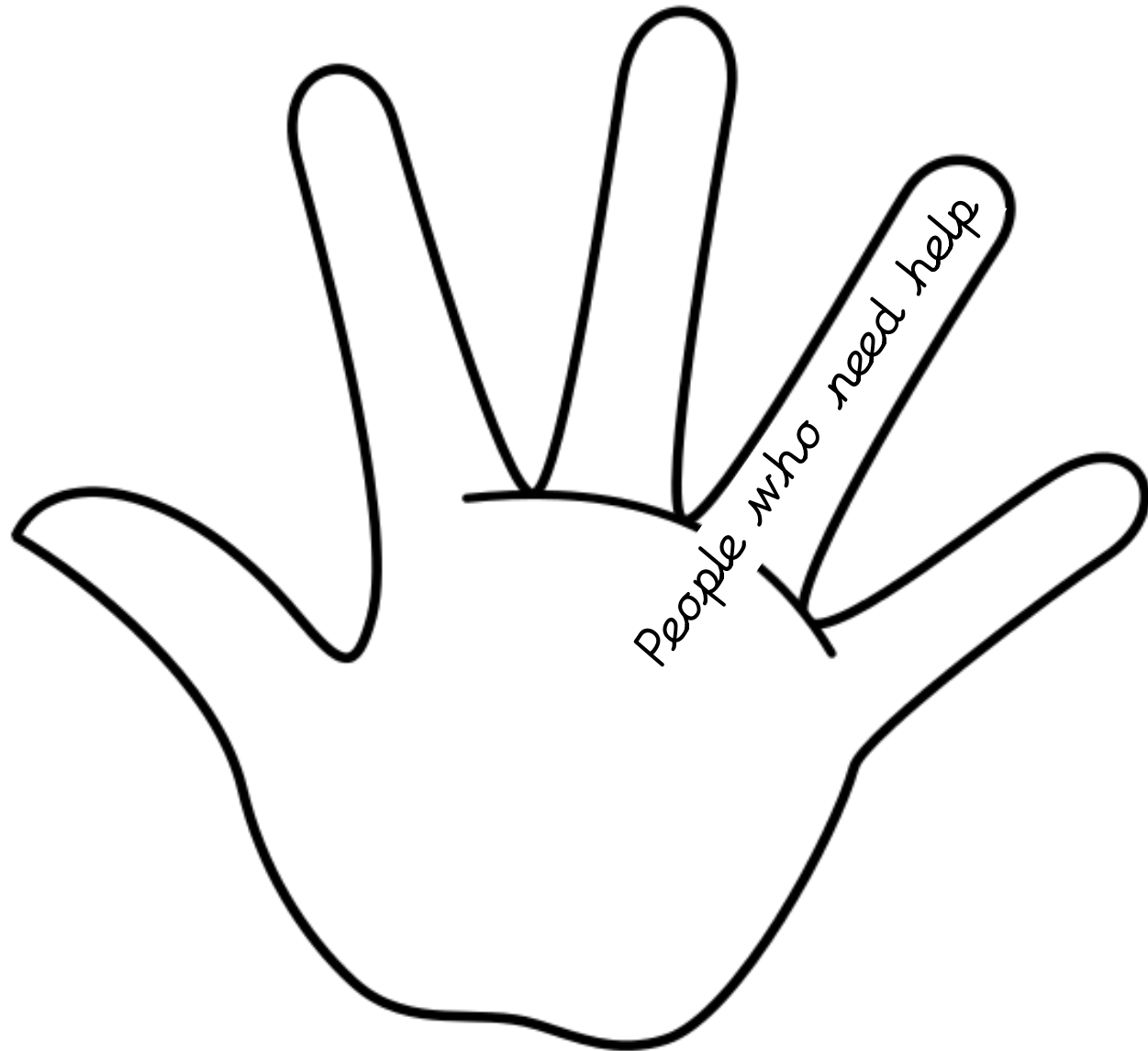
For a 5 finger prayer, all you need is your hand!

Each finger represents someone in your life to think about in your prayer.

Your middle finger - is for those who are in authority. For example leaders, government, royalty.

You need to chose one person and you pray for

Guidance



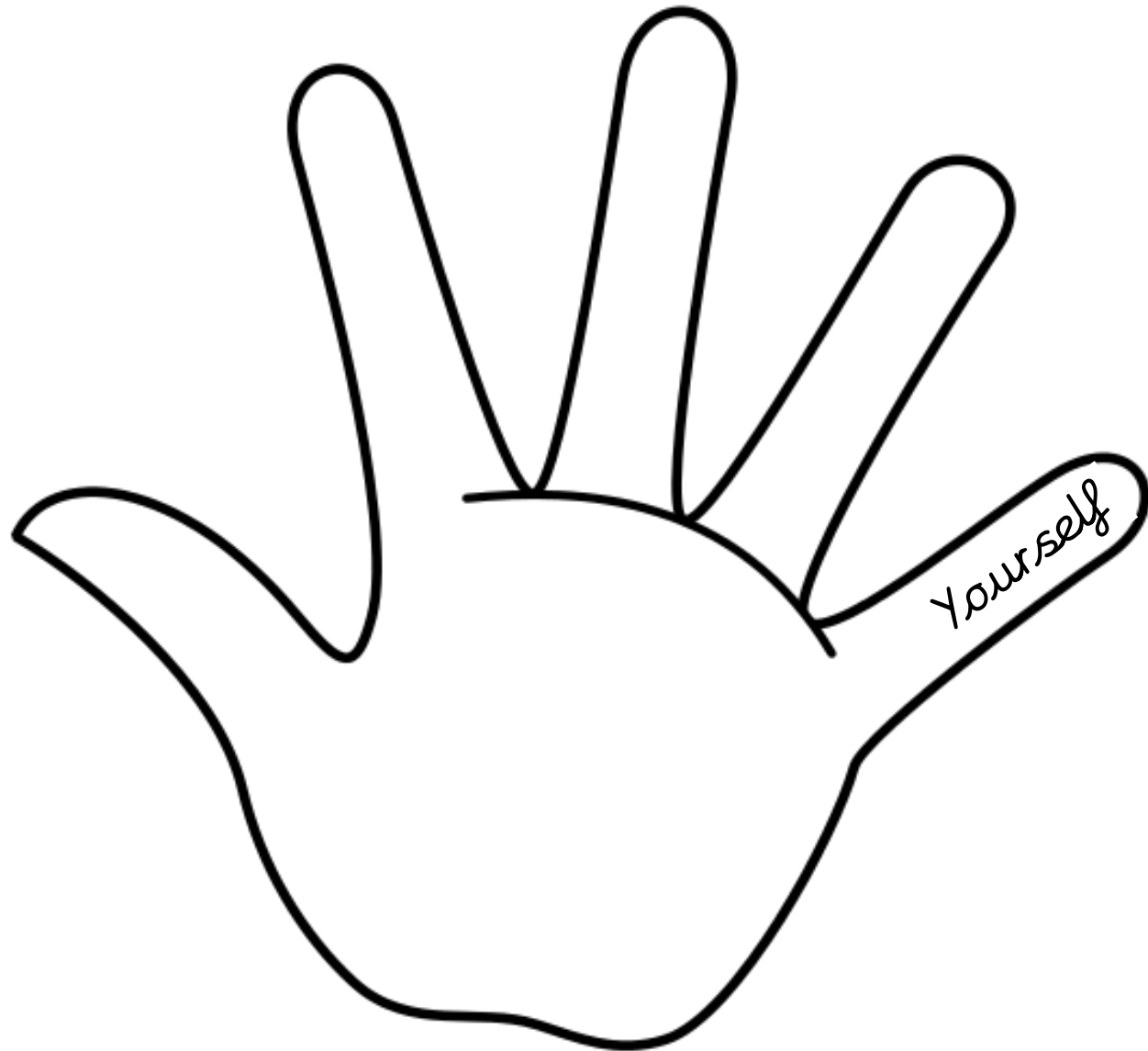
For a 5 finger prayer, all you need is your hand!

Each finger represents someone in your life to think about in your prayer.

Your ring finger - is your weakest finger, it is for those who need help. For example those who are ill, poor health, dying, in trouble or pain.

You need to chose one person and you pray for

Help



For a 5 finger prayer, all you need is your hand!

Each finger represents someone in your life to think about in your prayer.

Your tiny finger - is for you and what you need. Remember God will help you with what you need, not necessarily what you want.

You need to pray for

Your needs



There are 2 things you can do now:

- 1) Find a quiet space, using your fingers, pray to God for your 5 important people, focussing on love, wisdom, guidance, help and you.
- 2) Get some paints. Paint your hands, maybe you could choose a different colour for each finger and make a beautiful hand print. Label each finger with the person you want to pray for.
- 3) If you choose to make a print please send me your labelled picture to our email address for RE.

If you would like to share your '5 Finger Prayer' with me, please take a photograph and send it to this email address:

cw@stmichaelschurchool.co.uk

The best examples will be celebrated in Friday's Collective Worship.