

Five Finger Prayer

Here are two posters you can choose from to print Pope Francis' 5-Finger Prayer. It will help your family create a prayer for Christmas or anytime during the year.

 INDEX FINGER
**FOR THE ONES
THAT TEACH US**
For those who instruct
you and heal you.
They need the support
and wisdom to show
direction to others.

 MIDDLE FINGER
**FOR OUR
GOVERNORS**
As it is the tallest
finger, it reminds us
of our leaders, the
governors and those
who have authority.

RING FINGER 
**FOR THE SICK
AND WEAKEST**
It is our weakest
finger. It reminds us
to pray for the weak-
est, the sick or those
plagued by problems.

 THE THUMB
**FOR THE ONES
WE LOVE**
Start praying for
those who are
closest to you.
They are the easi-
est to remember.

THE PINKY 
**PRAY FOR
YOURSELF**
The smallest finger-
should remind you
to pray for your own
needs when you are
done praying for the
other four groups,

THE 5 FINGER PRAYER
BY POPE FRANCIS

SOURCE:
CATHOLIC.ORG - POPE FRANCIS' FIVE FINGER PRAYER
<http://www.catholic.org/prayers/prayer.php?p=3396>

 **CatholicLink**

5 Finger Prayer

4) The ring finger is the weakest. Pray for the sick, poor, and those most in need.

5) The pinkie finger is the smallest. Pray for **yourself** and your own needs.

3) The middle finger is the tallest. Pray for **leaders** in government, business, and the church.



2) The pointer finger is used to give directions. Pray for **teachers**, coaches, therapists, doctors, and first responders.

1) Your **thumb** is closest to your heart, so pray for those closest to you - your **family and friends**.

Or use this great one-page prayer template from Tricia Goyer:
You can download the page from our website, or go to her website:
<http://www.triciagoyer.com/wp-content/uploads/2016/12/How-to-Write-Your-Own-Family-Christmas-Prayer-printable.pdf>



How to Write Your Own Family Christmas Prayer

Family Christmas Prayer Questions:

Something you are thankful for:

Something that brings you joy:

What excites you about Christmas this year:

One thing the gift of Jesus has done for you:

A song you want to sing to Jesus this year:

How you'd like to help others this Christmas.

Why Christmas is special to you this year:

Family Christmas Prayer Template:

Thank you, Lord, for _____. I have such joy because _____
_____. This year I am excited about _____. And I am
also thankful because _____. Lord, I pray that Christmas won't
just be about what I can get, but also about what I can give. This Christmas my heart
sings about _____. It's exciting to know the angels are singing
with me. You've put it in my heart to help others by _____.
May all I do this Christmas be done out of a heart of love. In 2016, Christmas Day is
special to me because _____. May the celebration of Jesus'
birth be the most important part.
Amen.