

## Saying the Five- Finger Prayer

*“Dear God and I pray for...”*

Confused of what to say next? Let's face it, a lot can't really pray that straight without pausing for a while to think about what to say next. Thanks to our fingers, we are guided with our prayers.

Fingers? Yeah, you're right.

Let's begin with our thumb, the one nearest to you. Its position implies to pray first for the persons/things which are nearest to you since they are the easier to remember. To pray for our loved ones is, as C.S Lewis ones said, a “sweet duty.”

The pointing/index finger comes next. Through this, we are reminded to pray for teachers, doctors, ministers, people who teach and heal. They need support and wisdom in pointing others in the direction. Keep them in your prayers.

The next is the tallest finger. It reminds us to pray for the people who shape our nation and guide public opinion and among these are the president, leaders in business and industry and administrators. They need God's guidance to come up with good decisions and a better nation.

Then, our ring finger, the weakest finger, as any piano teacher will testify, reminds us to pray for those who are weak, in trouble or in pain. Its characteristics truly remind us of who to pray for. They need our prayers 24 hours a day, 7 days a week.

And last but not the least is our pinkie, the smallest finger. As you can see, this is where we should place ourselves in relation to God and others-as the Bible says, “the least shall be the greatest among you.” Our pinkies should remind us to pray for ourselves. After praying for the others, for the other four groups mentioned earlier, your own needs will be put into proper perspective, thus, enabling you to pray for yourself more effectively.

Indeed, little things make up the big stuff. With the help of our fingers, we can have “an organized“ prayer for surely we don't want to appear like a mess before the Holy One. Literally and figuratively, our fingers operate as our line to heaven.

*“...Amen.”*