

## The Five Finger Prayer

***It is recommended that this prayer be taught in all year levels and that staff and parents be given the opportunity to learn about and pray this very simple prayer. This could be a feature in the newsletter or a link on the school portal in the week before Catholic Education Week.***

Background to the prayer can be found at the following places:

- Five Finger Prayer Guide  
<http://www.thereligionteacher.com/five-finger-prayer/>
- Watch and Listen to the You Tube presentation about this prayer. <https://www.youtube.com/watch?v=DKppAKOZPgg&app=desкто>



**Suggested Script to teach about and pray The Five Finger Prayer.**

**Please Note: Adjust the suggested script to suit the context and age of the students. It is a prayer that can be prayed by adults and children.**

*People have prayed with their hands for a very long time. They have used their hands to hold and finger beads and this has happened in many faith traditions. They have raised their hands in praise of God and they have extended their hands in a gesture of thanksgiving. They have joined their hands and they have held their hands close to their heart. Catholics use their hands when they are making and praying the Sign of the Cross. They use their right hand to trace the shape of a cross by touching certain parts of their body; namely their forehead, their centre or heart and each of their shoulders. They conclude this prayer with the powerful word AMEN and when they say Amen they let the palms of their hands meet.*

*The Five Finger Prayer is a simple prayer that Pope Francis uses and encourages people to pray with it. It has become known as the Pope Francis Prayer.*

*Let us still our bodies and notice our breathing.*

*Let us TAKE FIVE .....Take 5 deep breaths. When I say IN we will breathe in through our nose and when I say OUT we will breathe gently and slowly out through our mouth... with our lips just a little bit apart.*

*Place both your hands on your heart.*

*Leave them there while I count to 5.*

*Now take your hands and hold them out in front of you with your palms facing upwards.*

*Choose which hand you will use to be held.*

1. *Hold your thumb and think about the people who are closest to you. .... maybe your mum or your dad or members of your family ..... maybe your close friends or people in your class. Close your eyes and ask God to bless them. Choose one*

*person that you will pray for today and ask God in your own words to help them let their light shine.*

- 2. Take your pointer finger. This finger reminds us of people who have pointed or shown the way for us. They could be people who teach us, guide us or heal us. Think about teachers or school officers, coaches or Principals, music teachers or doctors who have helped you. Close your eyes and ask God to bless them and give them the courage and wisdom to be able to give others direction. Choose one person who has shown you the way, hold your pointer finger and hold that person gently in your heart.*
- 3. Now hold you tallest finger. It reminds us to pray for leaders; leaders of our school, leaders of our country and Church leaders. Ask God to help them in their decision making.*
- 4. Your 4<sup>th</sup> finger has trouble standing tall by itself. It is your weakest finger. Wrap your fingers around it. Pause .... Breathe .... Remember all those in our world who are missing the things they need e.g. the hungry, the lonely, the homeless, victims of war, terrorism or bullying. Pray for them. Ask God to help them.*
- 5. Your smallest finger is the last one to hold. Take it and hold it. Stop ... Breathe ... when we hold this finger we pray for ourselves. What will you talk to God about? Maybe you have something to ask God for or maybe you can just listen to God with your heart.*

*Let us end our prayer by joining our hands with the palms touching and say together AMEN.*

*Turn to someone and give them a compliment with a Hi Five action.*