



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