

# POPE FRANCIS FIVE FINGER PRAYER





1. The thumb, which is the “finger nearest to us”, helps us think of and pray for those who are closest to us, “these are the people that come most easily to mind.”
2. The index finger reminds us to pray for those who instruct and guide others, so “those who teach and care for others”. Teachers, professors, doctors and priests fit into this category.
3. The middle finger is the longest and reminds us of our “leaders”, the people “who hold the fate of our country in their hands and influence public opinion. They need God’s guidance”.
4. The fourth finger is the ring finger. “This is our weakest finger, as any piano teacher will tell you.” It is there to remind you to pray for the weak, for those who face trying situations and for the sick,” who need “our prayers day and night”.
5. Finally, the small finger reminds us that “we must feel little before God and our neighbours” and that we should pray for ourselves: “once you have prayed for everyone else, you’ll be able to better understand what your needs are, looking at them from the right perspective”.