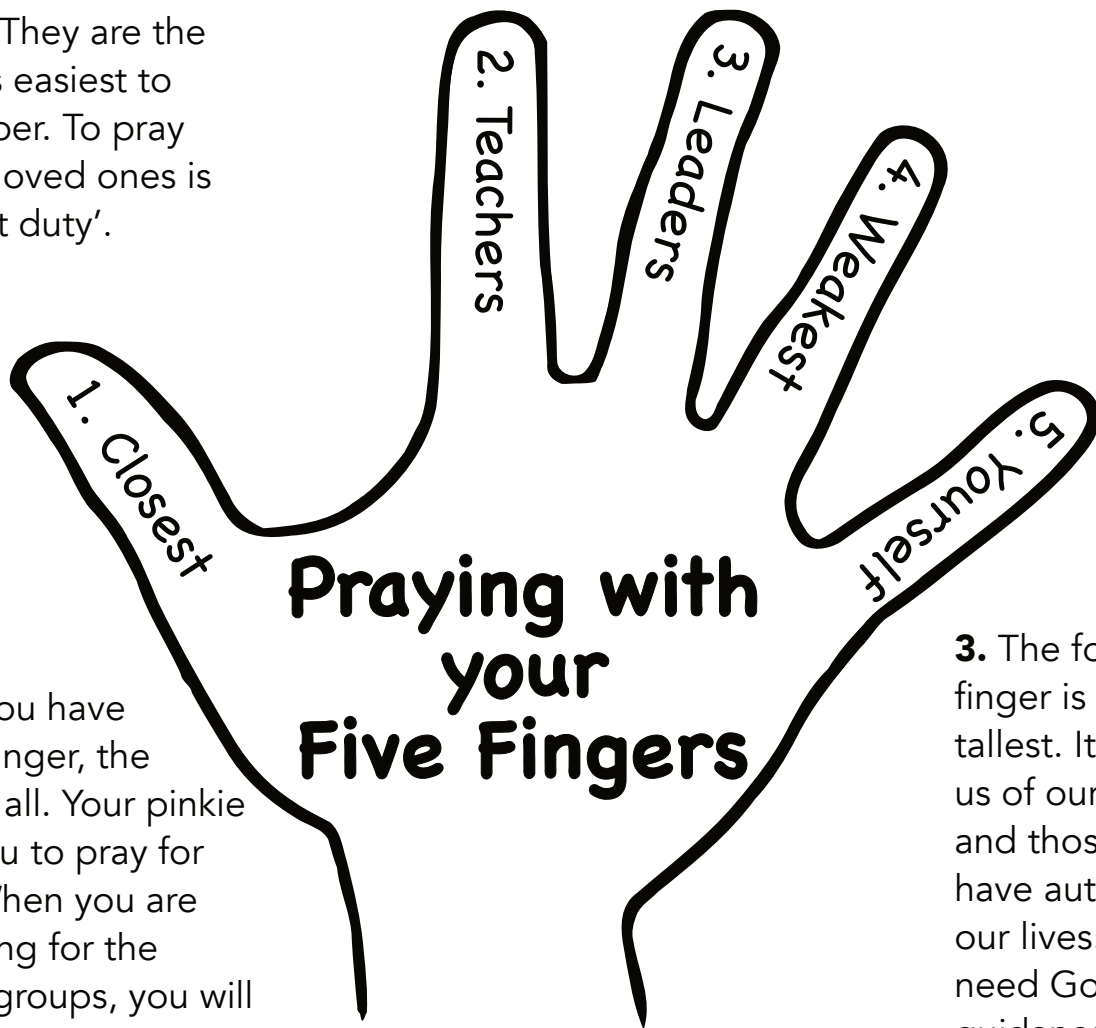


Pope Francis has given us a simple way to pray using our five fingers!

1. Your thumb is the closest finger to you. Start by praying for those who are closest to you. They are the persons easiest to remember. To pray for our loved ones is a 'sweet duty'.

2. The next finger is your index or pointing finger. Pray for those who teach you, instruct you and heal you. They point you in the right directions! They need God's support and wisdom to direct others. Always keep them in your prayers.



5. Finally you have your little finger, the smallest of all. Your pinkie reminds you to pray for yourself! When you are done praying for the other four groups, you will be able to see your own needs more clearly. You will be able to pray for yourself in a better way. God Bless you!

4. The fourth finger, your ring finger, is your weakest finger! This finger reminds us to pray for the weakest, the sick or those with problems. They need our prayers.

3. The following finger is the tallest. It reminds us of our leaders and those who have authority in our lives. They need God's guidance.

Jesus said to Thomas, "put your finger here and see my hands and bring your hand and put it into my side and do not be unbelieving, but believe." - John 20:27