

# PRAYING HANDS

We can use our hands to help us pray! Our fingers and thumb can remind us of Jesus' instructions to his disciples to praise God, give thanks, say sorry, ask for what we need and pray for others (Matt 6: 5-14).

## INSTRUCTIONS:

Draw round your hand with your fingers spread apart.

Write the following words on each finger:

- PRAISE (thumb)
- THANKS (1st finger)
- SORRY (middle finger)
- ASK (ring finger)
- OTHERS (little finger)

Spend some time thinking or talking about examples of what you could pray for each of these ways of praying.

Write or draw your ideas on or around your hand.

## Here are some examples:

- **Praise** God for being the creator and sustainer of the world.
- **Thank** God for all the good things in your life.
- **Say sorry** for when your words or actions have hurt others or God's creation.
- **Ask** God about anything you need today.
- **Pray** for others: your family, friends and community.

Your hand here!

