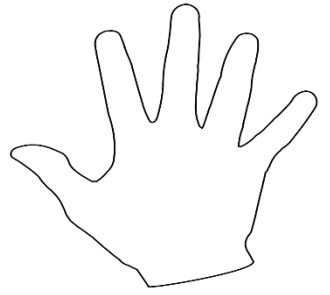


Hand Prayer Time Practice

Today we are going to use our hands & fingers as an object lesson to help us remember what we can talk to God about in prayer.

Trace your hand on a blank sheet of paper. Write the following words on each finger with the Scripture reference and then color as you actively pray.



1. Write - THANKS- on the thumb. Look around and always remember to thank God and give Him a big "thumbs up!" Even give thanks for the hard things knowing God can work them out for your good. (Romans 8:28) (1 Thessalonians 5:18 - *"in everything give thanks; for this is God's will for you in Christ Jesus."*)
2. Write - PRAISE - on the pointing finger to remember to praise God for Who He is and what He's done and point others to Him. (Matthew 6:9-10 *"Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, on earth as it is in heaven."*)
3. Write - LEADERS - on the middle finger (the tallest) to remember to pray for those who lead, teach, help, etc. This may include parents & grandparents as well as teachers, church & political leaders, missionaries, doctors, etc. (1 Timothy 2:1-2 NLT *"I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity."*)
4. Write - WEAK - on the ring finger. Because it is the weakest finger, it will remind you to pray for the sick, hurting or poor as well as younger siblings or friends. (Ephesians 6:18 *"With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints,"*)
5. Write - ME - on the pinkie finger. Yes, God wants to hear about you! First ask Him to forgive you for ways you've disobeyed Him, then talk to Him about what's going on in your life. Yes, He already knows, but He wants to hear it from you. Share your needs, your fears, your excitement, your wants and ask Him to lead & guide you. (Matthew 6:11-13 *"Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And not lead us not into temptation, but deliver us from evil."*)

Also try using this practice while in your car idle:

Hands "10 and 2" on the steering wheel. Praying for each finger: thumb - Thanks; pointing finger - Praise; middle finger - Leaders; ring finger- the Weak, sick and hurting; little finger - Yourself.