



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.



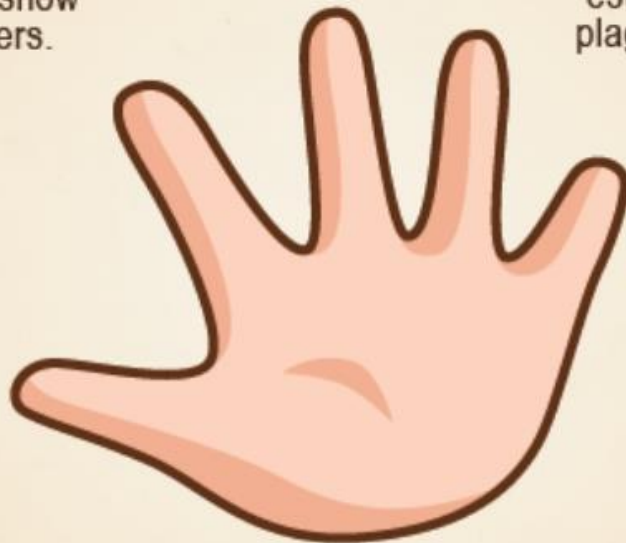
RING FINGER  
FOR THE SICK  
AND WEAKEST

It is our weakest finger. It reminds us to pray for the weakest, 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 easiest 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

SOURCE:

CATHOLIC.ORG - POPE FRANCIS' FIVE FINGER PRAYER  
<http://www.catholic.org/prayers/prayer.php?p=3396>



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