

The Hand Prayer

The Bible says, “*Every day I call upon you, O Lord; I spread out my hands to you.*” (Psalm 88:9 ESV). Here’s a way to pray using your hands.

The five fingers on your **left hand** represent *who* to pray for, and the five fingers on your **right hand** represent *what* to pray for. Once you remember these prompts, you can pray this prayer in just five minutes.

Challenge yourself to use the hand prayer for the next thirty days. It takes about thirty days to build a habit; but, once you’ve made it a habit, you’ll do it the rest of your life.



THE LEFT HAND TEACHES US WHO TO PRAY FOR

Left Thumb: If you hold your hands together in prayer position, you’ll notice that your thumbs are closest to your heart. This is a reminder to pray for those who are closest to your heart, such as family and friends.

Left Index Finger: We use the index finger to point the way, so this is a reminder to pray for those in our lives who point the way for us — such as teachers, pastors, and leaders.

Left Middle (Tallest) Finger: The Bible says we’re to pray for the people who influence the world, such as those in authority. Our tallest finger can remind us to pray for them.

Left Ring (Fourth) Finger: Some people believe this is our weakest finger, suggesting that it's difficult to hold anything with it. This can be a reminder to pray for those who need our extra support. This would include the sick, the poor, children, and the elderly or people challenged by a handicap or mental health issue.

Left Small (Fifth) Finger: Finally, pray for yourself and your own needs. It's ok to pray for yourself, but by using this model, you are putting other people first.

THE RIGHT HAND TEACHES US WHAT TO PRAY FOR

Right Thumb: Once again, the thumb is closest to your heart, so pray about your heart. "God, is my heart right with you? Is there anything between you and me that is creating a barrier? Is there anything I need to confess?" You can also pray for the hearts of people around you: your family, friends, neighbors, and co-workers.

Right Index Finger: Again, we use the index finger to point the way, so use this as a reminder to ask God about your priorities and schedule. What is most important? What should I let go of?

Right Middle (Tallest) Finger: Use this finger to remind you to pray about your influence. It's ok to ask God to give you more influence or to help you be an example to others. You can pray, "Lord, I'm getting ready to start a new day. People are going to see things in my life, and I want to be a good influence today."

Right Ring (Fourth) Finger: We refer to the fourth finger on each hand as the ring finger, so the fourth thing to pray for is relationships. Ask God to bless the people in your small group, those you work with or go to school with, and the people serving alongside you in ministry.

Right Small (Fifth) Finger: Use this finger as a reminder to pray for material blessings. There's nothing wrong with asking God to bless you materially. The Bible says, "*You can be sure that God will take care of everything you need, his generosity exceeding even yours in the glory that pours from Jesus*" (Philippians 4:19 The Message).