



Nurturing Seedlings

Community for Young Parents

Five Finger Prayer

This Five Finger Prayer is inspired by Pope Francis as a way to make praying more accessible and to encourage people to pray for those who need prayer the most.

Pointer Finger

Pray for those who help you: teachers, doctors, neighbors

Middle Finger

Pray for those who lead us: leadership of town, country, Church

Ring Finger

Pray for those who need help: those who are sick or struggling

Pinkie Finger

Pray for yourself and your needs

Thumb

Pray for your family and friends

