

This is a famous diagram known as a “prayer hand”. Christians use it to teach about the different kinds of prayers you should pray. A good prayer life will include examples of all five kinds of prayer. *The Lord’s Prayer is a pattern prayer and includes all five approaches to prayer (note examples).*

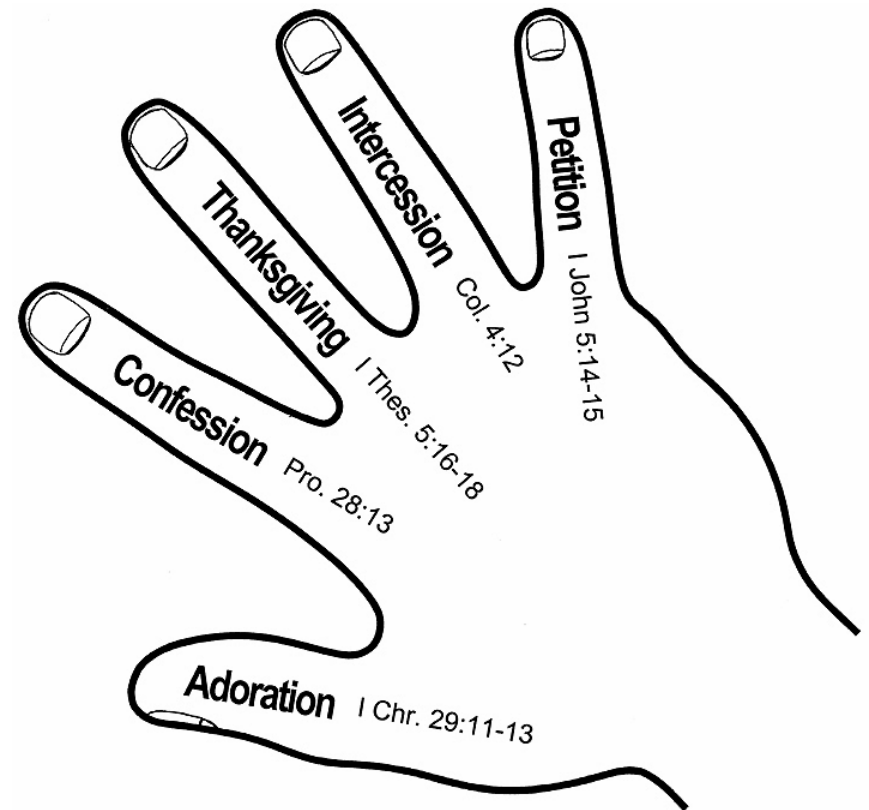
Thumb: ADORATION - *“Our Father who art in Heaven, hallowed be thy name.”* We begin praying by worshipping God simply because He is a Holy God that deserves our praise. The thumb is used to remind us of God because it is the strong and important finger.

Pointer Finger: CONFESSION - *“Forgive us our sins.”* This is telling God that you have sinned against him. Admitting what you’ve done wrong. Also asking him to forgive you, and thanking him that he does forgive you.

Middle Finger: THANKSGIVING - *“For thine is the kingdom and the power and the glory forever.”* Prayer should end by thanking God for saving you and forgiving you of your sin and thanking him for loving you and taking care of you. This is a way of giving honour and respect to God. Thanksgiving is deliberately linked with the tallest finger to show its importance.

Ring Finger: INTERCESSION - *“As we forgive those who trespass against us.. Lead US not into temptation but deliver US from evil.”* When we pray for others, we are interceding for them. In other words, we are asking God to help them.

5) **Little Finger: PETITION** - *“Give us this day our daily bread.”*
The Bible tells us to make our requests known to God. (This could be food or clothing, or even our physical, emotional, or spiritual needs.) “Asking for things *for ourselves*” is deliberately given to the smallest and least important finger, to show that it should be the least important of our prayers.



The Bible references written on the fingers of this prayer hand can be used to look up Bible teaching about the different kinds of prayer.