The Five Finger Prayer Sun Am KZ Lesson 9/4/22

# Memory Verse: Colossians 1:3 NKJV

# 3We give thanks to the God and Father of our Lord Jesus Christ, praying always for you,

Target Thought: Helping us to know how to pray

Do you ever have trouble thinking of something to say when you are talking to a friend? I do. Sometimes you may have a couple of things to say but then it seems like you run out of things, then later you thought I wish I had said or ask. When we pray we are talking to Father God, the difference is we are with Him all the time and we can talk to Him all the time.

When we pray we are talking to God we are to ask, and listen just like we do when we talk to people. We are supposed to be thankful when we are talking to God.

Sometimes that same thing happens when I am praying. I start to pray and then I just can't think of anything to say. Does that ever happen to you? Well, today, I want to show you something that will help you when that happens. It is called the "Five Finger Prayer."

First, I want you to put your hands together in front of you as if you are praying. Keep your eyes open so that you can see your hands. You will notice that the closest finger to you is the thumb. Since it is the closest to you, the thumb reminds you to pray for those that are closest to you. Pray for your parents and your brothers or sisters. Jesus has ask to pray about everything.

The next finger is called your index finger. It is used for pointing. Let this finger remind you to pray for those that point you in the right direction. Pray for your teachers at school, your Sunday School teacher, and your pastor.

The next finger is the tallest finger. This finger reminds us to pray for our leaders. Pray for the president and other leaders in our government and those who are leaders in our town.

The fourth finger is the called the ring finger. Did you know that this is the weakest of all the fingers? Just ask any one who plays the piano and they will tell you that is true. Let this finger remind you to pray for those who are sick.

The next finger is the smallest finger. The Bible says, "Do not think of yourself more highly than you ought." Let the little finger remind you to pray for yourself.

When we pray for others we are to pray just as sincerely for them as we want them to pray for us. We need to be honest when we pray God knows everything and He loves and He is faithful to hear us and to help us.

So the next time you are talking to God, and you can't think of anything to say, let the "Five Finger Prayer" help you.

Dear Lord, we thank you for prayer. It is good to have a friend to talk to, but even friends sometimes have trouble thinking of something to say. Help us to remember this Five Finger Prayer to remember those who need our prayers. Amen.

What two things are we supposed to do when we pray?

Has Jesus ask us to pray?

How are we supposed to pray for others?