

Prayer at our Fingertips

Worry is a conversation with ourselves about things we cannot change. Prayer is a conversation with God about things He can change. So here's a little reminder to keep at our fingertips to remind us how to pray, especially when things feel too difficult or out of control.

Praying with Your 5 Fingers

By: Jorge Mario Bergoglio (Pope Francis)

God, I pray...

- for support and wisdom for those that teach, instruct and heal.
- For divine guidance for our leaders, those in government, and those who have authority.
- For help and strength for those that are weak, sick, or suffering.
- I give you thanks and praise. I pray for the littlest of all needs, myself.
- for those that are closest to me, because I love them.