

Pope Francis's five-finger prayer

This simple aid to prayer has been popularized by Pope Francis, and it's perfect for kids. **Try this:** Using an old glove, write key words on each finger to help your child remember the five parts of the prayer.

1. The thumb is the closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "sweet obligation."
2. The next finger is the index finger. Pray for those who teach you, instruct you, and heal you. They need God's help as they offer direction for others.
3. The following finger is the tallest. It reminds us of our government leaders and others who have authority. They need God's guidance.
4. The fourth finger is the ring finger, which is also our weakest finger. It should remind us to pray for the weakest among us—the sick, the poor, those excluded from society, and those plagued by other problems.
5. And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to pray for your own needs in a better way.