

Praying Hands



Verse of assurance:

Hebrews 13:5b-6

"I will never leave you nor forsake you."

⁶So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"

Use right hand to count the 4 words starting with the little finger: "I – will – never – leave" – and then take your **thumb** and point to yourself as you say, "you."

P

Praise God and Thank Him (Pointer finger)

Now, thank God for this wonderful promise of never leaving you and helping you.

For what other things can you praise Him?

II Thess. 1:3 *"We ought always to give thanks..."*

R

Repent (Middle finger)

Is there anything you need to confess to God (or tell God where you made the wrong choice or had a wrong attitude or did not do what you knew He wanted you to do?) Ask Him for forgiveness.

I John 1:9 *"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

A

Ask (Ring finger)

Ask Him to help you listen as you read His word and understand His ways.

Ask God for the ability to understand His will and the power to do what is right.

John 14:13 *"Whatever you ask in my name, this I will do, that the Father may be glorified in the Son."*

Y

Yield (Little finger)

Yield to God's way and do what He says. Take joy in following Him and being close to Him.

James 4:7 *"Submit yourselves therefore to God..."*

Left Hand – Praying for others

Your thumb can remind you to pray for those closest to you, like your family members.

Your pointer can help you think of and pray for those who point you to Jesus.

Now, add the tallest finger to remind you to pray for those who are in authority to have God's wisdom.

The weaker ring finger can remind you to pray for those who are weak or who are sick.

Your little finger can remind you to pray for yourself.

Luke 18:1

Jesus taught that *"they ought always to pray and not lose heart."*