



Prayer hand

You can use the fingers of your hand to help you to remember who to pray for. I have made a cardboard hand and written on each finger some of the things I am thinking about at the moment.

You will need:

An empty cereal box

Pencil

Pen

Scissors

What to do:

1. Draw round your hand on the piece of card.
2. Either cut it out yourself or ask someone else to help you.
3. On each finger write something to pray for. I tried not to just put a list of friends so I have:
 - On the thumb – for a friend who is not well
 - On the first finger – for my friends and family
 - On the middle finger – for everyone at Messy Church
 - On the ring finger – India where there is a big problem with coronavirus
 - On the little finger – that we look after our world