

Hand Prayers

Jesus said 'I am in the Father, you are in me and I am in you' John 14v20

Draw round your hand below and then ask a family member to draw round their hand on top of (or inside of) your hand print to remind us that we are in Jesus, he is in us and he is in the Father.

Use your hand to pray! Write your prayers on each finger: Thumb—those closest to you; Index finger—helpers; Middle finger—leaders; Ring finger—weak and vulnerable; Little finger—yourself!