

Pope Francis' Five Finger Prayer

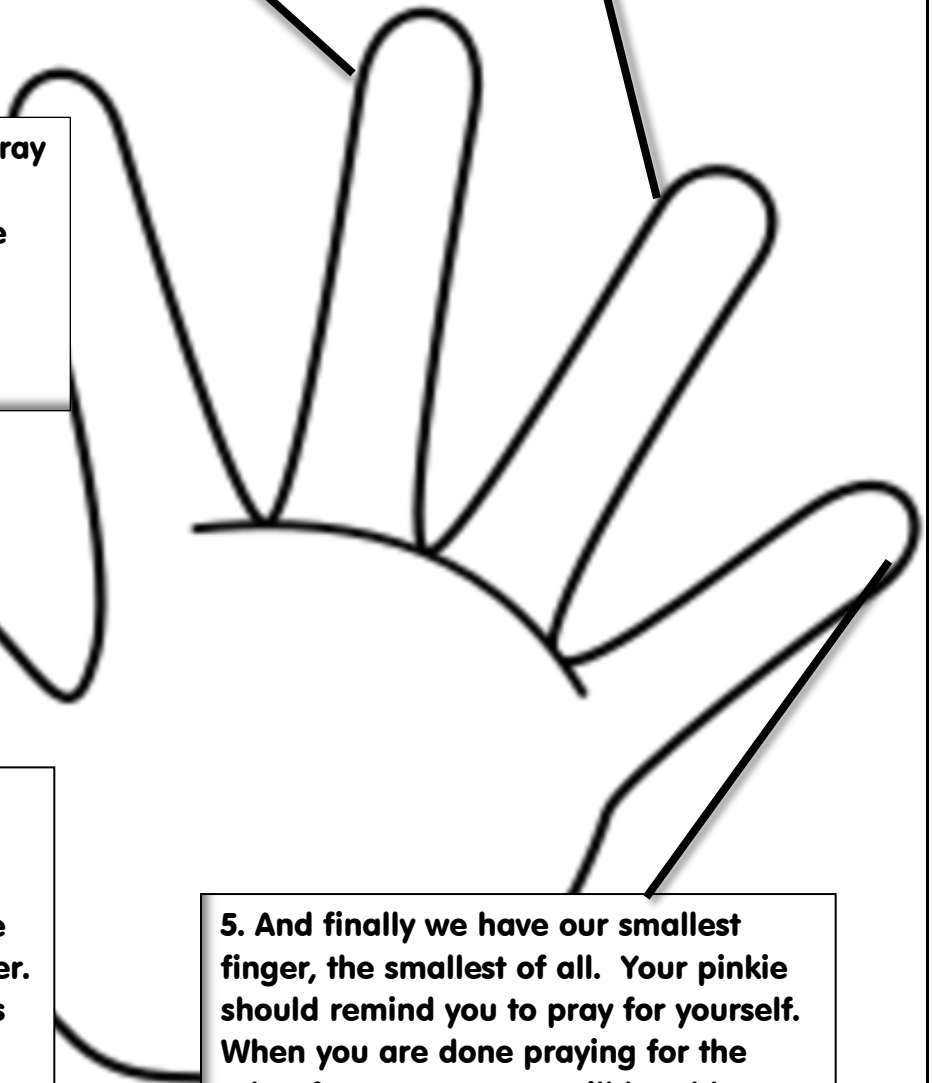
3. The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God's guidance.

4. The fourth finger is the ring finger. Even that it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.

2. The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.

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."

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 see your own needs but in the proper perspective. You will be able to pray for your own needs in a better way.



The Daily Examen: 5 Steps

Given to us by St. Ignatius, the Examen is a way for busy people to include prayer in their day. By reviewing your day you can start to observe patterns and think about God throughout your life!

1. Recall you are in the presence of God.

- We are always in the presence of God but in prayer we place ourselves in God's presence
- Ask the Holy Spirit to help you look at your life with love this day.

2. Look at your day with gratitude.

- Begin to give thanks to God for the gifts of the day.
- Take special care to notice what you have received and what you gave.
- As you complete the review of your gifts and the particular gifts of the day, pause to thank God for all of these.

3. Ask help from the Holy Spirit.

- Ask the Holy Spirit to come into your heart and help you look at your actions clearly with an understanding of your limitations.
- Do not judge what comes to you it is a gentle look with the Lord on how you have responded to God's gifts.

4. Review your day

- Review your whole day
 - Notice the details. The context of what happened, how you acted, your motives, your feelings.
 - When did I fail? When did I love? What are my habits and Life Patterns? What was the good and what was the bad? Where was God present?

5. Reconcile and Resolve.

- Imagine Jesus sitting beside you. Maybe there is something you did wrong—now is the time to tell Jesus you are sorry and ask Him to be with you the next time a similar situation arises.
- Feel the sorrow in your heart when you apologize but also the gratitude when you give thanks for God's gentle work inside your heart.
- What are your needs for tomorrow? Ask for God's help and guidance.

