

⁶Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.
Philippians 4:6

Whole-Hand Prayer

You can use your hand to help to guide a prayer. Start with your thumb, and work your way towards your pinkie finger. After you have spent time praying for each thing, tuck that finger down until all fingers have been tucked into your palm and you are ready to *close your prayer.*



