FIVE FINGER PRAYER

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PINKY: Pray for yourself + your own needs last.

RING FINGER: Pray for the sick, lonely + poor.

MIDDLE FINGER: Pray for leaders

—those in government, business + school.

POINTER FINGER: Pray for the teachers + healers—your teachers, coaches, doctors + pastors.

THUMB: Pray for people closest to you —your family and friends.

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