

God's Mission in Hand

*Invite everyone to open their hand and look at it.
Each finger reminds us of someone to pray for and of the mission we share with Jesus.*

The Palm

Hold your open hand still. Rest quietly for a moment.

Pray to God who holds you in the palm of his hand.
Rest there and feel his love surrounding you.
Thank him for calling you to share his love with the world.
Pray that every child may know they are held safely in God's hands.

The Thumb

Your thumb is closest to your heart.

Pray for your family and friends – those who first show you God's love.
Thank God for their care, their faith, and their example.
Ask God to help your family be a little "mission church" at home,
sharing kindness and joy with others.

The Index Finger

This finger points the way.

Pray for teachers, catechists, and missionaries who help others find Jesus.
Ask God to bless their words and their witness.
Pray that you, too, may point others to Christ
by the way you live and love.

The Middle Finger

This finger helps your hand reach out the furthest.

Pray for those who reach out in leadership and service –
for the Pope, bishops, priests, and all who guide the Church's mission.
Ask God to strengthen them with faith, wisdom, and compassion.
that they may serve with honesty and care for the poor.

The Ring Finger

This finger is the weakest – it reminds us to pray for those in need.

Pray for children who are poor, hungry, or afraid.
Ask God to help all the baptised to be missionaries of hope, healing, and friendship.
Pray that you may be generous in helping others
through your prayers, sharing, and love.

The Little Finger

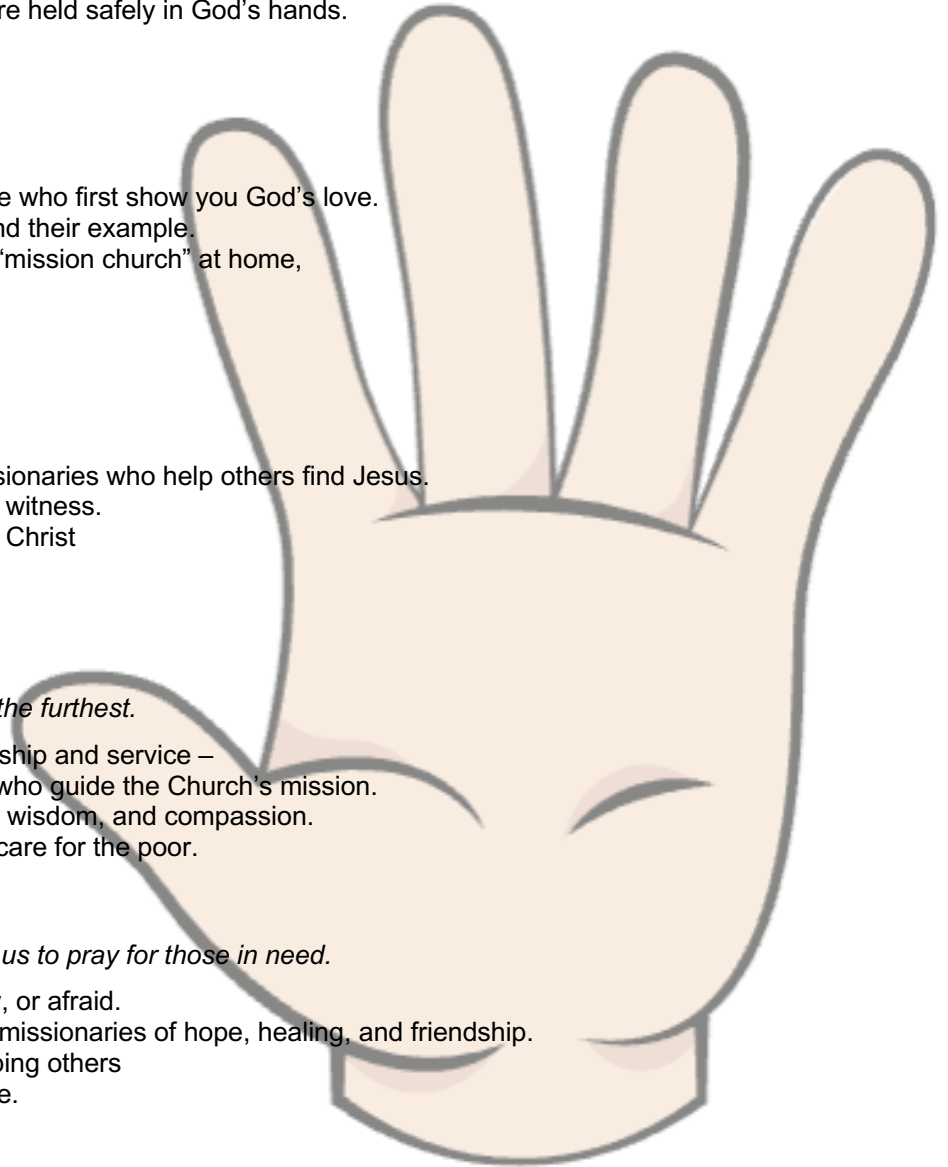
This finger is the smallest – it reminds us of humility and self-offering

Finally, pray for yourself. Ask God to make you a true missionary –
joyful, kind, and ready to help others know Jesus.
Pray that your hands may do good,
your heart may love deeply,
and your life may bring light wherever you go.

Closing Prayer

Fold your hands together and bow your head.

Loving God, with these hands I pray, with this heart I trust.
Hold me always in your care,
and help me share your love with every child,
in every land,
through Jesus your Son, our Friend and Lord. Amen.



MY GRATITUDE HAND

Each day, record using the fingers of your hand to think of five people, places, or things you are grateful for in your life. Use this worksheet or your journal/diary to write down all the things you are grateful for today.

1. _____
2. _____
3. _____
4. _____
5. _____

