

Prayer Ideas

ACTS

A – Adoration – praise God for who God is

C – Confession – own up to our sins

T – Thanksgiving – thank God for all God has done

S – Supplication – make requests for

Five Finger Prayer

- **Thumb** – pray for those closest to me
- **Pointing finger** – pray for those who guide us: teachers, doctors, clergy, counselors, social workers, mentors
- **Middle finger** (tallest one) – pray for those who stand tall: government, civic, and business leaders, police and firefighters
- **Ring finger** (your weakest finger) – pray for those who are weak: the poor, sick, infirm, infants, homeless, and the powerless
- **Pinkie** (the smallest, the least) – pray for me and my needs

Take A TRIP with God

A - Ask the following questions:

T – Thanks: for what am I thankful?

R – Regret: What do I regret?

I – Intercession: Whom do I need to pray for?

P – Purpose : What is my purpose or plan? (this day, week, my life)

Praying the Lord's Prayer in Movement

Our Father (hands across chest on Alternate shoulder -" hugging yourself")

Who art in heaven (hands extend upward, palms facing each other)

Hallowed be they name (hands together at chest, head bowed-
" Namaste" position)

Thy kingdom come (left had, palm up, out and back to body,
"beckoning")

Thy will be done (right hand, palm up, out and back to body,
"beckoning")

On earth (hands out, palms facing, form "globe")

As it is in heaven (Hands extend upward, palms facing each other)

Give us this day our daily bread (Bring hands to mouth)

And forgive us our trespasses (Right hand over heart, left hand, palm
facing in, moves down in front of face)

As we forgive those who trespass against us (right hand over heart, left hand, palm facing out,
moves down in front of face)

Lead us not into temptation (fists crossed over head)

But deliver us from evil (fingers flare and hands move out from body
overhead)

For thine is the kingdom (hands at sides, palms facing out, raise to
waist level)

And the power (raise to shoulder level)

And the glory (raise above head)

Forever (palms together, above head)

Amen ("Namaste" postion)