



WITH OPEN PALMS

A GUIDE TO PRAYING WITH
OUR HANDS

Palm Sunday 2025



With our fingers we point and clap and wave a big hello.

With our fingers we hold on tight and measure how tall we grow

With our fingers we eat and drink and open treats and snacks

With our fingers we rub our stuffie as our grandma rubs our backs



Draw or make a list of things your fingers do

Our fingers are great at lots of things, the list goes on all day,
But I want to tell you how our fingers can also help us pray.
We fold our hands or hold them open, God doesn't really care.
God's just eager to hear and listen, and to take in what we share.



draw a picture of your hands

We can pray for ourselves, we can pray for others.

We can pray for our parents, sisters, siblings and brothers.

We can pray for our country, for presidents, prime ministers and kings.

We can pray for our enemies who hurt us with words that slice and sting.

1-

2-

3-

4-

write down who or what you would like to pray for today.

Our fingers can remind us to pray and praise and ponder;

Each digit dials in a fear, a request, a wonder.

There's no wrong way to say a prayer but here's a place to start:

Just share what's on your mind, let God hear what's in your heart.

I prayed to the Lord and said, 'Lord God, do not destroy your people, your very own possession, whom you redeemed in your greatness, whom you brought out of Egypt with a mighty hand. (Deut. 9:26)

Regard your servant's prayer and his plea, O Lord my God, heeding the cry and the prayer that your servant prays to you today, (1 Kings 8:28)

Now during those days [Jesus] went out to the mountain to pray, and he spent the night in prayer to God. (Luke 6:12)

find and circle the word 'PRAY' in the verses above.

With your thumb you can pray for family and friends—for anyone close by.

The pointer's for the teachers and coaches who encourage you to try.

The tallest finger's for those in charge--in churches, cities and towns.

The next one's for the sick or sad, for someone feeling down.

Dear God,

Thank you for your _____.

Please be with _____. Help them to feel

_____. Please protect the _____.

Please comfort _____. Thank you for

_____.

I pray for _____.

Thank you for your _____. Amen.

Fill in the blanks to create your own prayer

We've prayed for our friends, our churches and schools, we're almost to the end--
There's just one more thing to bring to mind—one more prayer to send.
Our final finger is for US, for our bodies, spirits and minds.
We can ask God to help us grow and to remind us to be kind.



draw a picture of yourself.

Our fingers can remind us that Jesus made a way
For us to talk directly to God—to say whatever we want to say.
In Jesus' day, the crowd created a parade of green tree palms
So now we wave and sing and pray with our fingers and our palms.



trace your hand and decorate it.

The 5 Finger Prayer

Thumb: Those closest to you, your family.

Pointer: Those that point you in the right direction (teachers, doctors, priests) ask for wisdom & support.

Index: (tallest) Those that lead us, (Government) ask for guidance & wisdom.

Ring: (weakest) Those that are weak, in trouble, or in pain. We cannot pray too much for them.

Pinkie: (smallest) Our prayers for ourselves & our own needs.



graphic by Paula Baytieh

Created by Michelle Collins
for the Faith Lutheran Church
Christian Education Committee
April 2025