



NANCY GUTHRIE

Holy Hands



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Holy Hands-Scripture Text

Psalm 63:4
Luke 24:50
1 Timothy 2:8



As children we are taught to fold our hands in prayer. But perhaps that had more to do with keeping our hands out of mischief than helping us approach God. So what do our hands have to do with the way we relate to god?



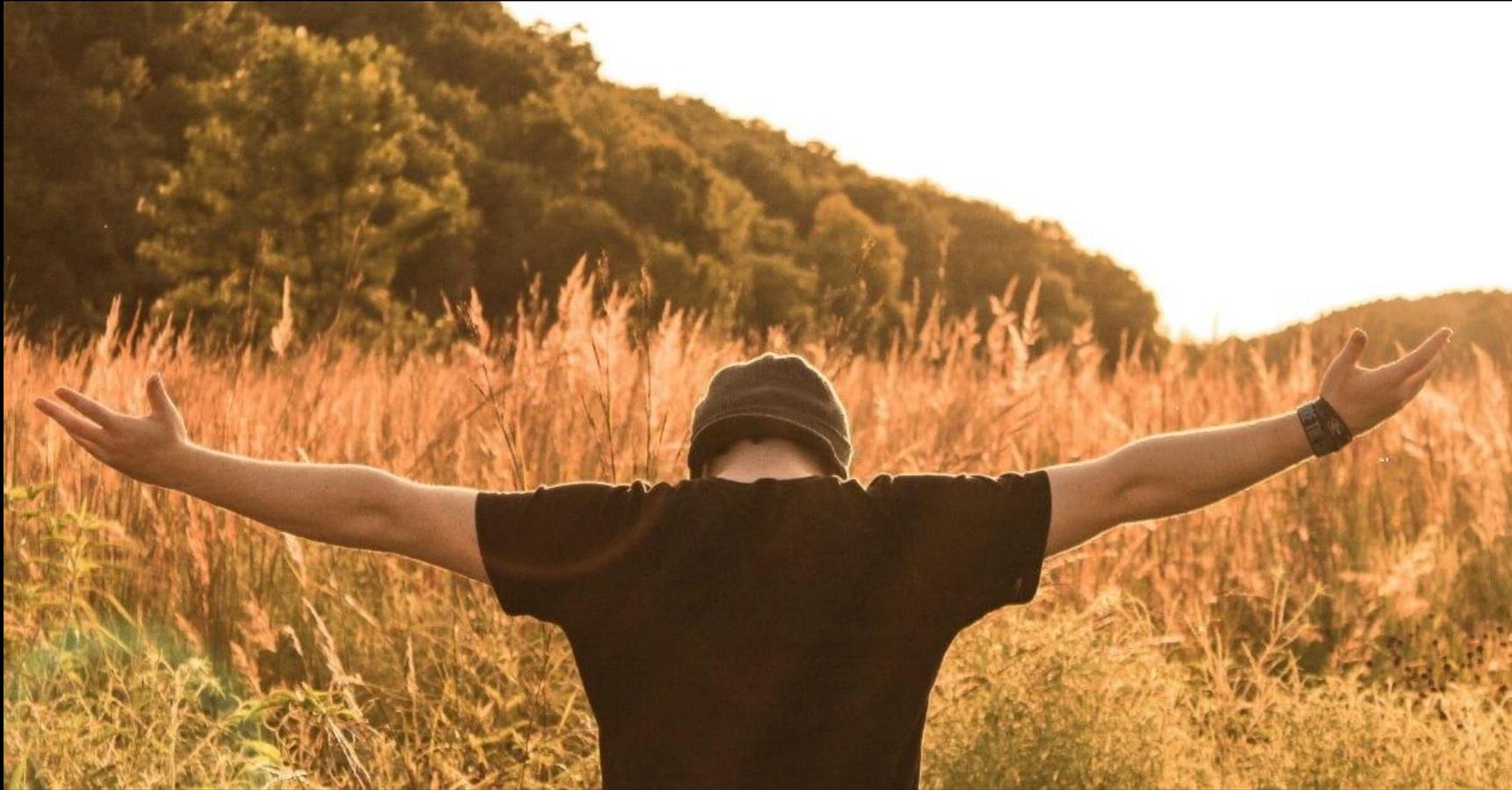
Throughout scripture we are called to lift up our hands to God-in motions of asking and receiving, as well as motions of giving and blessing.



When we lift our palms to God, that might express openness invitation and surrender.



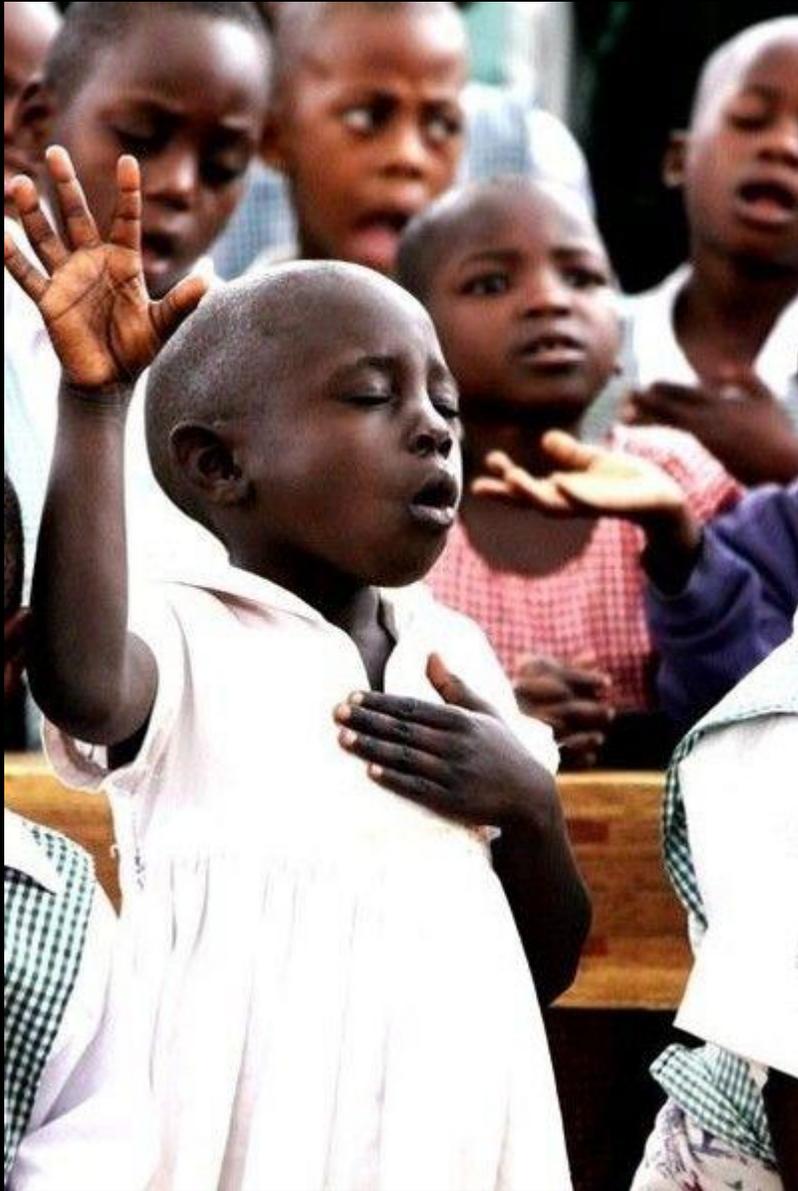
When we reach out our hands to God, that might signify asking God for something or depending on God.



When we extend our open hands to God,
that might symbolize blessing to God.



Desperate for a response from God, David said “I spread out my hands to you; my soul thirsts for you like a parched land” (Psalm 143:6). Our hands can mirror our souls as they stretch out to touch God.



David also called lovingly to his faithful God with hands lifted up: “I will praise you as long as I live, lifting up my hands to you in prayer” (Psalm 63:4). Lifted hands reflect a connected heart.



Lifting hands is common in some church traditions and rare in others. But the lifting of hands isn't really about what kind of church you go to.



Lifting up our hands to God should never become a meaningless habit or a spiritual show. If we are only lifting our hands in God's direction to impress those around us, what an insult that would be to God!



When our thoughts are about ourselves, and our hearts feel cold toward God, we lift up our hands to God because of what we know about God. And that simple gesture can draw our hearts toward God.

Discussion Starters:

- 1) Is there a certain position that helps you to focus when you pray?
- 2) Have you ever lifted your hands in worship? If so, what does it mean to you? If not, what is holding you back?

Prayer Hands Activity

PRAYING WITH YOUR FIVE FINGERS

My name is _____

Pope Francis has given us a simple way to pray using our 5 fingers!
In the ovals, draw and color whom you will pray for with each finger.

2.

The next finger is your index, or pointing finger. Pray for those who teach you, instruct you, and heal you. They point you in the right direction! They need God's support and wisdom to direct others. Always keep them in your prayers.

3.

The following finger is the tallest. It reminds us of our leaders and those who have authority in our lives. They need God's guidance.

4.

The fourth finger, your ring finger, is your weakest finger! This finger reminds us to pray for the weakest, the sick, or those with problems. They need our prayers.

5.

Finally you have your little finger, the smallest of all. Your pinkie reminds you to pray for yourself! When you are done praying for the other four groups, you will be able to see your own needs more clearly. You will be able to pray for yourself in a better way. God bless you!

1.

Your thumb is the closest finger to you. Start by praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a 'sweet duty.'

Praying
with Your
Five
Fingers

Jesus said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe." -John 20:27

Hello Friends,

Here is an activity you can do with your family.

You can trace your hand on a piece of paper. You can cut it out.

On each paper digit write:

thumb- friends and family

pointer- leaders & teachers

tallman- government & authority

ring- those who are weak, sick, alone

pinky- myself

You are welcome to copy and paste the worksheet and write who you would like to pray for in each bubble.

You could also use your own hand and as you pray touch each digit as you pray through the five finger prayer.

I miss you all and are praying for each and everyone of you with my hand prayer.

Grace and peace,

Ms. Janeen