

Five-Finger Prayer by Pope Francis

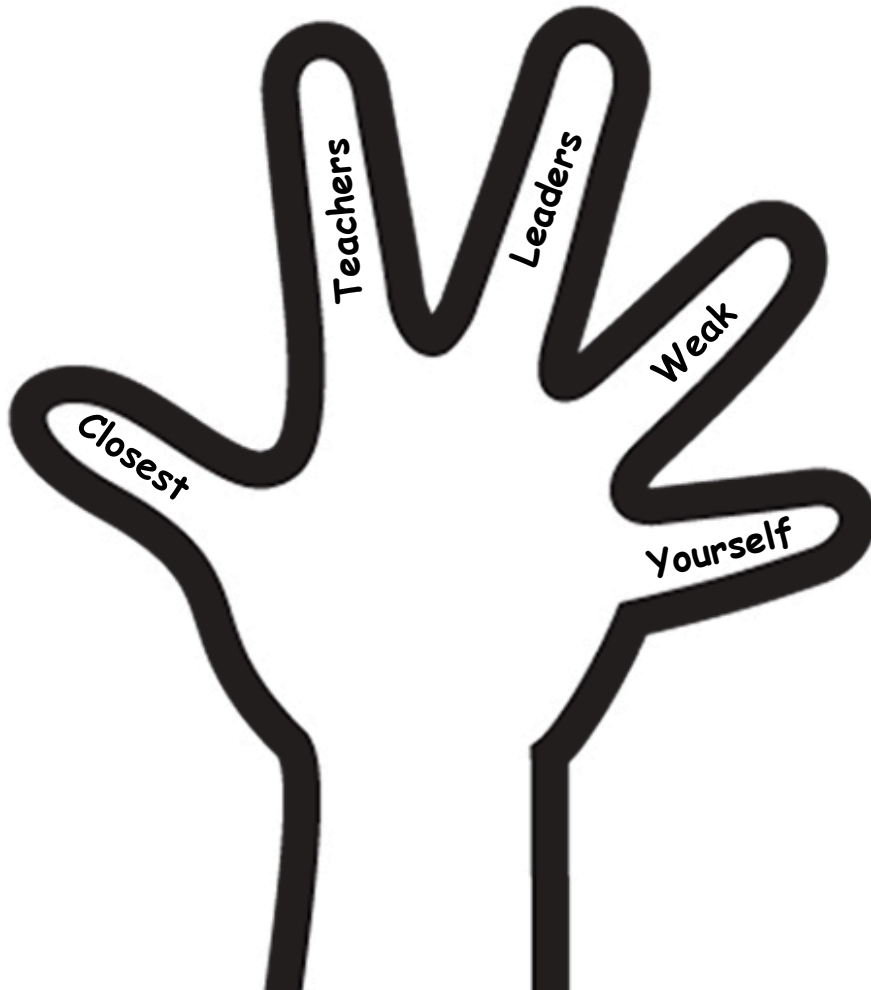
Thumb; Pray for those closest to you, family and friends

Pointer: Pray for your teachers

Tallest: Pray for your leaders, government and Church

Ring: Pray for those weak, sick, poor, problems

Pinkie: Pray for yourself



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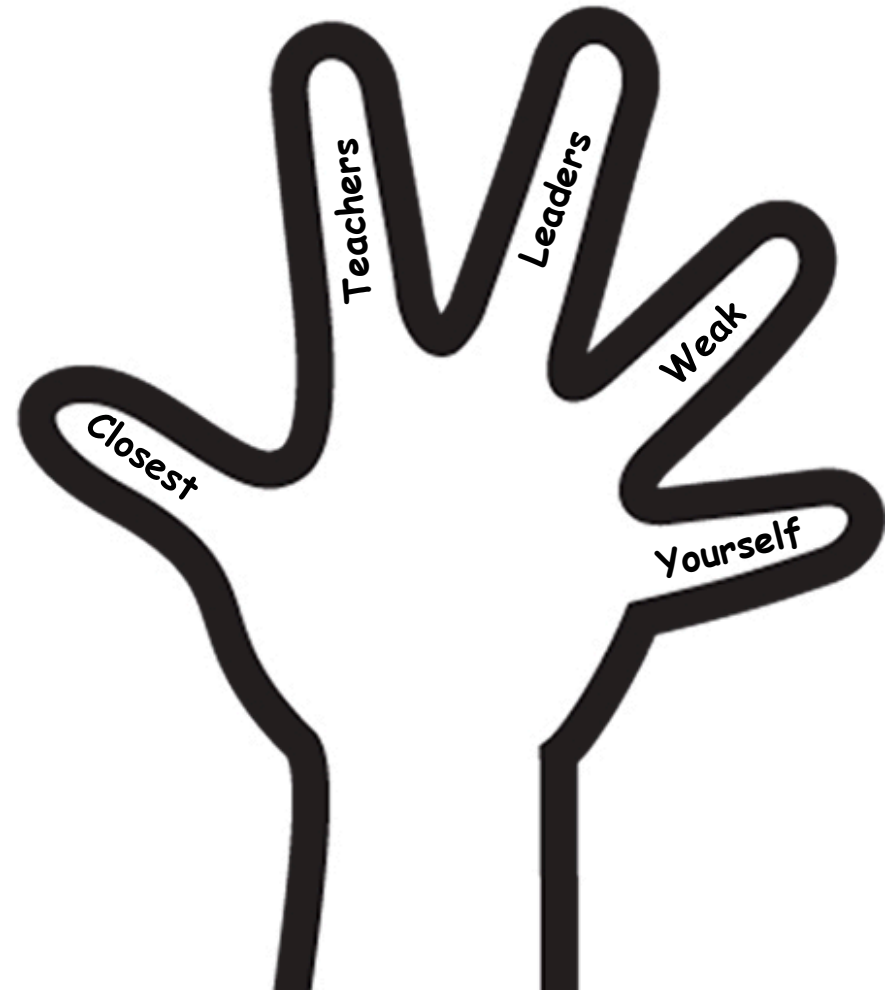
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ACTS Prayer

Adoration: Jesus, I love you

Contrition: I'm sorry for

Thanksgiving: I thank You for

Supplication: I ask You

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Adoration: Jesus, I love you

Contrition: I'm sorry for

Thanksgiving: I thank You for

Supplication: I ask You
