

COVID-19 PRAYER: Washing your Hands

As you prepare to wash your hands,
PAUSE, BREATHE and FEEL THE WATER.

Turn your palms upward,
PRAY for an open heart and spirit.

Wash your thumbs,
GIVE THANKS for your blessings.

Wash your pointer fingers,
PRAY for leaders and medical providers.

Wash your middle fingers,
PRAY for those far away, including your enemies.

Wash your ring fingers,
PRAY for your family and friends.

Wash your little fingers,
PRAY for the weak and those in need.

Wash the back of your hands,
PRAY for yourself.

Turn your palms upward in praise.
Conclude with Amen.

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