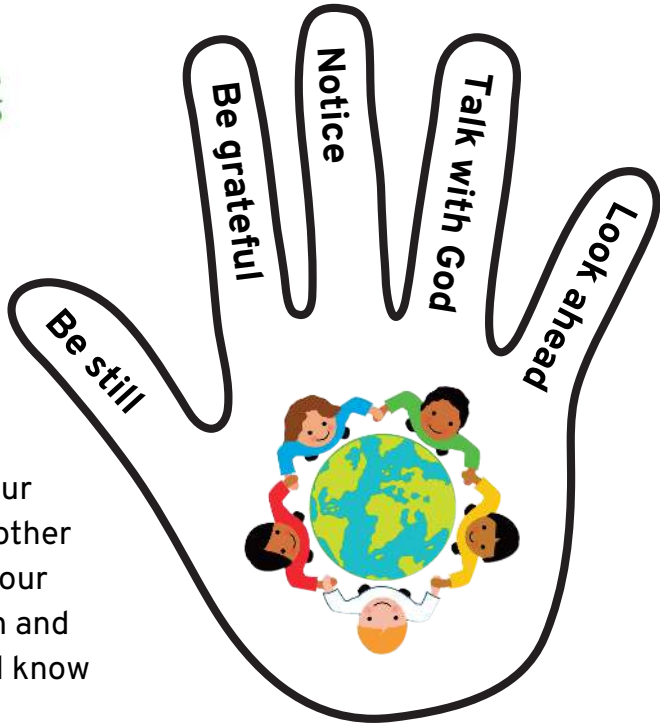
# Jubilee Year 2025 Five Finger Examen




*Begin with the sign of the cross. You may want to invite pupils to hold the relevant finger during the prayer, to help focus.*

**1. Our thumb is going to help us to be still.**
Our thumbs are very important, they allow our hands to grip objects. Thumbs remind us of other things that are important to our bodies, like our breath. For a few seconds notice your breath and breathe slowly, still your body and mind, and know that God is close to you.

**2. Our index finger is going to help us be grateful.**
As our index finger points things out to people, reflect on your day and quietly to yourself, point out the things you are grateful for.

**3. Our middle finger is going to help us notice.**
Our middle finger is usually the longest and the one that stands out. What stood out to you this morning/today?
Who did you meet?
What did you do?
What feelings have you experienced?
Have you felt happy? Sad? Grateful? Or any other feelings?

**4. Our ring finger is going to help us talk with God**
Our ring fingers are where people who love each other wear rings of commitment. This finger reminds us of God's unending love for us. Spend some time talking to God about the good things that happened this morning/today.
Now spend a few moments thinking about any thing that happened that you are sorry for. Trust that God always listens, loves, and forgives.

**5. Our little finger is going to help us to look ahead**
Our little fingers help our hands to grip things firmly. They remind us that small things can make a big difference. Think about this afternoon/tomorrow. Are there any small things you can do, or small changes you can make to make a difference?

*End with the sign of the cross*