

APPENDIX I

The Five-Finger Prayer

Make this five-finger prayer a part of your life.

1. Your thumb is nearest you. So, begin your prayers by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C. S. Lewis once said, a “sweet duty.”
2. The next finger is the pointing finger. Pray for those who teach, instruct, and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.
3. The middle finger is the tallest finger. It reminds us of our leaders. Pray for the president, leaders in business and industry, and administrators. These people shape our nation and guide public opinion. They need God’s guidance.
4. The fourth finger is our ring finger. It is surprising to many to learn that this is our weakest finger—as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble, or in pain. Also pray for Christian marriages to last until death. They need your prayers day and night. You cannot pray too much for them.
5. And last comes the little finger, the smallest finger of all. which is where we should place ourselves in relation to God and others. As the Bible says, “The least shall be the greatest among you.” Your pinkie should remind you to pray for yourself. By the time you have prayed for the other four groups, your own needs will be put into proper perspective, and you will be able to pray for yourself more effectively.

APPENDIX II

Fasting Cube

The fasting cube is one way to remind us of things for which we can fast. It is a small, six-sided wooden cube that has a reminder to fast from something on each side.

Here are the reminders to place on the sides on the cube.

The first side: Fast from complaining.

— Instead recall the moments of joy in your life.

The second side: Fast from discouragement.

— Remember Jesus' promise that he has a perfect plan for you.

The third side: Fast from resentment and bitterness. — Work on forgiving the people who have hurt you.

The fourth side: Fast from anger and hatred.

— Give your family an extra dose of love every day.

The fifth side: Fast from judging others.

— Before judging, recall how Jesus overlooks our faults.

The sixth side: Fast from overspending.

— Try reducing spending by ten percent and give the savings to people in need.