

Forum for

URBAN[†] SPIRITUALITY

At Newport Cathedral

**But seek the welfare of the city where I
have sent you into exile, and pray to the
Lord on its behalf, for in its welfare you
will find your welfare.**

Jeremiah 29, 7 (NRSV)

**Praying for the
welfare of the city:**

Using the five-finger
model

Praying for the welfare of the city: Using the five-finger model

The five-finger model is a simple method for praying for the **'welfare of the city'** in the hope and expectation that **'in its welfare you will find your own.'** (Jeremiah 29, 7)

The method can be used as either a form of daily prayer or, alternatively, it can be spread across five days.

As you pray, it may help to adopt the traditional posture by praying with your hands pressed softly together. You might also like to reflect on the suggested Bible passages.

Pressing our **thumbs** together we picture and pray for our immediate neighbourhood. As you do so, you may like to hold in your mind's eye a particular issue or problem, or maybe a person or family you know to be in need or distress.

Deuteronomy 19, 25 and Luke 10, 25-28

On the **second** finger we think about a school or college, praying for the children, students, and teachers, praying for good and Godly learning.

Proverbs 22, 6 and Titus 2, 7-8

Moving to the **third** finger we pray for those who hold civic and political office in the community, praying for integrity and compassion in political decision making.

Proverbs 21, 1 and 1 Timothy 2, 1-2

Continuing with the **fourth** and weakest finger we pray for the sick and those who through their compassion and expertise tend to the sick, the dying and the grieving. We also, on this finger, pray for the hungry, the homeless, and the marginalised.

Isaiah 61, 1-6 and Luke 4, 16-21

On the **fifth** finger we pray for ourselves, as individuals and as a church, perhaps asking what God is revealing to us through prayer, how we feel as we pray, and what God may be asking of us. It is this last, fifth finger, aspect of prayer that leads us into action and practical spirituality.

Jeremiah 29, 12-13, Matthew 7, 7-8 and Philippians 4, 6-7

Finally, focusing on the palm of our hands, we give thanks, remembering the words from Psalm 116:

'The boundary lines have fallen for me in pleasant places; I have a goodly heritage.'

For that which we value and appreciate in neighbourhood, community, and city.