

Hand Prayers!



- **Thumb:** people closest to your heart who is on your heart?
- **Pointer:** people who guide & point the way – & for guidance
- **Middle:** tallest – people in authority and for wider issues
- **4th:** weakest – for the weak, sick struggling, for change!
- **Pinkie:** last but not least...
your own needs and requests

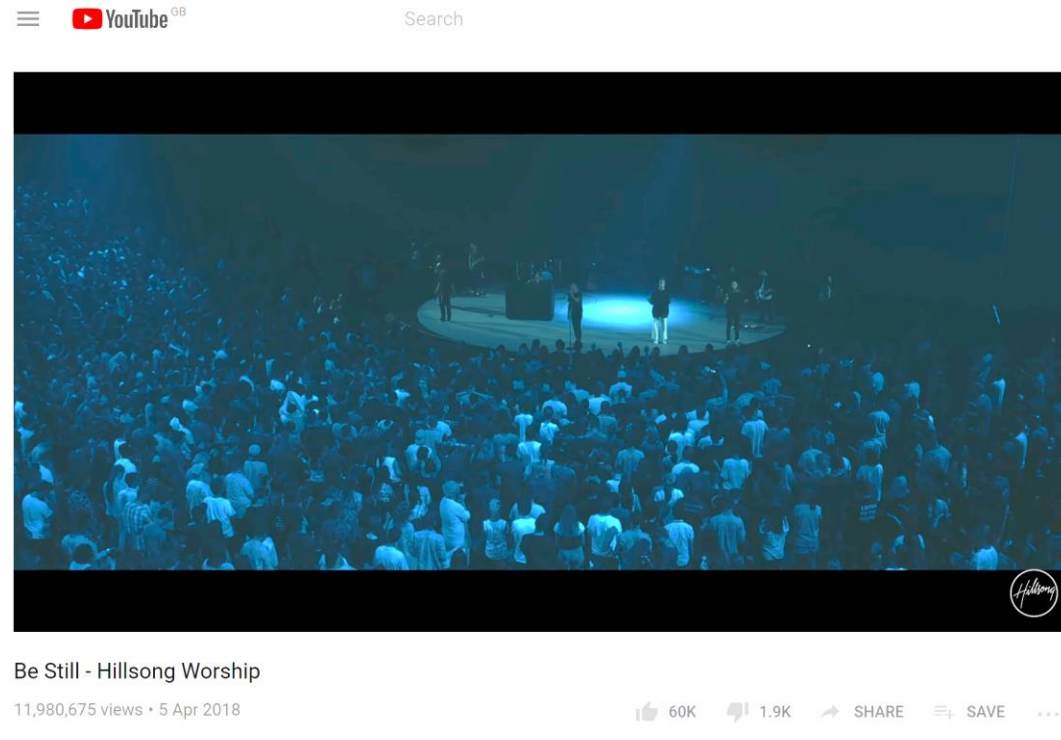
How can I
have peace
of heart
and mind?
Philippians 4:4-9

- Remember: The Lord is near
- Don't focus on your fears
- Pray
- Stay thankful
- Pursue good things
- Serve others
- Connect with others

Questions for Individuals and Groups

- How have you been affected this week?
- What are you thankful for right now?
- What could you do to make the most of this time of social distancing?
- How can we be light and hope to people in a dark time?
- Other than yourself, who are you concerned to pray for?

Be still and know that the Lord is in control



[Play video of the worship song](#)