

## Third Sunday of Lent

*“It may bear fruit next year; if not, then you can cut it down.” Luke 13:9*

### Five finger prayer

**Index finger  
(used to direct):**

Pray for people who point you in the right direction and teach you

**Middle finger (the tallest):**

Pray for leaders

**Ring finger (the weakest):**

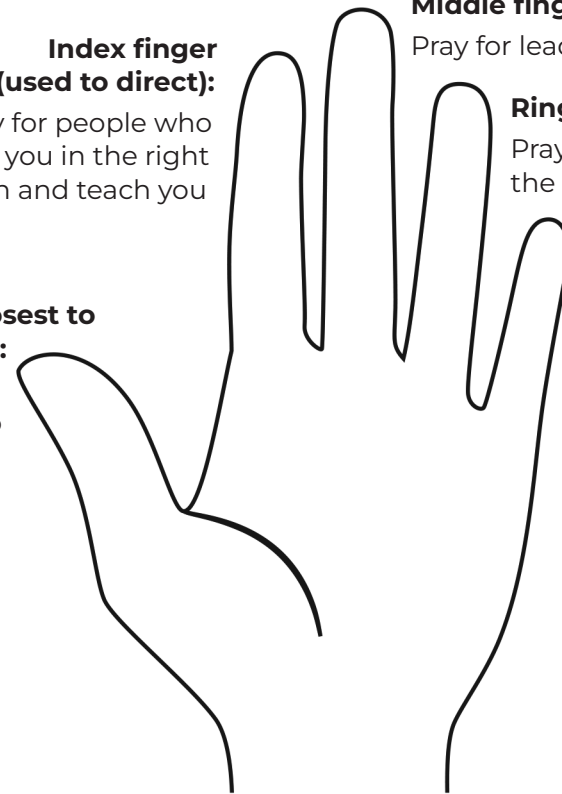
Pray for the hungry and the sick

**Little finger  
(the smallest):**

Pray for yourself

**Thumb (closest to your heart):**

Pray for the people who are closest to you



### Growing in love

As a family plant some bulbs, seeds or seedlings as a reminder of God's patient, nurturing love.

Find more prayer activities at [cafod.org.uk/familyprayers](https://cafod.org.uk/familyprayers)



*Write or draw on the leaves what you can do to help create the right conditions for all people around the world to flourish.*