

Too Angry to Pray



Gabriela took some deep breaths. What could she do to calm down?

By Abby Larkins

A true story from Germany.

Nobody understands me!" Gabriela shouted as she slammed her bedroom door. Today had been a hard day. Someone at school had made fun of her. And when Gabriela came home, she was grumpy and got in trouble with Mutti (Mom).

Gabriela flopped onto her bed and started to cry. Tears ran down her cheeks, and her chest felt tight with anger. She didn't like feeling this way.

She remembered learning in Primary that she could pray to Heavenly Father whenever she needed help. She wanted to say a prayer to help her feel

better, but she was too upset to focus. She closed her eyes and took some deep breaths. What could she do to calm down?

After a few seconds, a thought came to her mind.

Think of things you are grateful for.

She opened her eyes and looked around her room. There was a picture on the wall of Mutti and Vati (Dad). Gabriela loved her family, even when she was frustrated with them.

"I'm grateful for my parents," she said.

Then she thought about her cousins Gwendolyn, Lydia, and Thomas. They always shared their toys with her and made her laugh. She loved playing with them.

"I'm grateful for my cousins," Gabriela said.

Then she looked out her window.

The sun was setting, and the sky was filled with beautiful colors—orange, red, yellow, and pink.

"I'm grateful for sunsets," Gabriela said.

And then she thought of more things. She was grateful for the lunch she ate at school today. She was grateful for her friends. She was grateful for the apartment she lived in.

It was fun thinking of things to be grateful for! Gabriela had never realized how many good things were in her life.

She knew that the Holy Ghost had given her the idea to think of her blessings. Her heart was peaceful now. She felt ready to pray.

"Dear Heavenly Father," she said. "I'm sorry that I was angry at Mutti. Thank Thee for helping me feel calm and happy again. Thank Thee for sending the Holy Ghost to remind me of my blessings. In the name of Jesus Christ, amen."

She walked out of her room. Mutti and Vati were in the kitchen making dinner. She gave Mutti a hug.

"I'm sorry for getting mad at you," Gabriela said. "That's OK," Mutti said. "Thank you for apologizing."

They sat around the dinner table and blessed the food. Then Gabriela had an idea!

"Let's go around the table and each say something we're grateful for," she said.

Vati smiled. "That's a good idea!"

"I'm grateful for soap," Mutti said.

Vati thought for a second.

"Pizza," he said. They all giggled.

Then it was Gabriela's turn. She already knew what she wanted to say.

"I'm grateful for prayer." ●

