

# Learning More about Prayer

## Activity A. What are some reasons Heavenly Father wants us to pray while Satan tempts us not to?

- What are some ways Satan may tempt us not to pray?

One of the ways Satan may “teacheth [us] that [we] must not pray” is by trying to convince us of the lie that because we have sinned, we are no longer worthy to pray.

Ponder what blessings Satan may be trying to prevent us from receiving as you do the following:

Spent some time studying about prayer. You could look up prayer in the Bible Dictionary or Guide to the Scriptures, search Gospel Topics, or look for general conference talks that talk about prayer. As you study, look for the blessings of prayer. You may also want to think of blessings you have experienced from prayer in your life. Based on your study and experiences, ponder why Heavenly Father wants us to pray and why Satan tempts us not to.

If possible, look for additional reasons as you watch “God Wants You to Pray” (3:28), available at [ChurchofJesusChrist.org](http://ChurchofJesusChrist.org), a video about Kayla’s experience with praying while dealing with challenges.

Write down at least two truths you learned about prayer. Include why you think Heavenly Father wants us to pray and Satan tempts us not to.

## Activity B. What does it mean to pray always?

Consider marking the phrase “pray always, and not faint” (2 Nephi 32:9).

Read Alma 34:21, 27, looking for insights into what it could mean to pray always.

- Why would praying “morning, mid-day, and evening” (Alma 34:21) be a blessing?
- How could we turn our hearts to God, even when we are not praying?

Elder David A. Bednar of the Quorum of the Twelve Apostles gave one example of what it could mean to pray always:



Counsel with Heavenly Father in morning prayer. . . .

During the course of the day, we keep a prayer in our heart for continued assistance and guidance. . . .

At the end of our day, we kneel again and report back to our Father. We review the events of the day and express heartfelt thanks for the blessings and the help we received. We repent and, with the assistance of the Spirit of the Lord, identify ways we can do and become better tomorrow. Thus our evening prayer builds upon and is a continuation of our morning prayer. And our evening prayer also is a preparation for meaningful morning prayer. (David A. Bednar, “Pray Always,” *Ensign* or *Liahona*, Nov. 2008, 41–42)

Write in your own words what you think it means to pray always.

### Activity C. How will Heavenly Father consecrate our efforts for the welfare, or benefit, of our soul?

Nephi instructed “ye shall pray unto the Father in the name of Christ, that he will consecrate thy performance unto thee, that [it] may be for the welfare of thy soul” (2 Nephi 32:9). To *consecrate* means to make sacred or dedicate.

Think of at least one example where Heavenly Father blessed someone as they prayed and strived to do what He wanted. This could be a personal experience, a modern-day example, or you could find an account in the scriptures (use the Topical Guide, Index, or Guide to the Scriptures to locate an example if needed).

Write down the example and what it taught you about how Heavenly Father will bless our efforts to accomplish His will as we pray.