



I THANK
THEE ...

HOW DO WE PRAY?

Prayer is how we talk with Heavenly Father. He always wants to hear from you, and He always listens. He answers your prayers in many ways. He might give you a prompting, or feeling, from the Holy Ghost. Or He might prompt someone else to help you.

How to Pray

Close your eyes, bow your head, and fold your arms.

Begin by saying, "Dear Heavenly Father."

Speak to Heavenly Father with respect and reverence.

Finish by saying, "In the name of Jesus Christ, amen."

You can pray out loud or in your mind, at any time.

Here are some things you could pray about:

Thank Heavenly Father for the things you are grateful for.

Tell Him about the hard or good things that happened in your day.

Ask Him for help when you are scared or don't know what to do.

Ask Him to bless someone else who needs help.