

SAY A PRAYER, HELAMÁN



By Dayle Searle
(Based on a true story)

It was Helamán's first day of school. He wore his favorite shirt, and he had a new pencil. His new teacher let him sit at a table with his friends Sylvester, Jorge, and Miguel. It was a good day.

"Put away your things," said Señora Martínez. "It's time to eat lunch."

Helamán's family always prayed together before meals. He raised his hand. "Señora Martínez, are we going to pray before we eat?"

Señora Martínez smiled at Helamán. "You may say a prayer for your food if you would like."

Helamán and his friends opened their lunches.

"What is a prayer?" asked Sylvester.

"It's talking to Heavenly Father," said Helamán.

"It's the way we thank Him for our food."

"Can you say a prayer for all of us?" asked Miguel.

Helamán folded his arms. His three friends folded their arms too. Helamán closed his eyes and bowed his head. His friends did the same.

Then Helamán said a prayer, just like his family did. He thanked Heavenly Father for the good day they were having and for their lunches. He asked for



a blessing on their food. He ended in the name of Jesus Christ and said, "Amen."

Sylvester, Jorge, and Miguel looked up.

"You can say *amen* too," said Helamán.

His friends grinned and said, "Amen."

The next day at lunchtime, Sylvester said, "Say a prayer, Helamán."

"Yes, say a prayer, Helamán," said Miguel. Jorge nodded.

So Helamán prayed again. This time he said he was extra thankful that his mom had made him a ham and cheese sandwich, his favorite. He asked Heavenly Father to help them learn in class that day.

Each day at lunch, Helamán's friends said, "Say a prayer, Helamán." And each day, Helamán said a prayer. He prayed with his friends each day for a week.

The next Monday at lunchtime, Miguel said, "Today I will pray."

Helamán was surprised. He folded his arms, closed his eyes, bowed his head, and listened while Miguel prayed.

Miguel began by saying, "Dear Heavenly Father." He thanked Him for their food and asked Him to bless it. He ended in the name of Jesus Christ and said, "Amen."

"Amen!" said Helamán and Jorge.

"Amen," said Sylvester. "I didn't know you could pray."

"I learned by listening to Helamán," said Miguel. "I asked my parents if I could say a prayer on our meals at home. They said yes, so I pray just like Helamán does."

"Wow," said Sylvester. "I think I'll ask my parents if I can say a prayer at our meals too."

"Me too!" said Jorge.

Helamán smiled. He was glad he had been able to help his friends learn to speak with Heavenly Father. He knew Heavenly Father loved him, and Heavenly Father loved his friends too. ●

This story took place in Mexico.

