



By Elder  
Michael A. Dunn  
Of the Seventy

# Learning TO PRAY

When I was young, my family went to a church. But I wasn't taught to pray. I learned to pray by listening to my grandparents pray.

My parents divorced when I was a child. My grandparents would often invite my mom, my siblings, and me over for Sunday dinner. I liked hearing my grandmother and grandfather pray before

meals. Their prayers gave me a warm feeling inside.

I remember one night when I was about five years old. I wanted to pray to Heavenly Father. Sometimes the things I learned about God were hard to understand. But I knew that He was real. So I prayed to Him. I thanked Him for my blessings and asked Him for what I needed. I felt strong and happy because I knew Heavenly Father loved me.

Years later, I learned about The Church of Jesus Christ of Latter-day Saints. The missionaries taught me more about Heavenly Father and prayer. I knew what they were saying was true. I got baptized.

I hope that you will build a relationship with Heavenly Father and know that He is real. He knows you and listens to you when you pray. Knowing who you are and who Heavenly Father is will help you to feel His love. ●

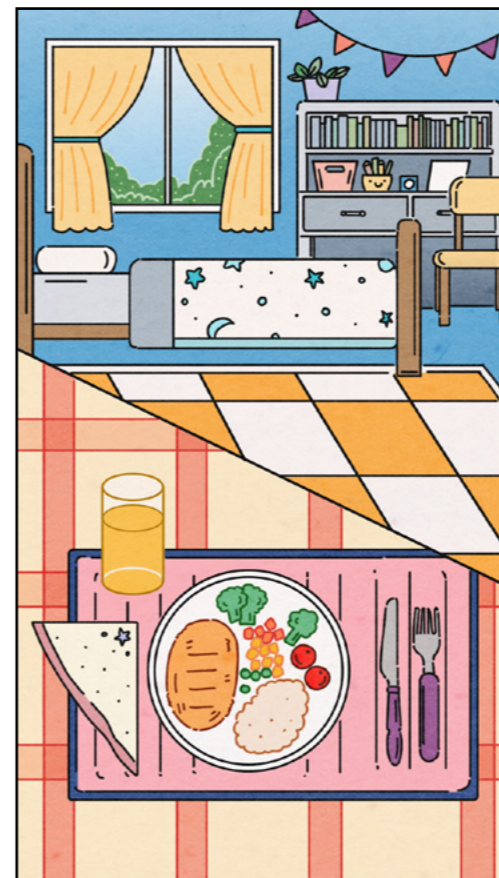
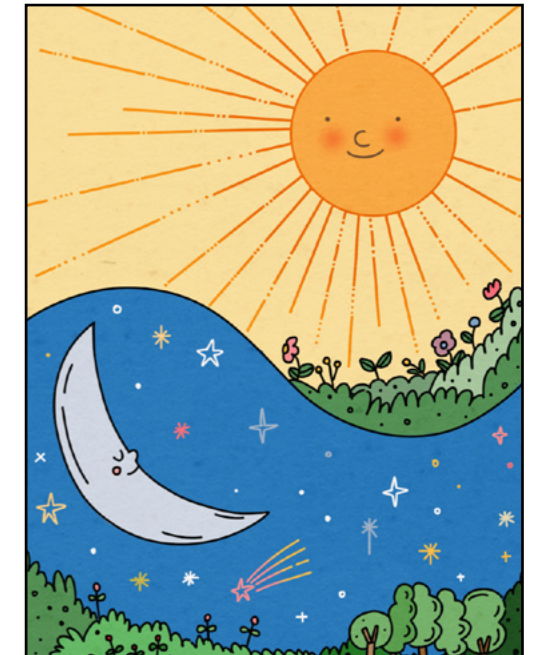
*From an interview with Rebekah Jakeman and Bradley Salmond III.*



## How I Pray

You can pray anytime, anywhere, and Heavenly Father will always listen. Follow the prompts to draw and write about how praying helps you.

Where do you like to pray?



ILLUSTRATIONS BY JOYCE CHO



How do you feel when you pray?