

Lesson 9: The Power of Personal Prayer

MATTHEW 6:9-13

9 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. **10** Thy kingdom come. Thy will be done in earth, as it is in heaven. **11** Give us this day our daily bread. **12** And forgive us our debts, as we forgive our debtors. **13** And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

2 NEPHI 32:8-9

8 And now, my beloved brethren, I perceive that ye ponder still in your hearts; and it grieveth me that I must speak concerning this thing. For if ye would hearken unto the Spirit which teacheth a man to pray, ye would know that ye must pray; for the evil spirit teacheth not a man to pray, but teacheth him that he must not pray. **9** But behold, I say unto you that ye must pray always, and not faint; that ye must not perform any thing unto the Lord save in the first place ye shall pray unto the Father in the name of Christ, that he will consecrate thy performance unto thee, that thy performance may be for the welfare of thy soul.



ALMA 34:17-28

17 Therefore may God grant unto you, my brethren, that ye may begin to exercise your faith unto repentance, that ye begin to call upon his holy name, that he would have mercy upon you; **18** Yea, cry unto him for mercy; for he is mighty to save. **19** Yea, humble yourselves, and continue in prayer unto him. **20** Cry unto him when ye are in your fields, yea, over all your flocks. **21** Cry unto him in your houses, yea, over all your household, both morning, mid-day, and evening. **22** Yea, cry unto him against the power of your enemies. **23** Yea, cry unto him against the devil, who is an enemy to all righteousness. **24** Cry unto him over the crops of your fields, that ye may prosper in them. **25** Cry over the flocks of your fields, that they may increase. **26** But this is not all; ye must pour out your souls in your closets, and your secret places, and in your wilderness. **27** Yea, and when you do not cry unto the Lord, let your hearts be full, drawn out in prayer unto him continually for your welfare, and also for the welfare of those who are around you. **28** And now behold, my beloved brethren, I say unto you, do not suppose that this is all; for after ye have done all these things, if ye turn away the needy, and the naked, and visit not the sick and afflicted, and impart of your substance, if ye have, to those who stand in need—I say unto you, if ye do not any of these things, behold, your prayer is vain, and availeth you nothing, and ye are as hypocrites who do deny the faith.

3 NEPHI 18:15-18

15 Verily, verily, I say unto you, ye must watch and pray always, lest ye be tempted by the devil, and ye be led away captive by him. **16** And as I have prayed among you even so shall ye pray in my church, among my people who do repent and are baptized in my name. Behold I am the light; I have set an example for you. **17** And it came to pass that when Jesus had spoken these words unto his disciples, he turned again unto the multitude and said unto them: **18** Behold, verily, verily, I say unto you, ye must watch and pray always lest ye enter into temptation; for Satan desireth to have you, that he may sift you as wheat.

Group Discussion Guidelines

1. Choose a recorder who will write answers on the flip chart
2. Choose a speaker who will convey the answers and messages from your team to the rest of the class
3. Read the scriptures assigned for your team
4. As a team, answer the questions about your set of scriptures
5. Prepare a single, important message you want to give to the rest of the class about your scriptures and discussion

Group	Scriptures	Question
1	Matthew 6:9-13	<ul style="list-style-type: none"> • How should we pray? • What should we pray for? • Give personal examples for each section of the prayer...
2	2 Nephi 32:8-9	<ul style="list-style-type: none"> • When should we pray? • Who is trying to stop us from praying and why? • What does it mean to “consecrate thy performance” unto the Lord? • How will doing that help us?
3	Alma 34:17-28	<ul style="list-style-type: none"> • What should we pray for? • When should we pray? • What does it mean to have an “attitude of prayer”? • What do we need to do to make sure our prayers are not in vain?
4	3 Nephi 18:15-18	<ul style="list-style-type: none"> • What does it mean to “watch and pray”? • What is Jesus’s example of prayer? • Jesus repeats instructions in this section, what are they and what do they mean? • What does it mean that Jesus repeats the instructions?