



# The Power of Personal Prayer

20120304 lesson 9



# Prayer is done often, but it is not common

Prayer is such a frequent practice in the Church that we often take it for granted. Remind class members that although we should pray daily, prayer is not merely an everyday routine to be taken lightly. It is an opportunity to sincerely thank Heavenly Father for our blessings and ask him for guidance in our lives. Heavenly Father loves to have us pray. He listens to our prayers and answers them.



# Daniel and the Lion's Den

- ◆ Based on Daniel 6:1-28
- ◆ Daniel was an Israelite, captured by the Babylonians, and became a high ranking official to the Persian King Darius
- ◆ Darius Tricked...
- ◆ Daniel does not abandon his faith, but prays regardless
- ◆ After the lion's den, Darius sets worship of God as the state religion





# Discussion: Daniel

- ◆ Why do you think Daniel continued to pray, even though he could have died because of it?
- ◆ Invite class members to think about the following questions without answering them aloud:
  - ◆ Is prayer as important to you as it was to Daniel?
  - ◆ If not, what can you do to make prayer a more important part of your life?



# Group Flipchart Discussion:

Elect a recorder and a speaker, then answer the questions based on the scriptures for each group

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



# How do we Pray?

- ◆ Matthew 6. Lord's Prayer
- ◆ This is a pattern for how we should pray
- ◆ Address and reverence Heavenly Father (close in the name of Jesus Christ -- 2 Ne 32:9)
- ◆ "thy will be done"
  - ◆ Why is this sometimes so hard?
  - ◆ Sarah and the bicycle
- ◆ Blessings we need, not luxuries
- ◆ An attitude of forgiveness and repentance
- ◆ Pray always (3 Ne 18:15-18)
- ◆ (Note that in the Joseph Smith Translation of this verse, the Savior says, "Suffer [allow] us not to be led into temptation." Heavenly Father does not tempt us to sin.)
- ◆ Recognize the power and glory of God



Heavenly Father Hears Our Prayers





# Elder Richard G Scott

"[God] is your Father; pray to him. If your life is in disarray and you feel uncomfortable and unworthy to pray because you are not clean, don't worry. He already knows about all of that. He is waiting for you to kneel in humility and take the first few steps. Pray for strength. Pray for others to be led to support you and guide you and lift you. Pray that the love of the Savior will pour into your heart. Pray that the miracle of the Atonement will bring forgiveness because you are willing to change. I know that those prayers will be answered, for God loves you. His Son gave his life for you. I know they will help you"



Why pray for help with tests and other things that might not seem important spiritually?

- ◆ Amulek.... Cry to the Lord
- ◆ Once we pray, we work as hard as we can for the blessings we have asked for and count on the Lord to make up the difference (parable of the bicycle)



# Heavenly Father Answers Our Prayers



Stacey Story... Psalms 46:1-2