

PRAYER



Here is a basic outline of how this Family Home Evening on prayer could go. Read through the whole thing beforehand and then adjust it to your family's needs.

OPENING PRAYER: By _____

OPENING SONG: Chosen by _____

OBJECT LESSON:

Before the lesson, address an envelope to grandparents (or someone else). Do not add stamp.

Ask these questions:

Will the letter be delivered? *No.*

Why not? *It is missing something important.*

Why is a stamp important? *We need to pay the price it costs to have the mailman deliver the mail.*

Trying to mail a letter without a stamp is like trying to say a prayer that you are not really caring if it gets to heaven or not. We need to focus on the One we are addressing.

So, now let's put a stamp on it. Is it good now?

Look at what is on the inside and see if you would like me to send this letter off on behalf of our family.

Dear Grandpa,

Here is a letter of "vain repetition" for you because we are too busy, too tired, too bored, and/or too disinterested to really take time to say something interesting or meaningful to you. Hope you enjoy this. My mother forced me to write this. I wish you would make things better in our lives. I hope we have a good time today. Thank you for everything.

Love,

Us

Is this a good letter? Will Grandpa like it? Will he really know what we wanted to tell him? Will he know our hearts?

Do any of our prayers to our Father in Heaven ever sound kind of like that letter?

ACTIVITY:

Have someone follow your exact instructions with the Legos:

- Grab two similar size Legos.
- Stack them on top of each other.
- Grab another Lego.
- Stack it on top of the others.
- Grab another Lego.
- Stack it on top of the others.
- (Keep saying the last two steps until it is completely boring.)

Now have the person follow these (or similar) instructions instead:

- Grab four 2x4 nub red Legos and arrange them in a square. (A hole should be in the middle.)
- Find four 2x4 nub green Legos. Use these to secure the red Legos to one another. (You should now have a two-layered square with a hole in the middle.)
- Next, do the same with four yellow Legos.
- Top with four blue Legos.
- Get 6-8 Legos (2x2 nub) of a color of your choice. Secure them on top of one another to make a skinny tower.
- Can you think of anything interesting you could do with these two things you have assembled? (Person will probably insert the small tower into the square building and possibly pull it out the other side.)

Can you see the difference in these two ways of doing Legos? The first one was dull and boring and you got no use out of the completed structure. The second had more thought go into it and you could actually do something with it when you got done.

When we pray and are saying the same things over and over again, we are not getting much out of the prayer. We need to be thoughtful in our prayers, be sincere, with real intent. It is then that we can get something out of it afterward.

SCRIPTURE READING:

- Moroni 7:9
- Alma 33:11
- Matthew 6:7

Discuss the meaning of these scriptures with your family. How do they relate to the previous object lesson and activity and prayer?

PRACTICAL APPLICATION:

Story

Share steps and story and thoughts from June 2013 Ensign “Asking for Help through Prayer” An experience by Elder J. Devn Cornish. <http://www.lds.org/ensign/2013/06/asking-for-help-through-prayer?lang=eng> (The kids can choose to act out the story if desired.)

Steps of prayer

You can do as suggested in the above mentioned Ensign article and write each of these steps on craft sticks.

- Address Heavenly Father
- Thank Him
- Ask for help
- Close in the name of Jesus Christ

CLOSING SONG:

Use the second verse of this song for an easy way to teach the steps of prayer.

- I Pray in Faith pg 14 Children's Songbook <http://www.lds.org/music/library/childrens-songbook/i-pray-in-faith?lang=eng>

CLOSING PRAYER: _____