

## How can I make my prayers more meaningful?

Heavenly Father loves us and wants us to communicate with Him through prayer. When we pray, we should tell Heavenly Father what we feel in our hearts. We should not repeat meaningless words or phrases. Through sincere, heartfelt prayer, we can feel the nearness of our Heavenly Father.

What meaningful experiences have you had with prayer?

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What have these experiences taught you about communicating with Heavenly Father?

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What sincere prayer looks like?

What sincere prayer sounds like?

What is the result of sincere prayer?

*Prayer is the act by which the will of the Father and the will of the child are brought into correspondence with each other. The object of prayer is not to change the will of God but to secure for ourselves and for others blessings that God is already willing to grant but that are made conditional on our asking for them. Blessings require some work or effort on our part before we can obtain them. Prayer is a form of work and is an appointed means for obtaining the highest of all blessings. -BD*

### References to Ponder

Luke 22:41-42  
Helaman 10:2-5  
D&C 46:30-31  
3 Nephi 14:7  
D&C 9:7-8  
Moroni 10:3-5  
3 Nephi 17-19  
Bible Dictionary: Prayer  
True to the Faith: Prayer

Elder David A. Bednar invites us to apply 3 principles to our prayers to make them more meaningful.

1. Prayer becomes more meaningful as we counsel with the Lord in all our doings.
2. Prayer becomes more meaningful as we express heartfelt gratitude.
3. Prayer becomes more meaningful as we pray for others with real intent and a sincere heart.

What I will do to make my prayers more meaningful.

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