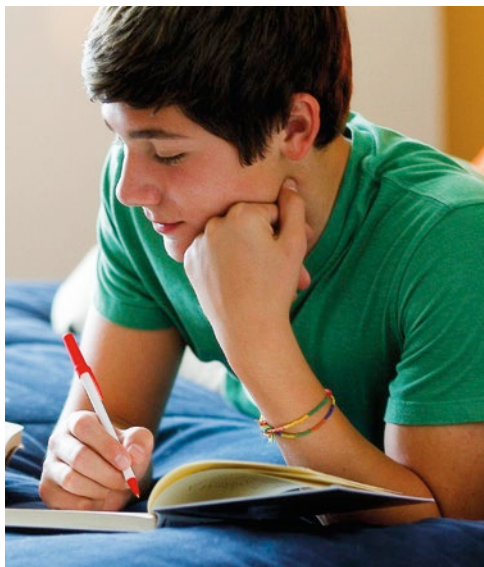


## Prepare before You Pray

President Eyring reminds us that prayer “is a two-way communication between God and His children.” Taking the time to prepare for our prayers can make that two-way communication possible. You could use your journal to spend a few minutes preparing to pray each day. You could make lists of blessings you want to thank Heavenly Father for, people who need your prayers, and questions you may need answered. Then invite the Spirit by singing a hymn or reading a few verses of scripture. As you pray, pay attention to how the Holy Ghost guides what you should say, and



pay attention to your feelings and thoughts (see D&C 8:2–3). Consider recording your experiences in your journal and reviewing answers you receive. You could also use the activities on pages 95–97 of *Preach My Gospel: A Guide to Missionary Service* to help you evaluate your prayers and learn to recognize the Holy Ghost.

## CHILDREN

### Prayer Sandwich

How do you know what to say when you pray? You can begin your prayers by saying, “Dear Heavenly Father,” and end them by saying, “In the name of Jesus Christ, amen.” What you say in the middle is your choice, just like choosing what goes in a sandwich.

Choose the pieces you would like in your sandwich. Write the things you would like to pray for next to them. You can say “I thank Thee” for blessings, talk about your worries, ask for blessings, or pray about questions.

You can cut this sandwich out or make another. Hang it in your home to help you remember the things you can say in your prayers.

**Dear Heavenly Father,**

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**In the name of Jesus Christ,  
amen.**