

Are You Saying or Praying?

PURPOSE

To help listeners understand that:

1. True prayer comes from the heart
2. Prayers are ineffective if they are vain repetitions and do not come from the heart
3. Sincere prayer takes a little more time and effort



MATERIALS

- Scriptures
- Letter in an envelope
- Postage stamp

LESSON IDEAS

1. Ask, “Are there prayers that Heavenly Father doesn’t hear or doesn’t really listen to?”
 - a. Read Moroni 7:9 as a group. Ask, “According to this verse, why are some prayers not received by Heavenly Father?” (they are not said with real intent)
2. Invite listeners to read Matthew 6:7 and look for things Jesus encouraged us not to use in our prayers.
 - a. Ask (or explain) what ‘vain repetitions’ are (things that are repeatedly said but without meaning).
3. Have a letter placed in an envelope. Have an address written on the outside, but no postage stamp on the envelope. Ask listeners why the mail carrier won’t deliver this letter. (no stamp)
 - a. Read Alma 33:11. “Why was the prayer of Zenos heard?”
 - b. Compare the postage stamp to sincerity. Sincerity is the ‘postage’ that delivers our letter to Heavenly Father!
4. Share the following quote from President Ezra Taft Benson: “When you pray—when you talk to your Heavenly Father—do you really talk out your problems with Him? Do you let Him know your feelings, your doubts, your insecurities, your joys, your deepest desires—or is prayer merely a habitual expression with the same words and phrases? Do you ponder what you really mean to say?” (*Ensign*, Nov. 1977, 32).
5. Explain that sincere prayers often take a little more time and effort, but are rewarded by the peace of knowing that the prayers are being heard.
6. Challenge listeners never say anything in their prayers that they really don't feel. Testify that Heavenly Father really does hear the prayers that come from our hearts.

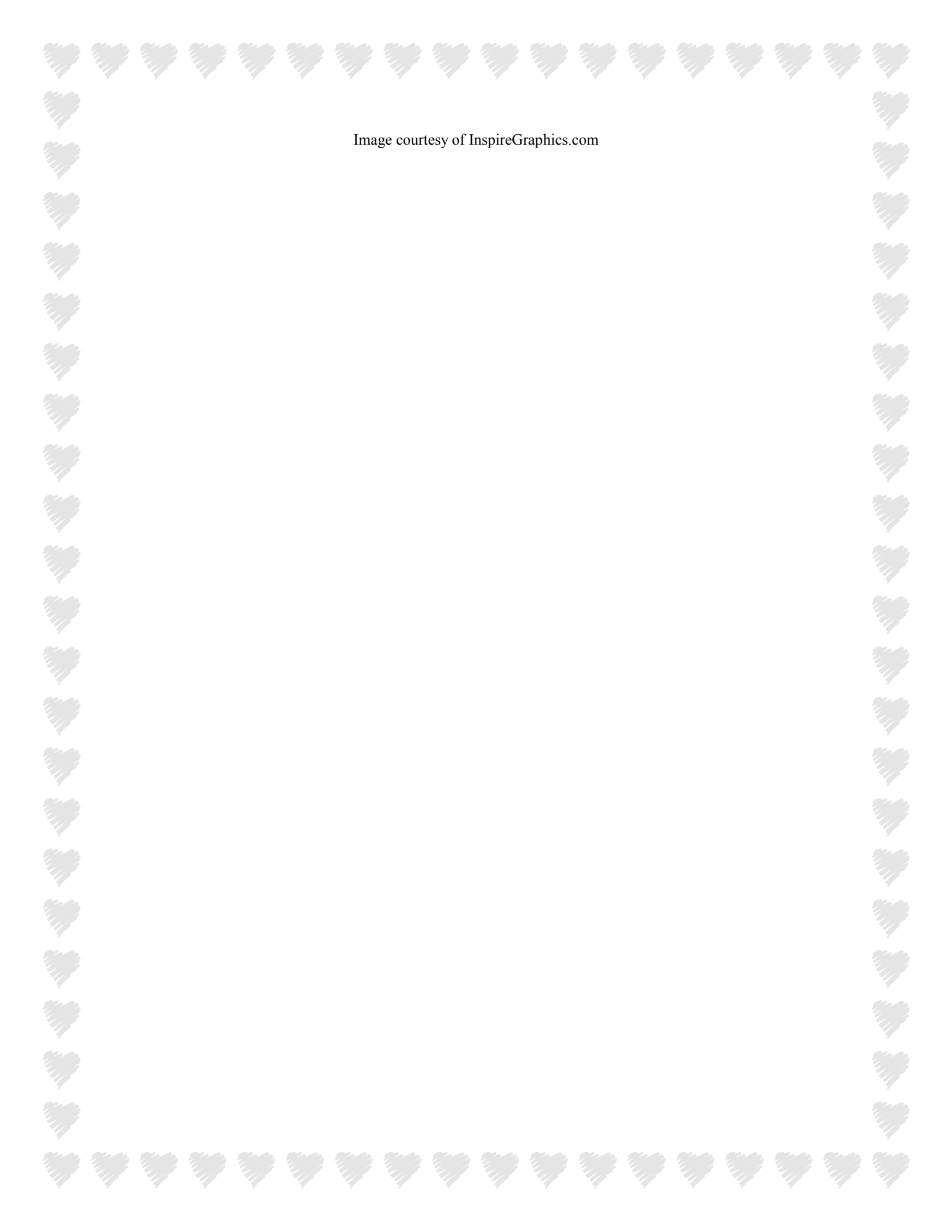


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