

# A Guide to Prayer

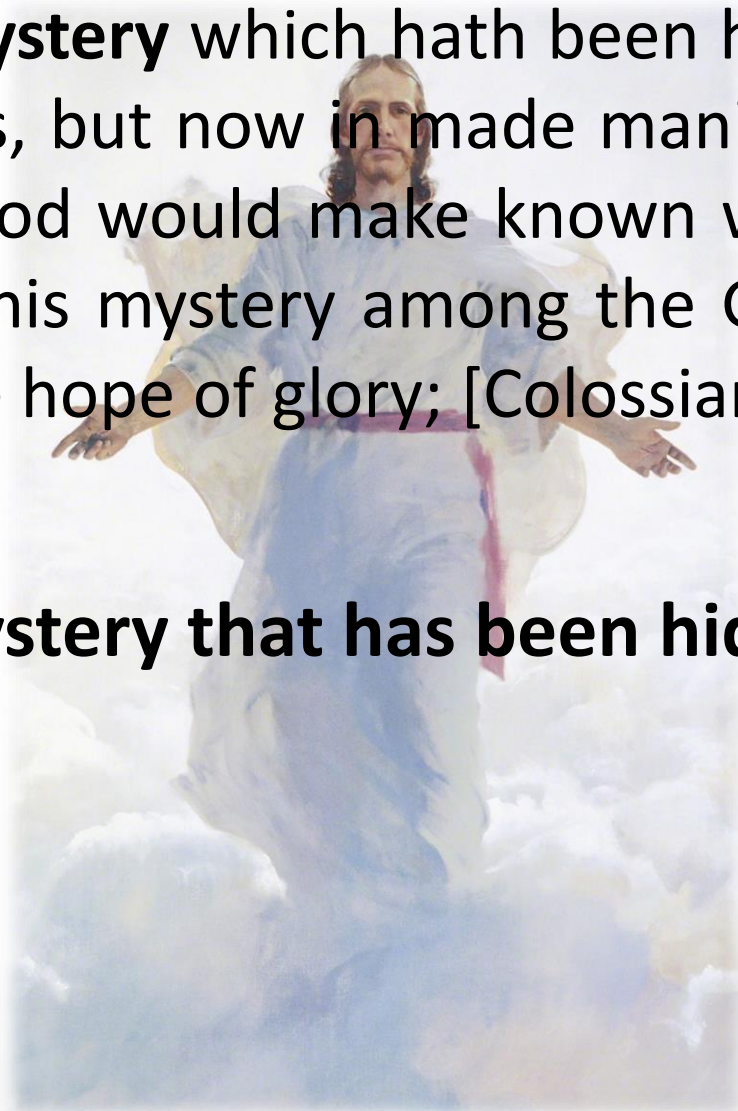
Yea, he that...prayeth continually without ceasing: unto such is given to know the **mysteries of God**; yea, unto such it shall be given to reveal things which never have been revealed [Alma 14:103]

# The Mystery of God

**1:26** Even the **mystery** which hath been hid from ages and from generations, but now in made manifest to his saints;

**1:27** To whom God would make known what is the riches of the glory of this mystery among the Gentiles; **which is Christ in you**, the hope of glory; [Colossians 1:26-27 ]

**What is the mystery that has been hid from the ages?**



# The Mystery of God

**90:6a** The glory of God is intelligence, or, in other words, light and truth; and light and truth forsaketh that evil one. [DC 90:6a]

**25:2** It is the glory of God to conceal a thing; but the honour of kings is to search out a matter [Proverbs 25:2]

**5:44** And thus the gospel began to be preached from the beginning, being declared by holy angels, sent forth from the presence of God; and by his own voice, and by the gift of the Holy Ghost. **5:45** And thus all things were confirmed unto Adam by an holy ordinance; and the gospel preached; and a decree sent forth that it should be in the world until the end thereof; and thus it was. Amen. [Genesis 5:44-45]

**14:4** Wherefore, I said unto you, Feast upon the words of Christ; for behold the words of Christ will tell you all things what ye should do.

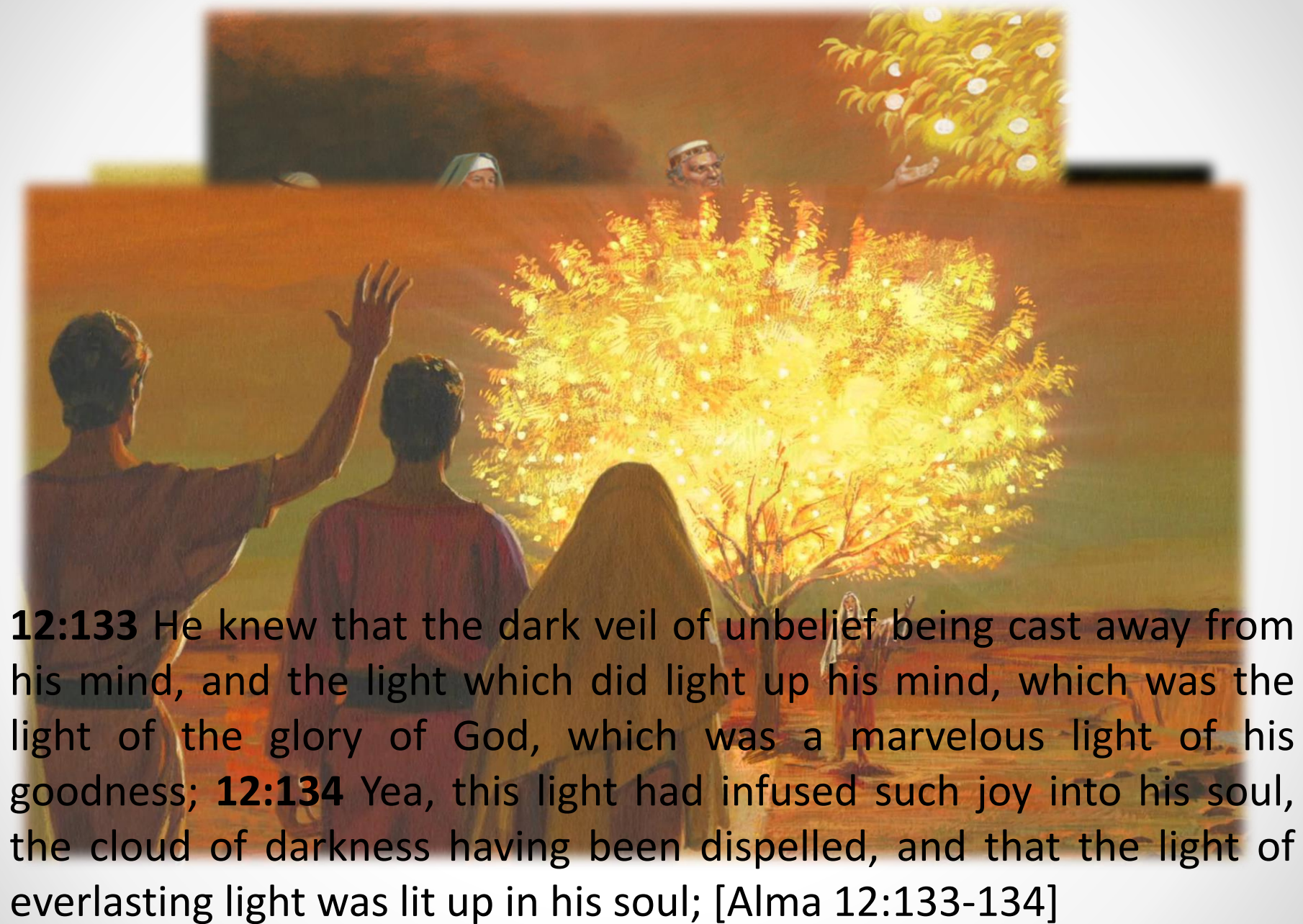
**14:5** Wherefore, now after I have spoken these words, if ye can not understand them, it will be because **ye ask not, neither do ye knock**; wherefore, ye are not brought into the light, but must perish in the dark. [2 Nephi 14:4-5]



# The Mystery of God

**7:14** For behold, the Spirit of Christ is given to **every man**, that they may know good from evil; wherefore I shew unto you the way to judge: for everything which inviteth to do good, and to persuade to believe in Christ, is sent forth by the power and gift of Christ; **7:18** Wherefore I beseech you, brethren, that ye should **search diligently in the light of Christ**, that ye may know good from evil; and if ye will lay hold upon every good thing, and condemn it not, ye certainly will be **a child of Christ**. [Moroni 7:14 and 18]





**12:133** He knew that the dark veil of unbelief being cast away from his mind, and the light which did light up his mind, which was the light of the glory of God, which was a marvelous light of his goodness; **12:134** Yea, this light had infused such joy into his soul, the cloud of darkness having been dispelled, and that the light of everlasting light was lit up in his soul; [Alma 12:133-134]

# Why Should I Pray?

...

# Why I Should Pray

“And after many days, an angel appeared unto Adam, saying...thou shalt do all that thou doest, in the name of the Son. And thou shalt repent, ***and call upon God***, in the name of the Son for ***evermore***...And Adam ceased not to call upon God; and Eve also his wife.” [Genesis 4:6, 8 and Genesis 5:3].

Adam was able to learn God’s commandments because he prayed. Without prayer, how would Adam and Eve have known the joy of their redemption, or received the knowledge of “eternal life which God giveth unto all the obedient” [Gen 4:11]? Only through obedience and prayer, were Adam and Eve able to know God and receive the commandments that led them to eternal life.



# Why I Should Pray

“Christ also suffered for us, leaving us an example, that ye should follow his steps; Who did no sin...Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness; by whose stripes ye were healed” [1 Pet 2:21-22; 24].



- The Lord's Prayer [Matthew 6 and Luke 11]
- The Prayer at the close of the Last Supper [John 17]

**8:46** Therefore blessed are ye if ye shall keep my commandments, which the Father hath commanded me that I should give unto you.

**8:47** Verily, verily, I say unto you, **Ye must watch and pray always**, lest ye be tempted by the devil, and ye are led away captive by him.

**8:48** And as I have prayed among you, even so shall ye pray in my church, among my people who do repent and are baptized in my name. **8:49 Behold I am the light; I have set an example for you.** [3

Nephi 8:46-49]

Thus, we learn that God has commanded us to pray and that Jesus has set the example for us, and this is for our benefit. Through prayer, we are able to know the Father and the Son as Adam did, and we are able to receive strength that we might not fall to temptations and be led astray. Prayer can lift us up, bring us comfort and peace through blessings and the power of the Holy Spirit, and allows us an avenue to give praise and thanksgiving to our Heavenly Father. Moreover, because of Christ we have an advocate with God, which allows us to pray and repent that we may receive knowledge and eternal life.

- **Psalms 34:17** – The righteous cry, and the Lord heareth, and delivereth them out of all their troubles.
- **DC 3:1e** – but be diligent unto the end; pray always that you may come off **conqueror**; yea, that you may conquer Satan, and that you may escape the hands of the servants of Satan, that do uphold his work
- **Alma 14:103** – Yea, he that repenteth and exerciseth faith, and bringeth forth good works, and prayeth continually without ceasing: unto such is given to know the mysteries of God; yea, unto such it shall be given to reveal things which never have been revealed;
- **Philippians 4:6-7** – **4:6** Be afflicted for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. **4:7** And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

# How Should I Pray?

...

# Call upon God in the name of the Son

**2:1** I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving thanks, be made for all men; **2:2** For kings, and for all that are in authority; that we may lead a quiet and peaceful life in all godliness and honesty. **2:3** For this is good and acceptable in the sight of God our Savior; **2:4** Who is willing to have all men to be saved, and to come unto the knowledge of the truth which is in Christ Jesus, who is the Only Begotten Son of God, and ordained to be a Mediator between God and man; who is one God, and hath power over all men. **2:5** For there is one God, and **one mediator** between God and men, **the man Christ Jesus**; **2:6** Who gave himself a ransom for all, to be testified in due time. [1 Timothy 2:1-5]

**MEDIATOR** – One that interposes between parties at variance for the purpose of reconciling them.



**12:18** Have they not read the scriptures, which say, Ye must take upon you the name of Christ, which is my name? for by this name shall ye be called at the last day; and whoso taketh upon him my name, and endureth to the end, the same shall be saved at the last day; **12:19** Therefore, whatsoever ye shall do, ye shall do it in my name; therefore ye shall call the church in my name; and **ye shall call upon the Father in my name**, that he will bless the church for my sake; and how be it my church, save it be called in my name? [3 Nephi 12:18-19]



# Form of Prayer

**11:1** And it came to pass, as Jesus was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples. [Luke 11:1]





# Form of Prayer



**6:5** And when thou prayest, thou shalt not be as the hypocrites; for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men; for, verily, I say unto you, they have their reward. **6:6** But thou, when thou prayest, enter into thy closet, and when thou hast shut the door, pray to thy Father who is in secret; and thy Father who seeth in secret shall reward thee openly.

# Form of Prayer



**18:4a** And again, I command thee that thou shalt pray vocally as well as in thy heart; yea, before the world as well as in secret; in public as well as in private. **18:4b** And thou shalt declare glad tidings; yea, publish it upon the mountains, and upon every high place, and among every people that thou shalt be permitted to see. **18:4c** And thou shalt do it with all humility, trusting in me... [DC 18:4a-c]



# Form of Prayer

**6:7** But when ye pray, use not **vain repetitions**, as the hypocrites do; for they think that they shall be heard for their much speaking. **6:8** Therefore be ye not like unto them; for your Father knoweth what things ye have need of, before ye ask him.

**7:5** For behold, God hath said, A man being evil, can not do that which is good; for if he offereth a gift, or prayeth unto God, **except he shall do it with real intent**, it profiteth him nothing. **7:6** For behold, it is not counted unto him for righteousness. **7:7** For behold, if a man being evil, giveth a gift, **he doeth it grudgingly**; wherefore it is counted unto him the same as if he had retained the gift;



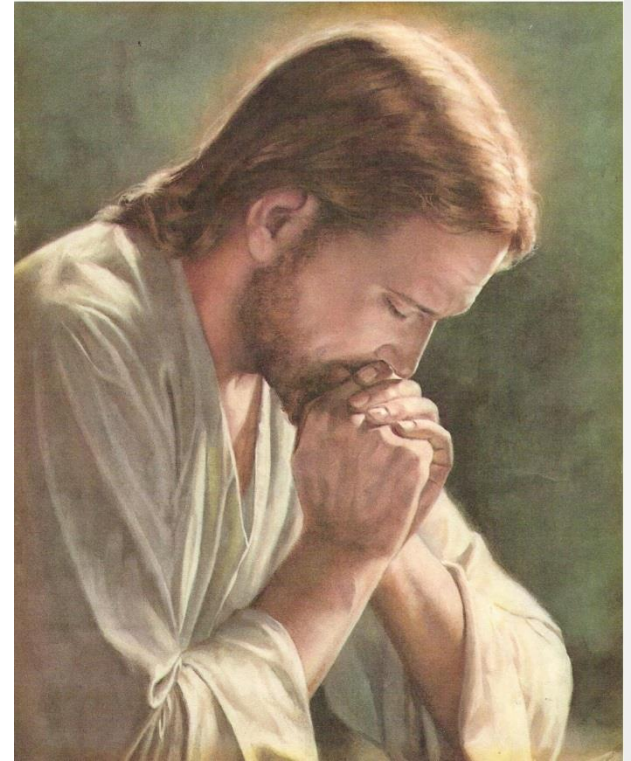
# Form of Prayer

**6:9** Therefore after this manner shall ye pray, saying, **6:10** Our Father who art in heaven, Hallowed be thy name. **6:11** Thy kingdom come. Thy will be done on earth, as it is done in heaven. **6:12** Give us this day, our daily bread. **6:13** And forgive us our trespasses, as we forgive those who trespass against us. **6:14** And suffer us not to be led into temptation, but deliver us from evil. **6:15** For thine is the kingdom and the power, and the glory, forever and ever. Amen. [Matthew 6:5-15]

# Elements of Prayer

**6:9** Therefore after this manner shall ye pray, saying,

- Offer of praise to God
- Pray for the Kingdom of God
- Pray for daily sustenance
- Pray for forgiveness
- Pray to not enter into temptation, but to be delivered from evil
- Close with praise to God



# What Should I Pray For?

...

- **To Praise the Lord**

**113:1** Praise ye the Lord. Praise, O ye servants of the Lord, praise the name of the Lord. **113:2** Blessed be the name of the Lord from this time forth and forevermore. **113:3** From the rising of the sun unto the going down of the same the Lord's name is to be praised. **113:4** The Lord is high above all nations, and his glory above the heavens. **113:5** Who is like unto the Lord our God, who dwelleth on high, **113:6** Who humbleth himself to behold the things that are in heaven, and in the earth! [Psalms 113:1-6]

- **For thanks over a meal**

**27:35** And when he had thus spoken, he took bread, and gave thanks to God in the presence of them all; and when he had broken it, he began to eat. **27:36** Then were they all of good cheer, and they also took some meat. [Acts 27:35-36]

**16:218** Therefore may God grant unto you, my brethren, that ye may begin to exercise your faith unto repentance, that **ye begin to call upon his holy name**, that he would have mercy upon you; yea, cry unto him for mercy; for he is mighty to save; **16:219** Yea, humble yourselves, and continue in prayer unto him; cry unto him when ye are in your fields; **yea, over all your flocks**; cry unto him in your houses, **yea, over all your household**, both morning, mid-day, and evening; yea, cry unto him against the power of your enemies; yea, cry unto him against the devil, who is an enemy to all righteousness. **16:220** Cry unto him over the crops of your fields, that ye may prosper in them: cry over the flocks of your fields, that they may increase. **16:221** But this is not all: ye must pour out your souls in your closets, and your secret places, and **in your wilderness**; **16:222** Yea, and when you do not cry unto the Lord, let your hearts be full, **drawn out in prayer unto him continually for your welfare, and also for the welfare of those who are around you.** [Alma 16:218-222]



- **For knowledge**

**1:5** If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. **1:6** But let him ask in faith, nothing wavering; for he that wavereth is like a wave of the sea driven with the wind and tossed. **1:7** For let not that man think that he shall receive anything of the Lord. [James 1:5-7]

- **For your family**

**8:52** Pray in your families unto the Father, always in my name, that your wives and your children may be blessed. [3 Nephi 8:52]

- **For those that know not God**

**4:6** Nevertheless the children of God were commanded that they should gather themselves together oft, and join in fasting and mighty prayer, in behalf of the welfare of the souls of those who knew not God. [Alma 4:6]

- **For our enemies**

**5:46** But I say unto you, love your enemies; bless them that curse you; do good to them that hate you; and **pray for them which despitefully use you and persecute you; 5:47** That ye may be the children of your Father who is in heaven; for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. **5:48** For if ye love only them which love you, what reward have you? Do not even the publicans the same? **5:49** And if ye salute your brethren only, what do ye more than others? Do not even the publicans the same? **5:50** Ye are therefore commanded to be perfect, even as your Father who is in heaven is perfect. [Matthew 5:46-50]

- **To keep ourselves in the love of God**

**1:20** But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost, **1:21** Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life. [Jude 1:20-21]

- **To be counted worthy of our calling**

Wherefore also we pray always for you, that our God would count you worthy of this calling, and fulfill all the good pleasure of his goodness, and the work of faith with power; That the name of our Lord Jesus Christ may be glorified in you, and ye in him, according to the grace of our God and the Lord Jesus Christ [2 Ths 1:11-12; Luke 21:36]

- **For the Peace of God**

**4:6** Be afflicted for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. **4:7** And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. [Philippians 4:6-7]

- **To escape temptation**

**10:12** Wherefore let him that thinketh he standeth take heed lest he fall. **10:13** There hath no temptation taken you but such as is common to man; but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it. [1 Corinthians 10:12-13]

- **For a testimony of Jesus Christ**

**12:4** For they were men of a sound understanding, and they had searched the scriptures diligently, that they might know the word of God. **12:5** But this is not all: they had given themselves to much **prayer, and fasting**, therefore they had the ***spirit of prophecy***, and the spirit of revelation, and when they taught, they taught with power and authority, even as with the power and authority of God. [Alma 12:4-5]

**Spirit of Prophecy** – “worship God; for the ***testimony of Jesus*** is the spirit of prophecy.” [Revelation 19:10]



- **For a testimony of the Book of Mormon**

**10:3** Behold, I would exhort you that when ye shall read these things, if it be wisdom in God that ye should read them, that ye would remember how merciful the Lord hath been unto the children of men, from the creation of Adam, even down until the time that ye shall receive these things, and ponder it in your hearts. **10:4** And when ye shall receive these things, I would exhort you that ye would ask God, the eternal Father, in the name of Christ, if these things are not true; **10:5** And if ye shall ask with a sincere heart, with real intent, having faith in Christ, ***he will manifest the truth of it unto you, by the power of the Holy Ghost***; and by the power of the Holy Ghost, ye may know the truth of all things. **10:6** And whatsoever thing is good, is just and true; wherefore, nothing that is good denieth the Christ, but acknowledgeth that he is. **10:7** And ye may know that he is, by the power of the Holy Ghost; wherefore I would exhort you, that ye deny not the power of God; for he worketh by power, according to the faith of the children of men, the same to-day and to-morrow, and for ever.

# When Should I Pray?

...

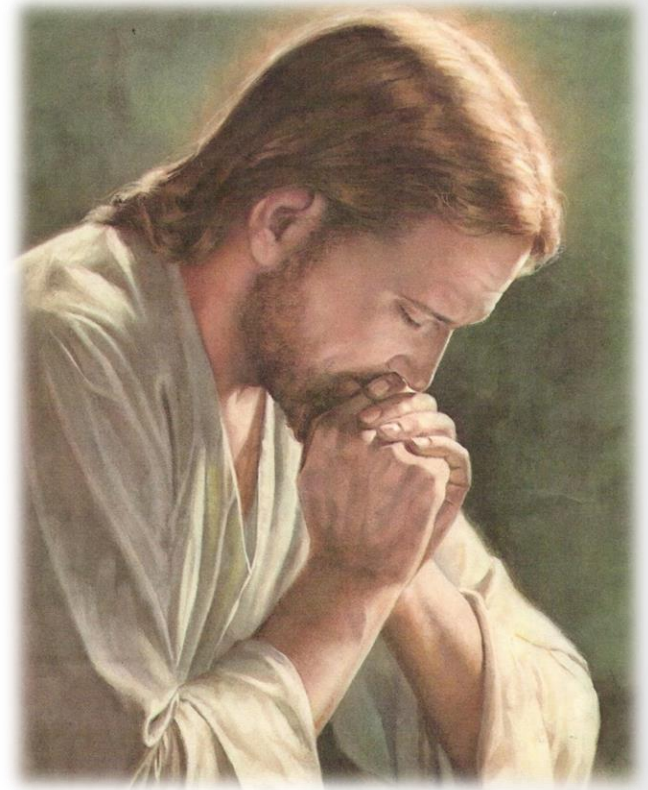
# When to Pray



**16:221** But this is not all: ye must pour out your souls in your closets, and your secret places, and in your wilderness; **16:222** Yea, and when you do not cry unto the Lord, let your hearts be full, drawn out in prayer unto him **continually** for your welfare, and also for the welfare of those who are around you. [Alma 16:221-222]

**68** O remember my son, and learn wisdom in thy youth; yea, learn in thy youth to keep the commandments of God; yea, and cry unto God for all thy support; **69** Yea, let all thy doings be unto the Lord, and whithersoever thou goest, let it be in the Lord; yea, let thy thoughts be directed unto the Lord; yea, let the affections of thy heart be placed upon the Lord for ever; counsel the Lord in all thy doings, and he will direct thee for good: **70** Yea, when thou liest down at night, lie down unto the Lord, that he may watch over you in your sleep; and when thou riseth in the morning, let thy heart be full of thanks unto God; and if ye do these things, ye shall be lifted up at the last day. [Alma 17:68-70]

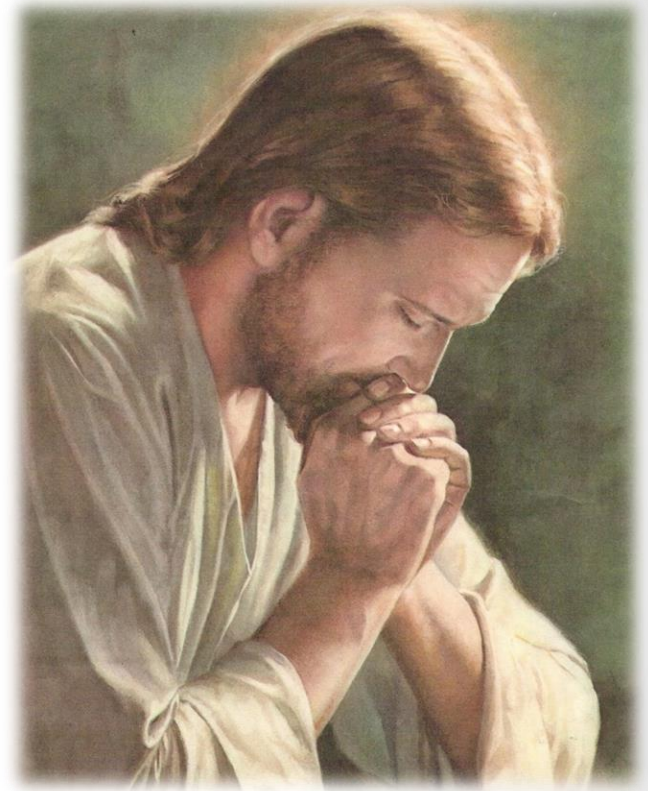
## When to Pray



**5:17** Pray without ceasing. [1 Thes 5:17]

## When to Pray

**10:28** But that ye would humble yourselves before the Lord, and call on his holy name, and **watch and pray continually** that ye may not be tempted above that which ye can bear, and thus be led by the Holy Spirit, becoming humble, meek, submissive, patient, full of love and all long suffering; having faith on the Lord; **10:29** Having a hope that ye shall receive eternal life; having the love of God always in your hearts, that ye may be lifted up at the last day, and enter into his rest. [Alma 10:28-29]



**16:177** Do ye remember to have read what Zenos, the prophet of old, has said concerning prayer or worship? **16:178** For he said, Thou art merciful O God, for thou hast heard my prayer, even when I was in the wilderness: yea, thou wast merciful when I prayed concerning those who were mine enemies, and thou didst turn them to me: **16:179** Yea, O God, and thou wast merciful unto me when I did cry unto thee in my field; when I did cry unto thee in my prayer, and thou didst hear me. **16:180** And again, O God, when I did turn to my house thou didst hear me in my prayer.

**Continued...**



**16:181** And when I did turn unto my closet, O Lord, and prayed unto thee, thou didst hear me; yea, thou art merciful unto thy children when they cry unto thee to be heard of thee, and not of men, and thou wilt hear them; **16:182** Yea, O God, thou hast been merciful unto me and heard my cries in the midst of thy congregations; yea, and thou hast also heard me when I have been cast out, and have been despised by mine enemies; **16:183** Yea, thou didst hear my cries, and wast angry with mine enemies, and thou didst visit them in thine anger, with speedy destruction; and thou didst hear me because of mine afflictions and my sincerity; **16:184** And it is because of thy Son that thou hast been thus merciful unto me; therefore I will cry unto thee in all mine afflictions; for in thee is my joy; for thou hast turned thy judgments away from me, because of thy Son. [Alma 16:177-184]

**14:9...** I am left to mourn because of the unbelief, and the wickedness, and the ignorance, and the stiffneckedness of men: for they will not search knowledge, nor understand great knowledge, when it is given unto them in plainness, even as plain as word can be. **14:10** And now, my beloved brethren, I perceive that ye ponder still in your hearts; and it grieveth me that I must speak concerning this thing. **14:11** For if ye would hearken unto the spirit which teacheth a man to pray, ye would know that ye must pray: for the evil spirit teacheth not a man to pray, but teacheth him that **he must not pray**. **14:12** But behold I say unto you, **that ye must pray always**, and not faint: that ye must not perform anything unto the Lord, save in the first place ye shall pray unto the Father in the name of Christ, that he will consecrate thy performance unto thee, that thy performance may be for the welfare of thy soul. [2 Nephi 14:9-12]

Burning in our Heart

...

# Burning in our Heart

**16:151** But behold, if ye will awake and arouse your faculties, even to an experiment upon my words, and exercise a particle of faith; yea, ***even if ye can no more than desire to believe***, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words. [Alma 16:151]

**24:29** And it came to pass, as he sat at meat with them, he took bread, and blessed, and brake, and gave to them. **24:30** And their eyes were opened, and they knew him; and he was taken up out of their sight. **24:31** And they said one to another, Did not our ***hearts burn within us***, while he talked with us by the way, and while he opened to us the scriptures? [Luke 24:29-31]

# Burning in our Heart

**16:152** Now we will compare the word unto a seed. **16:153** Now if ye give place, that a seed may be planted in your heart, behold, if it be a true seed, or a good seed, if ye do not cast it out by your unbelief, that ye will resist the Spirit of the Lord, behold, **it will**

**begin to swell within your breasts;** **16:154** And when you feel those swelling motions, ye will begin to say within yourselves, It must needs be that this is a good seed, or that the word is good, for it beginneth to *enlarge my soul*; yea, it beginneth to *enlighten my understanding*; yea, and it beginneth to be *delicious to me*.



**16:164** And behold, as the tree beginneth to grow, ye will say, let us nourish it with great care, that it may get root, that it may grow up and bring forth fruit unto us. **16:165** And now behold, if ye **nourish it with much care**, it will get root, and grow up, and bring forth fruit. **16:166** But if ye neglect the tree, and take no thought for its nourishment, behold, it will not get any root; and when the heat of the sun cometh and scorcheth it, because it hath no root, it withers away, and ye pluck it up and cast it out. **16:167** Now this is **not** because the seed was not good, neither is it because the fruit thereof would not be desirable. **16:168** But it is because your ground is barren, and ye will not nourish the tree; therefore ye can not have the fruit thereof. **16:169** And thus it is if ye will not nourish the word, looking forward with an eye of faith to the fruit thereof, ye can never pluck of the fruit of the tree of life.

**16:170** But if ye will nourish the word, yea, nourish the tree as it beginneth to grow, by your faith with great diligence, and with patience, looking forward to the fruit thereof, it **shall** take root; and behold, it shall be a tree **springing up unto everlasting life**; **16:171** And because of your diligence, and your faith, and your patience with the word, in nourishing it, that it may take root in you, behold, by and by, ye shall pluck the fruit thereof, which is most precious, which is sweet above all that is sweet, and which is white above all that is white; yea, and pure above all that is pure; **16:172** And ye shall feast upon this fruit, even until ye are filled, that ye hunger not, neither shall ye thirst. **16:173** Then my brethren ye shall reap the rewards of your faith, and your diligence, and patience, and long suffering, waiting for the tree to bring forth fruit unto you. [Alma 16:152-173]





# Conclusion

**5:14** And this is the confidence that we have in him, that, if we ask anything according to his will, ***he heareth us***; **5:15** And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him. [1 John 5:14-15]

**9:45** Seek unto my Father, and it shall be done in that very moment what ye shall ask, if ye ask in faith, believing that ye shall receive. [Mark 9:45]

**4:3** Ye ask, and receive not, ***because ye ask amiss***, that ye may consume it upon your lusts. [James 4:3]