

## March 2020, Lesson #5 The Wonderful Gift of Prayer



What a wonderful thing is the gift of prayer. A friend shared with me that in his Patriarchal Blessing, God said, "I have given mankind the gift of prayer, yet few use this wonderful gift." Prayer is wonderful because it is an avenue to tap into the very courts of heaven and the heart of God.

**E.M. Bounds**, who wrote much about prayer, says: "The prayers of God's saints are the capital stock in heaven by which Christ carries on His great work upon the earth. Great throes and mighty convulsions in the world have come about as a result of these prayers. The earth is changed, revolutionized; angels move on more powerful, more rapid wings; and God's policy is shaped when the prayers of His people are more numerous and more efficient.

"The most important lesson we can learn is how to pray. Indeed, we must pray so that our prayers take hold of God. The man who has done the most and the best praying is the most immortal, because prayers do not die. Perhaps the lips that uttered them are closed in death, or the heart that felt them may have ceased to beat, but prayers live before God, and God's heart is set on them. ... God shapes the world by prayer. The more praying there is in the world, the better the world will be and the mightier the forces against evil everywhere. Prayer, in one phase of its operation, is a disinfectant and preventive....

"The possibilities of prayer are seen from the various conditions it reaches. Elijah prayed over a dead child and he came to life. Christ prayed at Lazarus's grave and Lazarus came forth. Joseph was the child of Rachel's prayers. Hannah's praying gave Samuel to Israel. John the Baptist was given to Elizabeth, barren and past the age of childbearing, in answer to prayer of Zacharias. Elisha's prayer brought famine or harvest to Israel. Isaiah's praying carried the shadow of the sun back ten degrees on the dial of Ahaz. In answer to Hezekiah's praying an angel slew 185,000 of Sennacherib's army.... Prayer puts God in the matter with commanding force."

Christ gave us an example on prayer in His own life. He taught much about prayer. If we will follow His example and obey His guidance in the matter of prayer, we would be amazed at what would happen. Here are a few of the things He said about prayer.

### **Words & Examples of Christ Regarding Prayer (1)**

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

**3 Nephi 8:47-48** 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. **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.

**Matthew 14:19** And straightway Jesus constrained his disciples to get into a ship, and to go before him unto the other side, while he sent the multitudes away. And when he had sent the multitudes away, he went up into a mountain, apart, to pray.

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**The Wonderful Gift of Prayer**  
**Words & Examples of Christ Regarding Prayer (2)**

Matthew 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.

Matthew 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.

Matthew 6:9

9 Therefore after this manner shall ye pray, saying,

10 Our Father who art in heaven, Hallowed be thy name.

11 Thy kingdom come. Thy will be done on earth, as it is done in heaven.

12 Give us this day, our daily bread.

13 And forgive us our trespasses, as we forgive those who trespass against us.

14 And suffer us not to be led into temptation, but deliver us from evil.

15 For thine is the kingdom and the power, and the glory, forever and ever. Amen.

Matthew 21:19 Jesus answered and said unto them, Verily I say unto you, if ye have faith, and doubt not, ye shall not only do this to the fig tree, but also, if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea, it shall be done.

20 And all things, whatsoever ye shall ask in prayer, in faith believing, ye shall receive.

Luke 6:12 And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God.

**Apostle Clifford Cole** wrote in The Revelation in Christ:

“Prayer is not merely asking God to give us our way. Prayer is communing with God. In such communion we find new strength and courage to face life head on. Our vision is made clear to see as we ought to see. The gates of our souls are opened so that we can admit to him things which we were afraid to speak to any other person, but which can be spoken to him who already knows our sin and help correct our errors. Prayer offers us the opportunity daily to recognize our dependence upon God. Prayer is the strengthening, guiding, cleansing, empowering communion with God who both made us and loves us.”

**We can see in these writings as well as in the many scriptures on prayer in the handout that come with this class that prayer is a very important subject to God. He calls us into prayer. Will you respond? Will you make prayer a priority in your life?**

2 Nephi 3:39 And by day have I waxed bold in mighty prayer before him; yea, my voice have I sent up on high; and angels came down and ministered unto me.

2 Nephi 6:103 Behold, my beloved brethren, remember the words of your God; pray unto him continually by day, and give thanks unto his holy name by night.

Mosiah 11:167 And again, the angel said, Behold, the Lord hath heard the prayers of his people, and also the prayers of his servant Alma, who is thy father: 168 For he has prayed with much faith concerning thee, that thou mightest be brought to the knowledge of the truth; 169 Therefore for this purpose have I come to convince thee of the power and authority of God, that the prayers of his servants might be answered according to their faith.

Mosiah 11:183 And he caused that the priests should assemble themselves together; and they began to fast, and to pray to the Lord their God, that he would open the mouth of Alma, that he might speak;

Mosiah 11:185 And it came to pass after they had fasted and prayed for the space of two days and two nights, the limbs of Alma received their strength, and he stood up and began to speak unto them, bidding them to be of good comfort:

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The Wonderful Gift of Prayer  
Prayer as Spiritual Warfare (1)



Ephesians 6:10-18

6:10 Finally, my brethren, be strong in the Lord, and in the power of his might. 6:11 Put on the whole armor of God, that ye may be able to stand against the wiles of the devil. 6:12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. 6:13 Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all to stand. 6:14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; 6:15 And your feet shod with the preparation of the gospel of peace; 6:16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. 6:17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God; 6:18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

2 Corinthians 10:3-4

10:3 For though we walk in the flesh, we do not war after the flesh; 10:4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds;)

1 Peter 5:8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.

D&C 90:8d What I say unto one I say unto all: Pray always, lest that wicked one have power in you, and remove you out of your place.

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**Prayer as Spiritual Warfare (2)**

Alma 16:238 And that ye live in thanksgiving daily, for the many mercies and blessings which he doth bestow upon you; yea, and I also exhort you my brethren, that ye be watchful unto prayer continually, that ye may not be led away by the temptation of the devil, that he may not overpower you, that ye may not become his subjects at the last day: for behold, he rewardeth you no good thing.

2 Nephi 14:11-12

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.

D&C 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 16:219-222

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.

Exodus 17:8-12

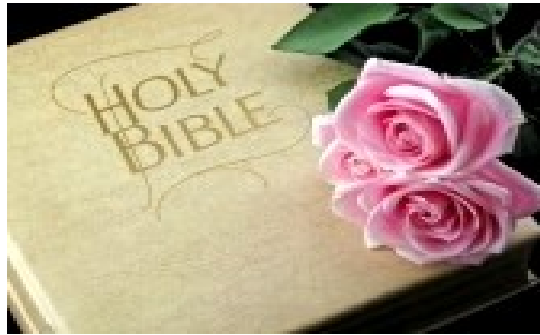
17:8 Then came Amalek, and fought with Israel in Rephidim. 17:9 And Moses said unto Joshua, Choose us out men, and go out, fight with Amalek; tomorrow I will stand on the top of the hill with the rod of God in mine hand. 17:10 So Joshua did as Moses had said to him, and fought with Amalek; and Moses, Aaron, and Hur went up to the top of the hill. 17:11 And it came to pass, when Moses held up his hand, that Israel prevailed; and when he let down his hand, Amalek prevailed. 17:12 But Moses' hands were heavy; and they took a stone, and put it under him, and he sat thereon; and Aaron and Hur stayed up his hands, the one on the one side, and the other on the other side; and his hands were steady until the going down of the sun.

3 Nephi 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.

3 Nephi 8:50 And it came to pass that when Jesus had spoken these words unto his disciples, he turned again unto the multitude, and said unto them, Behold, verily, verily, I say unto you, Ye must watch and pray always, lest ye enter into temptation;

3 Nephi 8:51 For Satan desireth to have you, that he may sift you as wheat; therefore ye must always pray unto the Father in my name; and whatsoever ye shall ask the Father in my name, which is right, believing that ye shall receive, behold it shall be given unto you.

**March 2020, Lesson #5**  
**The Wonderful Gift of Prayer**  
**The Power of Prayer Has a History Written in the Word of God (1)**



**Prayer can change the very laws of nature =** [James 5:17](#) Elijah prayed and the rain started and stopped.

- [Joshua 10:12](#) = Joshua prayed and the sun and moon stood still.

**Prayer changes lives and moves the angels =** [Mosiah 11:167-176 & Alma 7:40](#)  
A father's prayers moves the angels in heaven.

[Daniel 10:10-13](#)  
Daniel fasted & prayed and the angels responded.

**Prayer changes the fate of nations =** [II Kings 19:20](#) Hezekiah prayed and 185,000 in the Assyrian army died that night.

**Great Movements brought forth = by prayer** [I Samuel 12:8](#) Prayer brought for Moses & Aaron

[Acts 2:4](#) Pentecost came by prayer.

**Circumstances of life changed by prayer =** [Acts 16:22-26](#) Paul & Silas freed by prayer & praise.

[Acts 12:5](#) Peter freed from jail by prayers of the church.

**March 2020, Lesson #5**  
**The Wonderful Gift of Prayer**  
**The Power of Prayer Has a History Written in the Word of God (2)**

**Power of prayer can raise the dead =**      [Acts 9:39-41](#) Peter raises Dorcus.

[II Kings 8:5](#) Elijah raised the  
the widow's son.

**Prayer has the power to heal =**      [II Kings 20:16](#) Hezekiah healed.

[Acts 28:8](#) Publius healed  
when Paul prays for him.

**Prayer opens the door to the Holy Spirit =** [D&C 63:16](#) Ye receive  
the Spirit through prayer.

[Alma 3:79](#) Alma receives  
the Spirit through prayer.

**We Have Wonderful Promises Given to Us Concerning the Power of Prayer**

[Matthew 21:19-20](#) Jesus answered and said unto them, Verily I say unto you, if ye have faith, and doubt not, ye shall not only do this to the fig tree, but also, if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea, it shall be done.

[20](#) And all things, whatsoever ye shall ask in prayer, in faith believing, ye shall receive.

[Ephesians 3:20](#) Now unto him that is able to do exceeding abundantly above all that we ask or think.

[D&C 28:2c](#) And as it is written, Whatsoever ye shall ask in faith, being united in prayer according to my command, ye shall receive; and ye are called to bring to pass the gathering of mine elect, for mine elect hear my voice and harden not their hearts;

[Psalms 86:7](#) In the day of my trouble, I will call upon thee; for thou wilt answer me.

[Psalms 138:3](#) In the day when I cried thou answeredst me, and strengthenedst me with strength in my soul.

[Matthew 7:16-20](#) Then Jesus answered, and said unto his disciples, thus shall ye say unto them,  
[17](#) What man among you, having a son, and he shall be standing out, and shall say, Father, open thy house that I may come in and sup with thee, will not say, Come in, my son; for mine is thine, and thine is mine?

[18](#) Or what man is there among you, who, if his son ask bread, will give him a stone?

[19](#) Or if he ask a fish, will he give him a serpent?

[20](#) If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father who is in heaven give good things to them that ask him?



**March 2020, Lesson #5**  
**The Wonderful Gift of Prayer**  
**The Power of Prayer (1)**

**Prayer is powerful because it connects us to the very “Source of Power.”**  
**Prayer connects us to God who is the Creator of Heaven and Earth.**  
**Today we can understand more fully the creative power of God.**

Isaiah 40:26 Lift up your eyes on high, and behold who hath created these things, that bringeth out their host by number; he calleth them all by names by the greatness of his might, for that he is strong in power; not one faileth.

When Isaiah said these words he could not imagine how in our day, this the last days, we would actually be able to behold the many multitude of stars God had created. The Hubble telescope has granted us a view into the heavens that no other generation has ever had. The stars are truly beyond our counting, but yet God calls them by name. His power is made manifest as we look up into the heavens. We can look and be amazed, in ways no other generation has, for we have even found God’s own “Maker’s Stamp” upon the universe. What an astounding thing to see.

Psalms 147:4 He telleth the number of the stars; he calleth them all by their names.

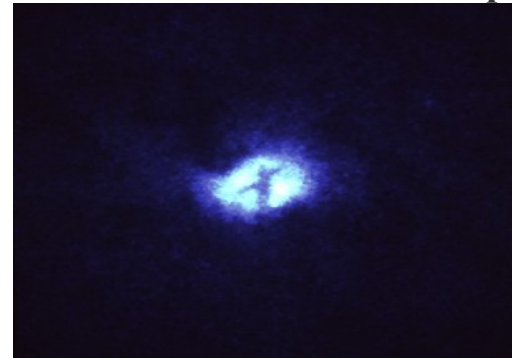
**Hubble**



**Whirlpool Galaxy**



**Hubble Cross is God’s Stamp**



Psalms 33:6 By the word of the Lord were the heavens made; and all the host of them by the breath of his mouth.

**He Calls Us His Friends**

Psalms 8:3-4 When I consider thy heavens, the work of thy fingers, the moon and the stars, which thou hast ordained; what is man that that our mindful of him.

Yet this Great God, who created heaven and earth and all the multitude of stars, calls us His friends and desires daily conversation with us, through prayer.

D&C 85: 16a And again, verily I say unto you, my friends, I leave these sayings with you, to ponder in your hearts with this commandment which I give unto you, that ye shall call upon me while I am near; 16b draw near unto me, and I will draw near unto you; 16c seek me diligently and ye shall find me; 16d ask and ye shall receive, 16e knock and it shall be opened unto you.

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**The Wonderful Gift of Prayer**  
**The Power of Prayer (2)**

**Milky Way from Earth**



D&C 22:21c And worlds without number have I created, and I also created them for mine own purpose; and by the Son I created them, which is mine Only Begotten.

Genesis 7:36 And were it possible that man could number the particles of the earth, yea, and millions of earths like this, it would not be a beginning to the number of thy creations.

**Hubble Extreme Deep Field = All bright spots are Galaxies**





**March 2020, Lesson #5**  
**The Wonderful Gift of Prayer**  
**The Power of Prayer (3)**

## **Laminin = God's "Maker's Stamp" Within our own D.N.A.**

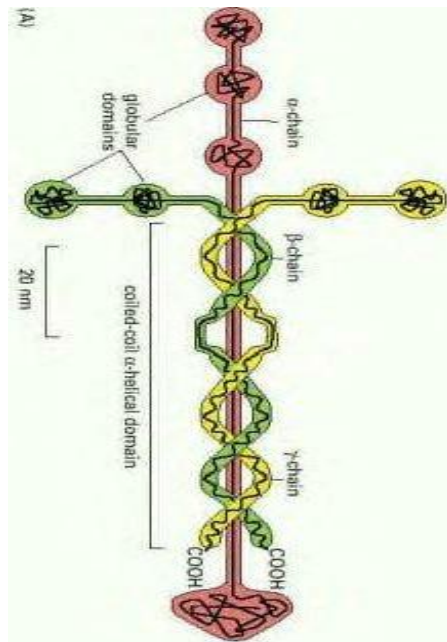
Connective Tissue = Glue that holds us all together.  
The D.N.A for the connective tissue that holds us together...is in the shape of the cross.

Paul tells us this in = Colossians 1: 15-17

**“Who is the image of the invisible God, the firstborn of every creature.**  
**For by him were all things created, that are in heaven, and that are in earth,**  
**visible and invisible, whether they be thrones, or dominions, or principalities, or powers;**  
**all things were created by him, and for him;**  
**And he is before all things, and by him all things consist.”**

**Word “Consist” in the Greek = HOLD TOGETHER**

### **Laminin**



**March 2020, Lesson #5**  
**The Wonderful Gift of Prayer**  
**The Power of Prayer (4)**

**This is the Powerful Creative God that we call upon in Prayer**  
**The Maker of Heaven and Earth and All Mankind**

Genesis 1:2 I am the Beginning and the End; the Almighty God. By mine Only Begotten I created these things. Yea, in the beginning I created the heaven, and the earth upon which thou standest.



Genesis 7:42 Behold, I am God; Man of Holiness is my name; Man of Counsel is my name; and Endless and Eternal is my name also. Wherefore I can stretch forth my hands and hold all the creations which I have made, and mine eye can pierce them also.



**From the Psalms we know David understood the Creative Power and Majesty of God**

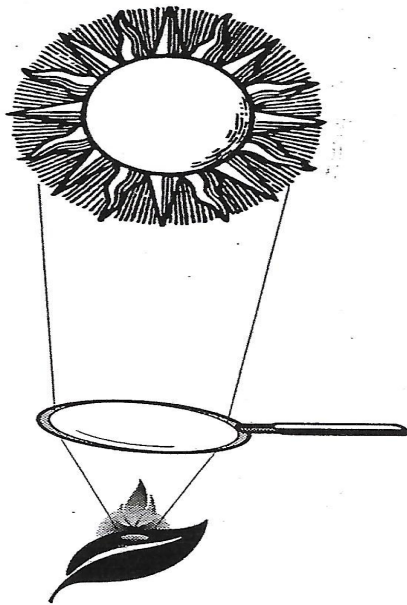
Psalms 95:1-7

- 1 Oh come, let us sing unto the Lord; let us make a joyful noise to the Rock of our salvation.
- 2 Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms.
- 3 For the Lord is a great God, and a great King above all gods.
- 4 In his hand are the deep places of the earth; the strength of the hills is his also.
- 5 The sea is his, and he made it; and his hand formed the dry land.
- 6 Oh come, let us worship and bow down; let us kneel before the Lord our maker.
- 7 For he is our God; and we are the people of his pasture, and the sheep of his hand.

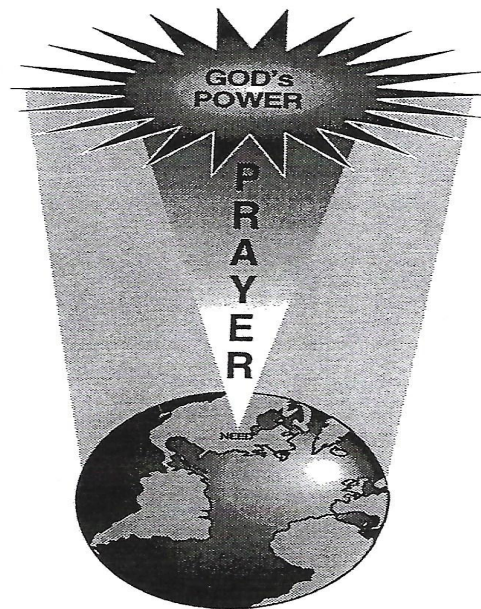
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**The Wonderful Gift of Prayer**  
**The Power of Prayer (5)**

Psalms 104:1-24

- 1 Bless the Lord, O my soul. O Lord my God, thou art very great; thou art clothed with power and majesty;  
2 Who coverest thyself with light as with a garment; who stretchest out the heavens like a curtain;  
3 Who layeth the beams of his chambers in the waters; who maketh the clouds his chariot; who walketh upon the wings of the wind;  
4 Who maketh his angels spirits; his ministers a flaming fire;  
5 Who laid the foundations of the earth, that it should not be removed forever...  
24 O Lord, how manifold are thy works! in wisdom hast thou made them all; the earth is full of thy riches.



The sun's rays are focused and directed, their power magnified, through a convex lens such as a magnifying glass.



God's power covers the earth. Prayer focuses and magnifies His power on a particular life or situation. "The Lord be magnified, Who delights in the prosperity of His servant." (Psalm 35:27, NASB)

**March 2020, Lesson #5**  
**The Wonderful Gift of Prayer**  
**Some Ways the Scriptures Show Me to Pray**



1. **Pray in Secret** = [Matthew 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.
2. **Pray Specifically** = [Mark 10:47-52](#) And when he heard that it was Jesus of Nazareth, he began to cry out, and say, Jesus, son of David, have mercy on me...  
[49](#) And Jesus stood still, and commanded him to be called. And they called the blind man, saying unto him, Be of good comfort; arise, he calleth thee. [50](#) And he, casting away his garment, arose and came to Jesus. [51](#) And Jesus said unto him, What wilt thou that I should do unto thee? [52](#) And the blind man said unto him, Lord, that I might receive my sight.
3. **Pray Boldly** = [Hebrews 4:16](#) Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.
4. **Pray Persistently** = [Luke 11:5-10](#) And he said unto them, Your heavenly Father will not fail to give unto you whatsoever ye ask of him. And he spake a parable, saying, [6](#) Which of you shall have a friend, and shall go unto him at midnight, and say unto him, Friend, lend me three loaves; [7](#) For a friend of mine has come to me in his journey, and I have nothing to set before him; [8](#) And he from within shall answer and say, Trouble me not; the door is now shut, and my children are with me in bed; I cannot rise and give thee. [9](#) I say unto you, Though he will not rise and give him because he is his friend, yet because of his importunity, he will rise and give him as many as he needeth. [10](#) And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.
5. **Pray in Faith** = [James 1:6-7](#) 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. [7](#) For let not that man think that he shall receive anything of the Lord.
6. **Pray in the Name of Jesus** = [John 14:13-14](#) And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. [14](#) If ye shall ask any thing in my name, I will do it.
7. **Pray According to the Will of God** = [1 John 5:14-15](#) And this is the confidence that we have in him, that, if we ask anything according to his will, he heareth us; [15](#) And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.  
[Isaiah 59:1-2](#) Behold, the Lord's hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear; [2](#) But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear.
8. **Pray Fervently** = [James 5:16](#) Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

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**The Wonderful Gift of Prayer**  
**Prayer Tools (1)**

**TOOL # 1: MAKE A PRAYER SCHEDULE**

Priorities determine your daily, weekly and even monthly schedule. Make a list of your daily responsibilities. Mark them honestly in the order of importance. Make your time count. There are 24 hours in a day, 168 hours in a week. Sleeping takes up 56 hours and that leaves 112 waking hours. In that 112 hours you make time to eat, work, go to school/study, and time for leisure activities. Ask yourself, does God get a fair share of your time? Do you actually have a set time for prayer? If not why not? Make out a schedule that you feel would be pleasing to God and then stick to it. Dare to be a Daniel. Make time for prayer; make time for God.

**TOOL #2: MAKE A PRAYER LIST**

Keeping a prayer list is a must if you want a powerful prayer life. I like to keep mine on index cards. The cards are easy to put a rubber band around and carry in a pocket, purse or bag. I put a date and the name of the person or persons that I am praying for. Beside their name I write down my prayer request. When the prayer is answered I then mark down the date and how it was answered, and then I put the card in a file box. These answered prayer cards become real treasures and just reading through them can boost your faith. Having a prayer list keeps you focused and helps you to remember to pray for those in need. It also helps you to think through and consider carefully those things you are requesting for yourself and others.

**TOOL #3: TAKE TIME TO KNOW GOD**

Set aside some time each month to just visit with God. Plan on those days to spend several hours with God, just as you would plan to spend time with a good friend. Take your 3 books, cards or notebook, pen etc. and find a quiet location. Make this a time to draw apart from worldly activities and go over your prayer requests/cards, set goals, evaluate your life, meditate, worship, listen for God's still small voice, to speak to you. Remember He says "Be still and know that I am God". Psalms 46:10 "Be still and know that I am God; I will be exalted among the heathen, I will be exalted in the earth". Everyone needs a time to just be still and communicate with our God who is over all of heaven and earth.

**TOOL #4: INCLUDE ALL NINE PARTS OF PRAYER IN AT LEAST ONE OF YOUR PRAYERS EVERY DAY.**

1. Praise
2. Thanksgiving
3. Confession and Repentance
4. Commitment
5. Intercession (when we pray for others)
6. Petition (when we pray for ourselves)
7. Submission (when we say "Thy Will Be Done")
8. In Jesus Name
9. Meditation (a time to be quiet and listen for that still small voice)



**March 2020, Lesson #5**  
**The Wonderful Gift of Prayer**  
**Prayer Tools (2)**

**TOOL #5: PRACTICE PRAISING GOD**

Praise God for His attributes, for who He is, and for the great deeds He has done. Do this by learning the attributes of God. Study the scriptures to learn His attributes—attributes such as being Loving, Holy, Sovereign, Powerful etc. Then review the names by which He is called, for this will tell you about who He is. Read the stories that tell you about God’s great deeds. Then praise Him for doing all those wonderful things. Praise will keep you focused on God, hence building your faith and making your prayers powerful. Psalms 9:10 says, “And they that know thy name will put their trust in thee, for thou, Lord hast not forsaken them that seek thee. Sing praise in Zion; declare among the people his doings.”

**TOOL #6: PRACTICE ARROW PRAYERS**

As you go through the day, practice keeping your mind open to God. Whenever someone or some situation comes to your mind offer up a quick prayer. I think of these as arrows flying into heaven carrying our requests to God. Arrow prayers are sweet, short prayers keeping us in touch with God as we go through our busy days. These types of prayers help our minds to be stayed on God. Isaiah 26:3: “Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee.”

**TOOL #7: PRAYER AND FASTING GO TOGETHER.**

Fast about your deepest concerns. Fasting will keep you very focused on God and upon your prayer concerns. Prayer and fasting are often found mentioned together in the scriptures. D&C 85:21: “Also I give unto you a commandment, that you shall continue in prayer and fasting from this time forth.”

**March 2020, Lesson #5**  
**The Wonderful Gift of Prayer**  
**Importance of Prayer**

**Study Scriptures for Consideration (1)**

Revelation 3:20-21 Behold, I stand at the door, and knock; if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

Mosiah 11:149-150 And they did admonish their brethren...being commanded of God to pray without ceasing, and to give thanks in all things.

James 4:2-3 ... ye have not, because ye ask not.

Isaiah 65:24 And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear.

Omni 1:47 Yea, come unto him, and offer your whole souls as an offering unto him, and continue in fasting and praying, and endure to the end; and as the Lord liveth, ye will be saved.

Mosiah 6:22 And God did hear our cries, and did answer our prayers; and we did go forth in his might.

Mosiah 6:48 And all this, because that Nephi was more faithful in keeping the commandments of the Lord; therefore he was favored of the Lord, for the Lord heard his prayers and answered them, and he took the lead of their journey in the wilderness.

Mosiah 7:37 And except they repent in sackcloth and ashes, and cry mightily to the Lord their God, I will not hear their prayers, neither will I deliver them out of their afflictions.

Alma 3:79 Behold, I have fasted and prayed many days, that I might know these things of myself.

Alma 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 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.

Helaman 2:31 Nevertheless, they did fast and pray oft, and did wax stronger and stronger in their humility, and firmer and firmer in the faith of Christ, unto the filling their souls with joy and consolation, yea, even to the purifying and the sanctification of their hearts, which sanctification cometh because of their yielding their hearts unto God.

3 Nephi 5:90 But behold I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them who spitefully use you and persecute you.

**March 2020, Lesson #5**  
**The Wonderful Gift of Prayer**  
**Importance of Prayer**

**Study Scriptures for Consideration (2)**

3 Nephi 5:97-99

5:97 And when thou prayest, thou shalt not do 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. Verily, I say unto you, they have their reward. 5:98 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father who is in secret; and thy Father, who seeth in secret, shall reward thee openly. 5:99 But when ye pray, use not vain repetitions, as the heathen, for they think that they shall be heard for their much speaking.

3 Nephi 5:101 After this manner therefore pray ye, (Lord's Prayer). Also see Matthew 6:10

3 Nephi 8:16 And when he had said these words, he himself also knelt upon the earth, and behold he prayed unto the Father, and the things which he prayed, cannot be written, and the multitude did bear record who heard him.

3 Nephi 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.

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

3 Nephi 9:38 And he commanded them that they should not cease to pray in their hearts.

Moroni 6:6 And the church did meet together oft, to fast and to pray, and to speak one with another concerning the welfare of their souls: and they did meet together oft to partake of bread and wine, in remembrance of the Lord Jesus.

D&C 85:38c And above all things, clothe yourselves with the bonds of charity, as with a mantle, which is a bond of perfectness and peace; pray always, that you may not faint until I come; behold, and lo, I will come quickly, and receive you unto myself. Amen.

D&C 87:6e Search diligently, pray always, and be believing, and all things shall work together for your good, if ye walk uprightly, and remember the covenant wherewith ye have covenanted one with another.

**March 2020 Lesson #5**  
**The Wonderful Gift of Prayer**

**Questions for Consideration**

1. Mosiah 11:149, gives us two commandments to follow. What are they?
2. James 4, tells us we have not. Because of what?
3. Isaiah 65:24. This should strengthen our faith in prayer. Why?
4. In Mosiah 6:48, why did God hear Nephi's prayers?
5. In Helaman 2:31, they did wax stronger in humility and firmer in the faith by doing what?
6. In Mosiah 7:37, what did the people need to do to before God would hear their prayers?
7. Read 3 Nephi 8:47-51. Why is this important to us today?
8. In 3 Nephi 14:11-12, important advice is given to you concerning prayer. Make a list of the advice and tell why you should follow it.
9. In D&C 85:38c, why must you pray always?
10. D&C 87:6e tells you several things you need to do so that they can work for your good. What are those things?
11. In Alma 4:6, what are the children of God commanded to do?