



## 3 Nephi 17–19

SEPTEMBER 28–OCTOBER 11

When Christ visited the Nephites, He prayed with them 11 times. Through word and example, He taught them how they should pray. Latter-day prophets, seers, and revelators continue to teach what the Savior taught about prayer. Here are a few examples:

### DISCUSSION

What else have the Savior and latter-day prophets and apostles taught about prayer? How can these teachings help your prayers become more meaningful to you?

### NOTES

1. David A. Bednar, “Pray Always,” *Ensign*, Nov. 2008, 43.
2. Thomas S. Monson, “Three Goals to Guide You,” *Ensign*, Nov. 2007, 120.
3. *Teachings of Presidents of the Church: Howard W. Hunter* (2015), 229.
4. Dallin H. Oaks, “The Language of Prayer,” *Ensign*, May 1993, 17.
5. Boyd K. Packer, “Prayer and Promptings,” *Ensign*, Nov. 2009, 46.

# How can I pray as the Savior taught?



## What the Savior taught

Pray for others (see 3 Nephi 17:14, 17, 21; see also 3 Nephi 18:23)

“Watch and pray always” (3 Nephi 18:15)

“Pray in your families” (3 Nephi 18:21; see also 3 Nephi 17:3)

Don’t multiply many words (see 3 Nephi 19:24; see also 3 Nephi 13:7)

“Pray on” (3 Nephi 19:26)



## What latter-day prophets, seers, and revelators teach

“Praying for others with all of the energy of our souls increases our capacity to hear and to heed the voice of the Lord.”<sup>1</sup>

“It is through earnest and heartfelt prayer that we can receive the needed blessings and the support required to make our way in this sometimes difficult and challenging journey we call mortality.”<sup>2</sup>

“If you will . . . [participate] in daily family prayer, . . . you will receive the promised blessings of the Lord in raising a righteous posterity.”<sup>3</sup>

“Our prayers should be simple, direct, and sincere.”<sup>4</sup>

“Pray often. Pray in your mind, in your heart. Pray on your knees. Prayer is your personal key to heaven. The lock is on your side of the veil.”<sup>5</sup>

