

# HOW TO PRAY



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Second Counselor in the First Presidency

Pray in Christ's name for strength and support.

Lift up your soul in prayer and explain to your Heavenly Father what you are feeling.

Let Him know of the trials you are facing.

Pour out your heart and express your gratitude.

Ask that your ears may be opened, that you may hear His voice.

Ask that your eyes may be opened, that you may see His light.

*Adapted from an April 2013 general conference address.*