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## TIPS FOR MEANINGFUL PRAYER

1

### PONDER IN YOUR HEARTS

Take a few minutes to think about your blessings and your needs. (D&C 9:7-8)

2

### PLAN OUT YOUR PRAYER

A prayer without a plan is just a wish. Use a prayer journal if you have one.

3

### REMEMBER GOD LOVES YOU

God knows your past. He knows what you need to do and He loves you!

4

### PRAY VOCALLY

The vocalization of prayers helps focus thoughts, and keeps the mind from wandering. (Enos 1:4)

5

### BE GRATEFUL

The most meaningful & spiritual prayers often contain many expressions of thanks and few, if any, requests. (D&C 59:21)

6

### ASK IN FAITH

Your God is a God of miracles! Ask in faith, believing that you will receive.

7

### TELL GOD WHAT YOU WILL DO

Write down what you are willing to do so that God can help answer your prayer.

8

### PRAY FOR OTHERS

Praying for others increases our capacity to hear and follow the Spirit. (Matt. 5:44)

9

### FINISH WITH A MOMENT OF SILENCE

Reflect on how you feel and what thoughts are coming to your mind.

10

### GET ON YOUR FEET AND GET TO WORK

Commit to do the things you have listed in your prayer journal to act in faith.