

Ponder, Pray, and Listen
By Karen Ashton

Behold, I say unto you they are made known unto me by the Holy Spirit of God. Behold, I have fasted and prayed many days that I might know these things of myself. (Alma 5:46.)

*“All over the world at the end of day,
Heavenly Father’s children kneel down and pray,
Each saying thank you in his own special way,
Saying thank you, thank you in his own special way.”*
(Children’s Songbook, pages 16–17).

Heavenly Father hears and answers the prayers of His little children. You are His child. He loves you and will hear and answer your prayers.

Before you begin to pray, take a few moments to think carefully about the beautiful blessings Heavenly Father has given you. This careful thinking is called pondering. Pondering about Heavenly Father’s blessings to you will bring a feeling of thankfulness, or gratitude, into your heart, and this feeling will help you prepare to talk to Him.

As you begin your prayer, let the feelings of your heart come through your voice. Speak to Heavenly Father with love and reverence. When you speak from your heart, He will listen. Tell Him how much you love Him. Thank Him for your blessings. Ask Him for the blessings you need. Tell Heavenly Father how you feel about His Son, Jesus Christ. Share with Heavenly Father the things that make you happy and the things that make you sad or frightened. Ask for the Holy Ghost to be with you. You can talk to Heavenly Father about anything. When you pray to Him, take your time and do not hurry.

When you finish your prayer, sit quietly for a moment and “listen” by thinking about Heavenly Father. Praying can invite a sweet, peaceful feeling that comes from the Holy Ghost. Heavenly Father will answer your prayers in a way that is best for you. As you pray, you will feel His love for you, and your love for Him will grow.

Instructions

Color the “Morning” and “Evening” sides of Figure 1, and the faces in each box in Figure 2. Carefully cut out both figures, and the windows in Figure 1. Fold both pieces along the dotted lines, with the pictures on the outside. On Figure 1, glue Tab A to the base to form a three-sided holder. Then insert the two-sided piece (Figure 2) through the holder. This little prayer reminder can sit next to your bed or on your pillow. Each morning and evening as you slide the picture piece through the holder from right to left, it will remind you to ponder, pray, and then listen.

