

Personal Prayer

Being raised in the church and having the concept of prayer taught to me my whole life, I have come to realize that for me the main purpose personal prayer is to develop a relationship with our Heavenly Father, to invite his spirit to be with us. It is during our personal prayers when we are alone with our Father in Heaven that we have the opportunity to talk out our problems with Him, express our feelings, our doubts, our insecurities, joys and deepest desires. When we put true thought into the things we are saying and asking for, we are better able to hear the whisperings of the spirit and receive answers to our questions. In Doctrine and Covenants 88:63-65 & 67 the Lord gives us a commandment; "Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me; ask and ye shall receive; knock, and it will be opened unto you. Whatsoever ye ask the Father in my name it shall be given unto you, that is expedient for you; And if ye ask for anything that is not expedient for you, it shall turn unto your condemnation. And if your eye be single to my glory, your whole bodies shall be filled with light, and there shall be no darkness in you; and that body which is filled with light comprehendeth all things." We can know God's will for us if we take the time to listen and pray.

The more time we spend conversing with Heavenly Father the closer we can be to him and the more sensitive we will be to his spirit and prompting. In Moroni 7:48 men are commanded to "pray unto the Father with all the energy" of their hearts, with all the strength that their whole souls possess. Elder Spencer W. Kimball explained how intimately and sincerely we should pray: "In our prayers, there must be no glossing over, no hypocrisy, since there can here be no deception. The Lord knows our true condition. Do we tell the Lord how good we are, or how weak? We stand naked before him. Do we offer our supplications in modesty, sincerity, and with a 'broken heart and contrite spirit,' or like the Pharisee who prided himself on how well he adhered to the law of Moses? Do we offer a few trite words and worn out phrases, or do we talk intimately to the Lord for as long as the occasion requires? Do we pray occasionally when we should be praying regularly, often, constantly? Do we pay the price to get answers to our prayers?"

Prayer gives us the strength we need each day to resist temptation and to serve the Lord. Even the greatest of men need the Lord's hand in all that they do. Great men pray. Washington at Valley Forge, Lincoln before Gettysburg, Eisenhower on D-Day, Jesus at Gethsemane and at Golgotha are all examples that everyone needs for the Lord's help. We can learn from these men to be humble and pray for the Lord's help. In Proverbs 3:6 it reads "In all thy ways acknowledge him and he shall direct thy paths"

It is during our personal prayers that we can receive the most important revelations and answers to our deepest concerns because we are focused and in a reverent atmosphere. Our church was restored through Joseph Smith. It was so important that Joseph Smith came to the Lord in personal secret prayer where the Lord was able to give him that vital revelation.

Personal prayer is an essential part of my life, prayer in the morning, evening and all throughout the day is a sincere blessing in my life. It's the foundation of my relationship with God, the means of gaining and strengthening my testimony and the most sure way I can know what God's will for me is.

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