


# HOW TO PRAY



**By President  
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Second  
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Presidency

A cartoon illustration of a young boy with brown hair, wearing a red and orange striped shirt, with his eyes closed and a slight smile, arms crossed. The background is a teal, brush-stroke-like shape.

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.*