

Praying and Singing to Heavenly Father

The song of the righteous is a prayer unto me, and it shall be answered with a blessing upon their heads (D&C 25:12).

When I was a little boy, I used to lose things. I would look all around, but I couldn't find them. After going through the house two or three times without finding anything, I would pray to Heavenly Father to help me. When I started looking

again, I would find what I was missing. That happened to me several times as a child.

Those times helped me learn to trust that Heavenly Father hears and answers my prayers.

When I was older, my testimony was strengthened as Heavenly Father answered my prayers. Heavenly Father never fails you.



From an interview with Elder Michael John U. Teh of the Seventy, currently serving as Second Counselor in the Philippines Area Presidency; by Sarah Cutler

The scriptures say, “Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you” (Matthew 7:7). I know that if you ask with a sincere heart and with real intent, Heavenly Father will give you the answers you seek.

When I was young, I loved Primary songs. I loved to sing them, even though I didn’t always understand all the words. As I grew older, I remembered the songs, and they helped me do the right things. I still love to sing the songs. I remember “Our Primary colors are one, two, three—red, yellow, and blue. Each one has a message for you and me. Each is a symbol true!”¹ I also remember “If you chance to meet a frown, do not let it stay. Quickly turn it upside down and smile that frown away.”² The song about the

wise man and the foolish man is another one of my favorites.³

I know Primary songs have been a source of strength for me. Now it makes me happy to see children learning Primary songs. I know the songs will help you the way they helped me.

Praying and singing Primary songs when I was a little boy helped me to get to know Heavenly Father. I know I’m a child of God. I’ve always known it. Even when I make mistakes, He is loving and generous to me. I have learned that when you do even one simple, small right thing, He pours out blessings upon you. There’s no doubt about it. He knows me. He loves me. I am His son.

Like me, you are a child of our Father in Heaven. No matter what happens, even if others turn their backs to you, our Father in Heaven will not. He’s always there. He loves you. ●

NOTES

- 1. “Our Primary Colors,” *Children’s Songbook*, 258.
- 2. “Smiles,” *Children’s Songbook*, 267.
- 3. See “The Wise Man and the Foolish Man,” *Children’s Songbook*, 281.