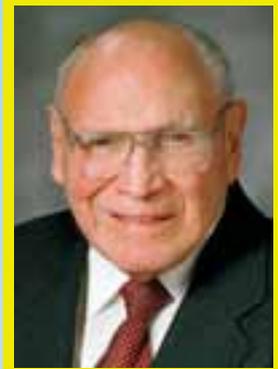




How can I improve my prayers?



Elder Joseph B. Wirthlin of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.

Meditate for a while on the things for which you really are grateful. . . . They don't have to be grand or glorious.

Thinking of things we are grateful for is a healing balm. . . . It changes our focus from our pains and our trials to the abundance of this beautiful world we live in.

We should express our gratitude for the small and simple things like the scent of the rain, the taste of your favorite food, or the sound of a loved one's voice.

Think of those things you truly need. Bring your goals and your hopes and your dreams to the Lord and set them before Him.

Approach Him with reverence and humility. Don't worry so much about whether your words are polished or not. Worry instead about speaking from your heart.

From "Improving Our Prayers," Ensign, Mar. 2004, 26-27.