

P

raise Heavenly Father for your blessings. Thank Him for everything—family, friends, pets, a beautiful sunny day, the gospel in your life.

R

epent, asking Heavenly Father to forgive you for things you have done wrong. Also ask Him to help you forgive others who have hurt you.

A

sk Heavenly Father to stay close to you each day and night and to help you make the right choices.

Y

ou are important to Heavenly Father. He cares about you and always listens to your prayers.

E

njoy feeling close to your Heavenly Father. He is happy when you talk to Him in prayer.

R

equest Heavenly Father's help with any problems you have. He knows what is best for you and can help you with any situation.

