

Alma Teaches How to Pray



Alma the Younger went with others to teach the Zoramites. The Zoramites used to believe in Heavenly Father, but didn't keep His commandments anymore. They didn't believe in Jesus. And they didn't remember the right way to pray.

Once a week, the Zoramites took turns praying. They climbed onto a tall stand. They held their arms up high. Then they thanked Heavenly Father that they were more special than other people. Every person said exactly the same prayer.





The Zoramites prayed only when they climbed the stand. They didn't think about Heavenly Father or pray to Him at home or anywhere else.



Alma taught the people that they could pray anytime. They could pray at home, in the fields, or in the wilderness. He taught that they could pray about anything and Heavenly Father would help them.



We can pray how Alma taught. We can pray anytime and anyplace. We can even pray silently in our heart. Heavenly Father will always hear us! ■