

Blessings PRAYER

OF

Heavenly Father promises great blessings to those who pray.

As you probably know, we are blessed if we keep the commandments (see D&C 130:20–21). After all, the Lord gives us instruction so that we can have joy. But what does it mean to be blessed? Sometimes we may think of blessings in such general, vague terms that they lose part of their significance. But every commandment brings you specific blessings when you live it.

For example, have you thought about the blessings Heavenly Father sends you when you pray? If you search the scriptures, you might be surprised at how many blessings are waiting for you because you pray! Just look up “Prayer, Pray” in the Topical Guide.

To the right you’ll see some of the blessings promised to you if you’re diligent in prayer, as well as the scriptures where you can read more about them.

So, the next time you hear someone say that you’ll be blessed for keeping the commandment to pray always (see 3 Nephi 18:15, 18; D&C 61:39), remember that it’s more than just a phrase. Heavenly Father has specific blessings set aside for His faithful children, and often, we simply need to ask for them and live worthy of them. **NE**

Forgiveness

- Enos 1:4–5
- Alma 34:17
- D&C 90:1

Blessings for your family

- 3 Nephi 18:21

Ability to overcome temptation

- Alma 34:39
- D&C 10:5
- D&C 20:33

Confidence to enter God’s presence

- Luke 21:36
- D&C 33:17

Actions that are consecrated

- 2 Nephi 32:9

Strength—that ye faint not

- D&C 75:11
- D&C 88:126

Wisdom

- James 1:5
- Alma 5:45–46
- D&C 32:4

Guidance and revelation through the Holy Ghost

- Alma 17:3
- Alma 37:37
- D&C 19:8
- D&C 42:13–14

Protection

- Alma 37:37
- D&C 90:24



Ability to
OVERCOME TEMPTATION

STRENGTH — *that ye faint not*

CONFIDENCE
to enter God's presence

Forgiveness

BLESSINGS *for your* **FAMILY**

Protection

ACTS OF LOVE

While sincere prayer brings many blessings, it's important to remember that we shouldn't keep commandments just to receive blessings. We should keep the commandments to show our love and gratitude to God. Love is the motivating influence in God's actions, and it should be the motivating factor in ours as well (see Matthew 22:36–40).

Wisdom

GUIDANCE & REVELATION
through the Holy Ghost

ACTIONS *that are* **CONSECRATED**

THE OBJECT OF PRAYER

"Prayer is the act by which the will of the Father and the will of the child are brought into correspondence with each other. The object of prayer is not to change the will of God, but to secure for ourselves and for others blessings that God is already willing to grant, but that are made conditional on our asking for them. Blessings require some work or effort on our part before we can obtain them. Prayer is a form of work, and is an appointed means for obtaining the highest of all blessings."

Bible Dictionary, "Prayer."