Jesus taught His disciples how to pray. He said that some people pray only so others will see them praying. Jesus taught that we should say our personal prayers where we can be alone, if possible.

Matthew 6:5–6

He said that some people say the same words over and over when they pray. They do not really think about what they are saying. Jesus said that we should pray sincerely for what we need.

Matthew 6:7–8
The Savior said a prayer to show His disciples how to pray. He began by saying, “Our Father . . . in heaven.” He praised Heavenly Father and then asked Him for help. He said “amen” at the end of His prayer. Later, Jesus told His disciples to pray to the Father in His name. He promised that Heavenly Father would answer their prayers.  