



By **President Henry B. Eyring**
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The Lord's PRAYER



When Jesus Christ lived on earth, His disciples noticed that He prayed often to His Heavenly Father. They asked Him to teach them how to pray. The prayer He gave is sometimes called the Lord's Prayer. Jesus prayed:

holy or sacred

Our Father which art in heaven, **Hallowed** be thy name.

The prayer begins with reverence for our Heavenly Father.

Thy kingdom come.

When we have a testimony that this is the true Church of Jesus Christ, the kingdom of God, we feel joy in its progress and want to build it up.

Thy will be done in earth, as it is in heaven. Give us this day our daily bread.

We pray that even the smallest task will be done as God would have it done. It makes all the difference to work and to pray for His success more than for our own.

And forgive our debts, as we forgive our debtors.

We must forgive to be forgiven.

And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen (Matthew 6:9-13).

We can remain clean with Heavenly Father's protection, the Savior's Atonement, and the constant companionship of the Holy Ghost.

We don't often use these exact words when we pray. But the words of this prayer are a perfect example of what we should ask Heavenly Father for. I know that God the Father lives. He hears and answers our prayers. ◆

REMEMBER TO PRAY

The Lord's Prayer can help us learn how to pray. When we pray, we can use our own words to talk to Heavenly Father about our day and our joys and worries. He wants us to pray to Him.

DEAR HEAVENLY FATHER,

I THANK THEE FOR ...

PLEASE FORGIVE
ME FOR...

I ASK THEE FOR...

HERE'S WHAT
HAPPENED TODAY...

IN THE NAME OF
JESUS CHRIST, AMEN.

Copy the words above onto pieces of paper and use them to make a mobile. Hang it somewhere to remind you to pray every day. You could decorate your mobile with pictures from the *Friend*!

