



## Lesson 1 Sample Prayer

Father,

I know Thou art my Loving Father, that I was born and raised in Thy courts of glory. Thou and Heavenly Mother love me completely. I know that those in the spiritual world (Thou, my Savior, my Heavenly Mother, the Holy Ghost and the angels who have charge over me) are my best friends. I was faithful in the pre-existence and was given the privilege of coming to this earth at this VERY specific time during the Last Days before the Savior comes back.

I praise Thee this day for the knowledge I have gained about the power of turning all my thoughts in praise unto Thee. I have peace knowing that the spiritual world is constantly available to me as I choose to turn my heart and mind toward heaven throughout the day in praise and prayer. I also know the solutions to all the problems in life come from the spiritual world.

I know as I choose to reach to the spiritual world in praising Thee that the power of the Atonement of Jesus Christ can be released on my behalf this day and that miracles can occur within my temple through the Grace of my Savior. I believe in turning to Thee for ALL my support and dedicating all my actions unto Thee this day. I ask Thee for Thy divine help to remind me throughout my day to turn my thoughts to Thee when I am confronted with any difficulty. Any "mast" I am tied to throughout my day, I know I can spiritually overcome because of praising Thee throughout the hardship and turning to Jesus, and giving Him and Thee my whole heart and mind.

I pray that Thou will direct me for good this day. As I raise my heart heavenward, I can be filled with thanks unto Thee and I will be lifted up throughout my day. I also understand that this life is about progression, and in moments when I choose to become temporally focused that I can be forgiven because of the Atonement of Jesus Christ. I understand as I engage in any temporal or natural man behavior, that I can in EVERY moment of weakness still turn to Thee for forgiveness and understanding.

I love Thee Father. I praise Thee and Christ for everything Thou has already put into motion for me today, for my highest good and benefit. Lead me today Father, and walk beside me, help me find the way in my heart to come spiritually back to Thee throughout the day. Help me feel Thy great love....

Help me remember this day that the worth of my soul is GREAT in THY SIGHT.