



## Lesson 4 Sample Prayer

Father,

I praise Thee this day for the knowledge that I am a beloved son/daughter of Thee and Heavenly Mother. I am grateful to know that I lived with Thee and Heavenly Mother before coming to this earth and that Thou lovest me with a perfect love. I know I was not sent here to earth to prove my worth before Thee, because my value was established in the heavens long ago. I know that the worth of my soul is great in Thy eyes. I praise Thee for the Atonement of my Savior Jesus Christ. I love Him and I am so grateful that His Atonement is real and active in my life this day.

Father, I am grateful for this earth life, for the opportunities I have every day to use the curriculum of the day for my spiritual growth. It is amazing to know to know that my performances throughout my day do not impact how thou feels about me. I am grateful to know that I can feel Thy perfect love for me in more abundance when I am choosing to use my good works to glorify Thee and stay on the path that leads to eternal life.

Please help me this day to see myself as Thou sees me. Please help me this day to treat myself and all those around me with awe and respect, as each one of us is a beloved son or daughter of Thee. Please help me not to condemn myself this day because of any poor or negative performance. Please help me to not be dependent on the temporal world to make me feel of worth.

Father, help me this day to become One with Christ by seeing, thinking, feeling and doing as He did. I love Thee Father and praise Thee forever!

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