



Lesson 5 Sample Prayer

Father,

Today I have the chance to use all my performances for spiritual growth. Thou knows the different habits I've been in with my performances - and where I've been temporally focused and where I've been spiritually focused. I ask Thee Father to help me use my performances for my spiritual growth. Help me in my moments of decision to expand the space between stimulus and response by using prayer and praise. I want to create a constant partnership with Thee. I know there is always improvement I can make, but I want to make those improvements because of my desire to glorify Thee.

I think it's amazing how I can be an instrument in Thy hands today. Help me to let my light shine, to use my talents and gifts to expand the world around me, all the while glorifying Thee in my heart because of it. I can become more like Jesus Christ when I glorify Thee in ALL THINGS, and I will abide in Thy love as a result. And I rejoice that I am counted worthy to receive!

I know that the Atonement of my Savior is always available to me, and all I need to do is reach up to Thee, praising Thee and glorifying Thee, and then I can qualify for the Grace of Christ. I am so grateful I can be of good cheer because of Thy kingdom already being promised to me. Father, I'm so grateful that Thou loves me with perfect love no matter what I do or don't do - but this knowledge of love is motivating me to be an instrument in Thy hands in everything!

Forgive me when I make mistakes and fall, help me to get back into the light as quickly as possible in order for there to be no barriers between me and Thy love. Keep teaching me how to pray to Thee ALWAYS and in Everything! And because of becoming spiritually focused EVERY DAY is a GREAT DAY! Everything I do, all my daily actions can be used to glorify Thee. I'm so grateful for the curriculum of the world Thou has set up for my best spiritual growth. And when I perform my daily activities for Thee, it helps me keep the shield of faith up so the firey darts of Satan can't come through.

I love Thee and Heavenly Mother. I praise Thee with my whole soul today. I'm grateful to know that the worth of my soul is great in THY SIGHT.