



## Lesson 8 Sample Prayer

Father,

Thou knowest right now that I am going through an adversity that I cannot face on my own. I need you. I need your love and your strength. I praise Thee for this opportunity to understand the Atonement more fully in my life.

I know that living a righteous life does not mean I won't have personal suffering and heartache. But I also know, living with whole-soul and unshaken faith in Jesus Christ, is what will help me to overcome this adversity. I praise Thee to know, as I reach up to Thee in my hard times, Thou will help to release the power of Jesus Christ on my behalf. I praise Thee for the power of faith, and that I can build greater faith in Thee no matter what the outcome of this adversity ends up being.

My whole-souled faith is a source of inner strength. I praise Thee for giving me the desire to turn to Thee while I am completely on my knees, brought down into the depths of humility, while I struggle. I praise Thee for helping me find courage to cope and find hope in the midst of this heartache.

I thank Thee for the ability to remain spiritual steadfast and spiritual focused and I know, as I turn to the Heavens in praise, the Atonement will release miracles on my behalf, either in my external environment, or within me personally.

I praise Thee for the gift of strength, that I can receive through the mercy of my Savior Jesus Christ. I praise Thee that, as I remain steadfast in Jesus Christ, the heavens will provide solutions for me and answers to my adversity.

I know, as Paul said, my strength is made perfect in my weakness. I glory in my adversity, not because of the hardship, but I glory in the fact that my hardship is causing me to turn my heart to Thee FULLY and completely, because I cannot do this alone without you. Teach me how to surrender everything within me. Teach me to turn to Thee for ALL my peace. When I am weak before Thee, then Thou wilt make me strong.

I am reaching up to the heavens Father. I am reaching to Thee. I praise Thee to know that my soul is great in Thy sight and that Thou wilt be with me throughout everything I am going through. Help me to keep my heart open and humble to receive the answers I seek.