



Lesson 9 Sample Prayer

Father,

I want to talk with Thee about my personal freedom. I praise Thee for redeeming me from the fall because of Thy Son, My Savior Jesus Christ. I praise Thee for HIM, and that, because of His sacrifice for me, I am free forever. I know, as Jesus told us in the scriptures, the power is in me to see and recognize how I can become more accountable for my choices in this life.

This world has been set up to try my faith. It has been set up to attack my agency. Help me to see where I have been disowning. Help me to see where I have been giving away the power of my agency. I praise Thee for the knowledge that, as I keep my power of agency, I am able to keep my armor up against the attacks of Satan. I know disowning is one of his favorite ways to get me to give up my agency. I pray to Thee for help to see where I can repent and apply the Atonement of Jesus Christ more fully in my life.

I know, as I show mercy, that I will be given mercy by Thee. I know, as I judge righteously and forgive freely, that I will be forgiven by thee. I will have good rewarded to me by Thee forever. I know, no matter what others may do around me, that I am not in charge of their thoughts or what they decide to do in their temple. I am only in charge of me and feeling the spirit in as much abundance as possible. I praise Thee for the freedom I receive by focusing on keeping the Holy Ghost with me as my constant companion.

I praise Thee for the fact that Jesus Christ is perfectly capable of clearly seeing ALL the facts of every situation. I can trust Him to help me remove the beam from my own eye before I try to condemn someone else. I praise thee for the opportunity to repent and to get the beam out of my own eye first.

I praise Thee for the doctrine of Christ, that teaches me to serve others, from a willing heart. I know, as I serve from a willing heart, I will no longer serve because of feeling like I “have to”, but because I am fully choosing to use my agency to its fullest extent. I choose to change my attitude first. I choose to look to Christ first and to have the spirit teach me where I can improve.

I praise Thee for the chance to grow in this life! I praise Thee that I can choose to look on improving with a joyful perspective. I ask Thee to help me keep looking to



Thee for help in my weaknesses and to keep feeling the spirit with me, even when I fall short. I praise Thee that I can use my freedom to look for the good, and I can use the power of freedom to stand up for truth and righteousness.

I praise Thee for Thy love for me and helping me to become like Thee as I strive to become like Jesus Christ. I choose to use the power of my agency to be a positive influence in other's lives, and I know the worth of my soul is great in Thy sight, and that Thou art so happy when I choose to keep turning to Thee for help.