



Funtastic Family Home Evenings  
*Easy to Prepare! Fun to Share!*

## ARE YOU SAYING OR PRAYING?

(Ages ~7 to 18)

### PURPOSE

To help family members understand that:

1. True prayer comes from the heart
2. Prayers are ineffective if they are vain repetitions
3. Sincere prayer takes a little more time and effort



### MATERIALS

- Scriptures
- Letter in an envelope

### SONG SUGGESTIONS

- [“Prayer is the Soul’s Sincere Desire”](#), *Hymns* # 145,
- [“A Child’s Prayer”](#), sung by the Mormon Tabernacle Choir

### LESSON IDEAS

1. Object lesson: Show your family an envelope with a letter inside. Have an address written on the outside, but no postage stamp on the envelope. Ask if the mail carrier will deliver the letter. (No, it has no stamp)
2. Explain that sometimes our prayers are not “delivered” because we leave out a very important thing. Read as a family the following scriptures. Ask your family to look for the important element that should be in all of our prayer.
  - a. Moroni 7:9
  - b. Alma 33:11
  - c. Matthew 6:7 (‘vain repetitions’ are things said repeatedly but without meaning)
3. You may want to share one of the following stories and ask why they think Heavenly Father heard these little girls’ prayers.
  - a. Story, [The Lord Sent Me a Shepherd](#)
  - b. Story, [Go Check on Wendi](#)
4. Share the following quote from President Ezra Taft Benson: “When you pray—when you talk to your Heavenly Father—do you really talk out your problems with Him? Do you let Him know your feelings, your doubts, your insecurities, your joys, your deepest desires—or is prayer merely a habitual expression with the same words and phrases? Do you ponder what you really mean to say?” (*Ensign*, Nov. 1977, 32).
5. Explain that sincere prayers often take a little more time and effort, but are rewarded by the peace of knowing that the prayers are being heard.

6. Challenge your family not to say anything in their prayers that they really don't feel. Testify that Heavenly Father really does hear the prayers that come from our hearts.

#### ACTIVITY IDEA

Help your family create a scripture chain with the scripture references used in the lesson. Scripture chains can be very helpful when preparing a talk or as a missionary.

Begin by turning to Moroni 7:9 and writing Alma 33:11 in the white space along the edge of the scripture page. Turn to Alma 33:11 and write Matthew 6:7 next to Alma 33:11. Then turn to Matthew 6:7 and write Moroni 7:9 next to that verse. Now all three scriptures are linked together in a scripture chain.

You may also want to have your family create a page of all of the scripture chains they make. You can use an empty white page at the back of the scriptures to write down the topics of the scripture chains. Write the first scripture reference next to the topic (there is no need to write down all of the references since you have them linked together). It might look something like this:

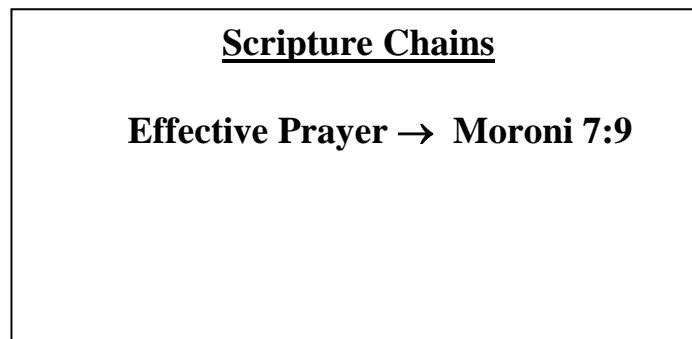


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