

Did You Think to Pray?

PURPOSE

To help listeners understand that prayer brings power and strength in times of trials and temptation.

MATERIALS

- A small dish filled with water
- Shaker of pepper
- A bar of soap



LESSON IDEAS

1. Hold up the shaker of pepper and explain that the pepper represents temptations and trials. Shake some pepper onto the water in the dish. Ask, “What is one of the best things we can do when we are tempted or struggling with challenges?” (Allow listeners to respond)
2. Read D&C 10:5 as a group.
 - a. Hold up a bar of soap and tell listeners that the soap represents prayer. Have someone rub his/her finger on the soap bar and then touch the finger on the surface of the water in the dish (the pepper will spring to the sides of the dish).
 - b. Encourage listeners to underline or highlight this verse in their scriptures. You may also want to read 2 Nephi 32:8 and remind listeners that Satan tries to encourage us not to pray.
3. President Brigham Young once said, “Prayer keeps a man from sin, and sin keeps a man from prayer.”
4. You may wish to share a personal experience when prayer has provided strength in time of trial or temptation.
5. Testify that our Heavenly Father hears our prayers and will help us in times of temptation and trial.