



**FHE**  
with  
*Living Scriptures*  
STREAMING

## Ask and It Shall Be Given You

**Objectives:**

- Emphasize that “ The Lord's Prayer” is a masterful model for our prayers.
- Talk about how Heavenly Father will always answers our prayers.

**Reinforces Principle of:**

- Prayer

### **Each lesson contains 5 activities:**

(Choose the activities that fit your family's schedule.  
Additional resources are provided as extra time may be available.)

|                        |  |
|------------------------|--|
| <b>Reverence Time:</b> | Song, prayer, scripture and video clip     |
| <b>Lesson Time:</b>    | Lesson summary and points to ponder        |
| <b>Story Time:</b>     | Story                                      |
| <b>Activity Time:</b>  | Object lesson or activity                  |
| <b>Treat Time:</b>     | Prayer, theme related recipe & music video |



# Reverence Time

Approximate Time: 5 minutes

**Sing Together:** Children's Songbook #12 "A Child's Prayer."  
If you wish to have an online music file to accompany you visit:  
<http://www.lds.org/cm>  
(Note: Navigate to the *Interactive Church Music Player* where you can listen to and print Church hymns and children's songs.)

**Prayer:**

**Scripture Time:** Matthew 7:7-8

7. Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

8. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

**Video Clip:** Watch a clip (6:10 - 9:30) from the Living Scriptures Streaming Library, *The Lord's Prayer* (The Animated New Testament)



## Lesson Time

Approximate Time: 10 minutes

### Lesson

(For younger children, it may be helpful to summarize the following ideas):

### Summary:

*“Ask and it shall be given you...” (Matt 7:7)*

Sometimes children and parents are apart for a time and can't see each other. (Give an example: “Remember when Mommy went to the hospital to have the baby? or when Daddy was away on business.”)

**How can we talk to them, during these times, so that we can feel near to them and feel of their love?**

(Call them on the phone, e-mail, write letters, etc.)

Even though we can't see our Heavenly Father, He is near and He wants us to talk to Him and feel His love for us.

**How can we talk to Heavenly Father?** (Through prayer.)

“Prayer is a supernal gift of our Father in Heaven to every soul...the absolute Supreme Being, the most all-knowing, all-seeing, all-powerful personage, encourages you and me, as insignificant as we are, to converse with Him as our Father...He knows how desperately we need His guidance, He commands,

Thou shalt pray vocally as well as in thy heart; yea, before the world as well as in secret, in public as well as in private.’ (D&C 19:28) *Richard G. Scott, General Conference, April 2007 © 2007 Intellectual Reserve, Inc. All rights reserved. (For complete talk see—Using the supernal gift of Prayer)*

**What would you do if you had a hole in your shoe?** (Discuss how children would need *talk* to their parents about the problem and *ask* them for a new pair of shoes.)

Parents love their children and will do everything in their power to help them. Heavenly Father also loves us, His children, and wants to help us.

**If you didn't talk to your parents for a whole day, would they be sad?** (Parents talk about how you would feel if your children didn't talk to you.)

**Do you think it makes Heavenly Father sad when we don't talk to Him?** (Yes.)

*The Lord's Prayer is a masterful model for our prayers.*

When we pray there are four basic steps to follow, but we should always remember to make our prayers meaningful and really talk to Heavenly Father and not just recite our prayers.

**What are the four basic steps?**

(1–Address: “*Our Father in Heaven.*” 2–Give thanks: “*We thank thee.*” 3–Ask: “*We ask thee.*” 4–Close: “*In the name of Jesus Christ, amen.*”)

*As we pray we must remember that Heavenly Father knows what is best for us.*

Learn to accept His will in all things. “As you pray like Christ, you can become more like Christ. Because of my early childhood training, I never felt, as some do, that I was foolish in kneeling by the side of a bed and speaking out into open space. But all who follow the Lord's commandment to pray soon learn, as I have, that our prayers are heard and answered. They learn that God is closer to us than we ever know.”

*Bernard P. Brockbank, New Era, Dec 1981 © 2007 Intellectual Reserve, Inc. All rights reserved.*

**Points to Ponder:**

**What should you do before you begin your personal prayers?** (Discuss the obvious, kneel down, fold your arms and close your eyes.)

Another thing you can do before beginning your personal prayers is to ponder. To ponder means to think carefully about the blessings Heavenly Father has given you. Pondering can bring you a feeling of gratitude that will help you prepare to talk to your Heavenly Father.

**Can you talk to Heavenly Father about anything?** (Yes.)

When you pray do not hurry. Voice the feelings of your heart while speaking to Him with reverence. Tell Him how much you love Him. Thank Him for your blessings and ask Him for the blessings you need. Share with Him your feelings and the things that make you happy and the things that make you sad or frightened. Tell Heavenly Father of your love for His Son, Jesus Christ and ask for the Holy Ghost to be with you.

**Can praying bring you a peace?** (Yes.)

When you finish your prayer, sit quietly for a moment and think about Heavenly Father. Listen to the still small voice of the Holy Ghost. The Holy Ghost will give you a sweet and peaceful feeling. Always remember that Heavenly Father will answer your prayers in a way that is best for you.

**Quote:**

“What a marvelous and wonderful thing is prayer...We can actually speak with our Father in Heaven. He will hear and respond, but we need to listen to that response. Nothing is too serious and nothing too unimportant to share with Him.”

*Gordon B. Hinckley, Friend, Jan 2006 © 2007 Intellectual Reserve, Inc. All rights reserved.*



## Story Time

Approximate Time: 2 minutes

Jenny buried her head in her pillow so Sarah wouldn't hear her crying. "Why won't He answer my prayers?" she questioned as she cried herself to sleep.

The next morning Jenny crawled out of bed and knelt next to it like she always did in the mornings to say her prayers, but she was angry and couldn't make the words come out. "Heavenly Father doesn't answer my prayers anymore anyway!" She mumbled as she rose to her feet and left her bedroom without praying.

Jenny found Mother flipping pancakes, her eyes were red and Jenny knew she had been crying. Mother smiled when she saw Jenny, "Good morning, Sunshine! Is Sarah still sleeping?" Mother greeted.

Jenny nodded.

"Do you mind getting her up for me? Aunt Pat's going to watch her for me this morning while I take Grandma to her doctor's appointment—and I'm running a little late."

When Jenny returned with her sister, they all sat at the table for breakfast. "Jenny will you say the blessing?" Mother asked.

Jenny didn't want to tell Mother that Heavenly Father didn't answer *her* prayers, instead she replied, "Sarah wants to say it. Don't you Sarah?"

Sarah grinned. "I say prayer, Mommy?"

After school, Jenny looked around, but couldn't see Mother's car. "Jenny, over here!" she heard Aunt Pat call from her car. Jenny opened the car door and climbed in next to Sarah who was sleeping in her car seat. "Where's Mommy?" Jenny asked.

Aunt Pat looked concerned. "She's at the hospital with your Grandma," she answered. "You and Sarah get to sleep over at my house tonight! Your clothes and your favorite DVDs are all packed."

Jenny always loved sleeping over at her father's sister's house. Aunt Pat was her favorite, but today she was sad and wanted her Mommy. Tears welled up in her eyes as the car pulled out of the school parking lot. When they reached Aunt Pat's house and Sarah was tucked into the spare bed to finish her nap, Jenny asked, "Is my Grandma going to be okay?"

"I don't *know* Jenny, but I'm *praying* for her."

“What *good* does praying do? Heavenly Father doesn't answer!” Jenny spouted angrily.

Aunt Pat took Jenny in her arms and stroked her hair. “Oh, Jenny! I know it's hard to understand, but Heavenly Father *does* love you and will *always* answer your prayers, but *sometimes* the answers aren't what we want to hear,” Aunt Pat explained.

Jenny looked up at Aunt Pat. “What do you mean?” she questioned.

“When we pray to Heavenly Father, we have to remember that He knows what is best! There is much in life that is not easy, but Heavenly Father and Jesus are mindful of the things we must endure in this life. They *will* help us through these tough times *if* we ask.”

“But I *have* asked and Grandma hasn't gotten better!”

“Jenny, I don't know if your Grandma *will* get better,” Aunt Pat honestly answered the little girl. “Losing a loved one is really hard. Did you know that I was just about your age when I lost my grandma?”

Jenny shook her head.

“I know how much you want her to get better, but death is part of Heavenly Father's plan. What we need to remember is that families can be together *forever*.”

“So I *shouldn't* ask Heavenly Father to make Grandma better?”

“You *should* to ask Heavenly Father to heal your grandma, but *remember* Thy will be done'. There are other things you can also pray for, like asking Him to help ease her pain and to comfort her and your family. When my grandma knew she would soon be returning to Heavenly Father, she read me a scripture that brought *me* comfort. Would you like me to read it to you?”

Jenny wiped her tears with the back of her hand and nodded. Aunt Pat got her Bible down from the shelf and opened it to John 16:22, “ And ye now therefore have sorrow: but I will see you again, and your heart shall rejoice, and your joy no man taketh from you.”

Before going to bed that night Jenny knelt down and asked Heavenly Father to help her accept His will. As she climbed into bed a warm and comforting feeling filled her heart and she *knew* Heavenly Father loved her and *did* answer her prayers.

by Margie Nauta Lee © 2018 Living Scriptures, Inc.



## Activity Time

Approximate time: 20 minutes

**What you need:** A copy of the “Prayer Children” activity ( If desired, print a prayer child for each of your children), scissors, glue, heavy card stock and brass fasteners.

**Preparation**

1. Print out the artwork.
2. Cut along black solid lines.
3. Put “Prayer Children” together by following assembly instructions included with this activity.

**Activity:** Use the “Prayer Children” to show and discuss how to prepare for prayer.



1. Why do we kneel to pray?

Read: (3 Nephi 19:16) “And it came to pass that he spake unto the multitude, and commanded them that they should kneel down again upon the earth, and also that his disciples should kneel down upon the earth.”

Help the children understand that we don't always kneel when we pray, but when we do it shows Heavenly Father the utmost respect.

(Fold “Prayer Children” at knees. Fan “Prayer Girl's” skirt out into an “A” shape to balance her in a kneeling position.)

2. Why do we fold our arms when we pray?

Help the children understand that moving their hands during the prayer might keep people from listening to the prayer. (Fold “Prayer Children's” arms.)



3. Why do we close our eyes when we pray?

Help the children understand that they are less likely to be distracted by things around them when they close their eyes. They can think of Heavenly Father and what they are saying to him.

(Glue eyelids over “Prayer Children's” eyes to make them closed.)

4. Why do we bow our heads when we pray?

Help the children understand that bowing our heads when we pray shows Heavenly Father that we love, honor, and respect him.

(Bend “Prayer Children's” heads to a bowing position.)

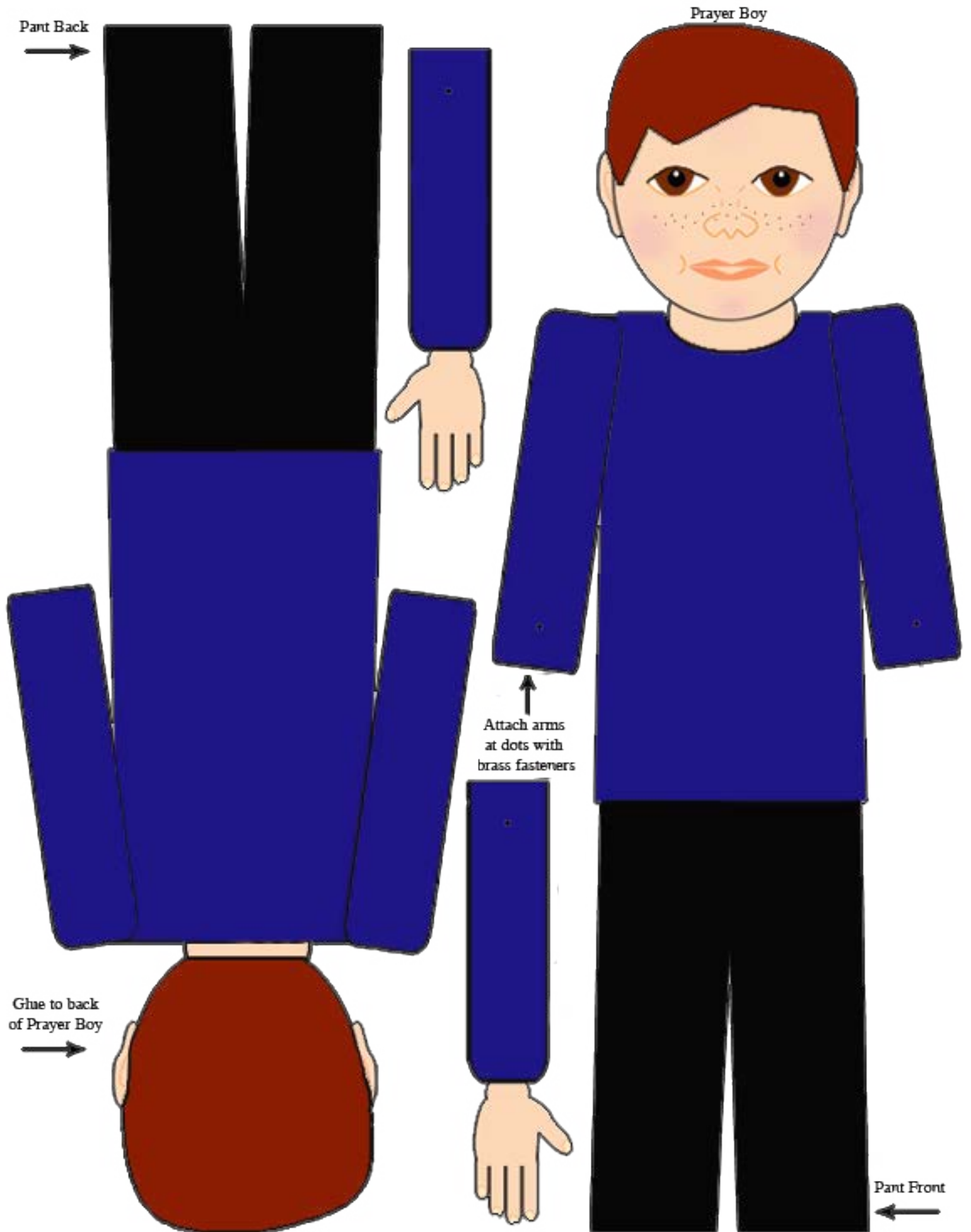
## **“Prayer Boy” Assembly Instructions**

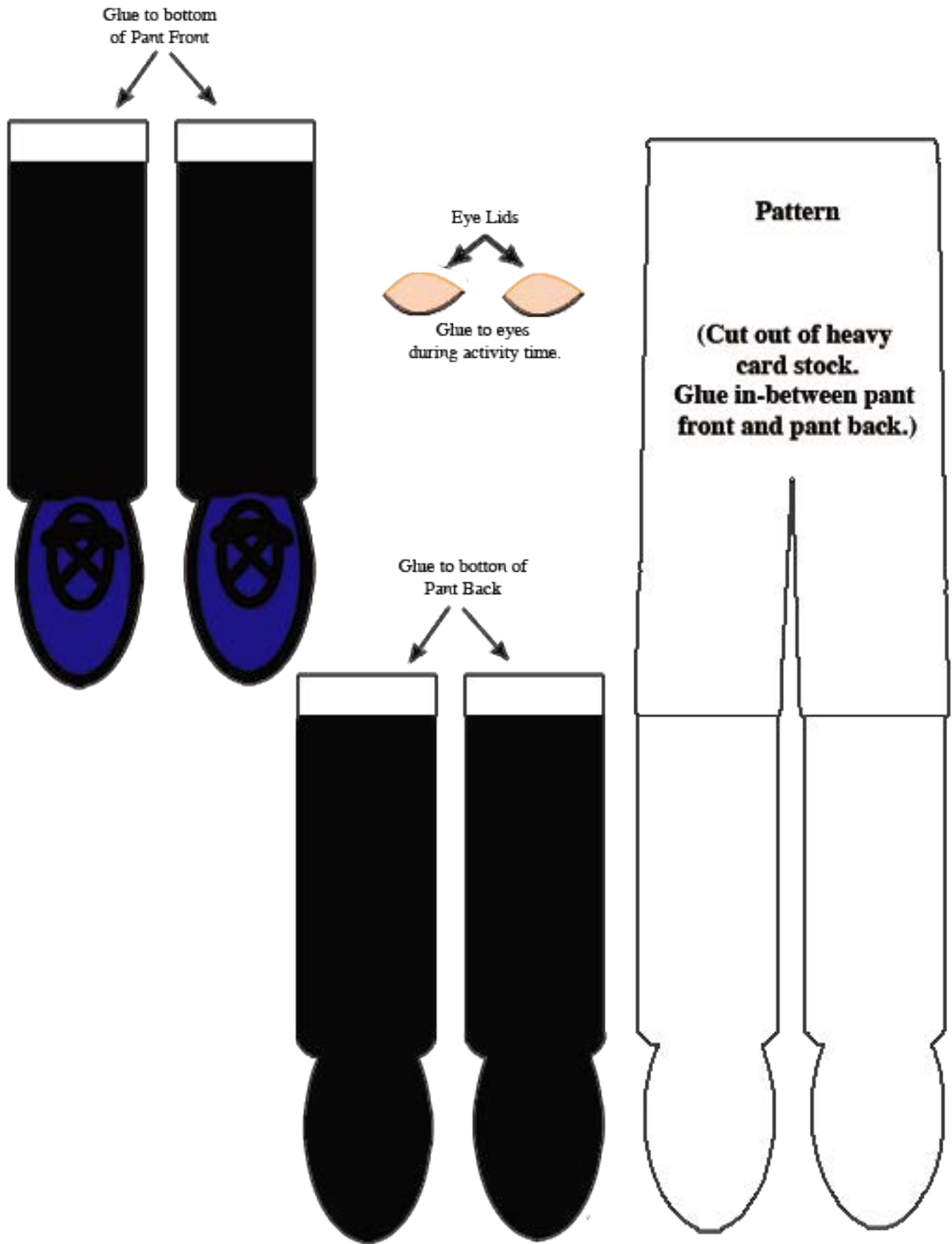
1. Glue Front Legs to Pant Front (line up bottom of pant with black line).
2. Glue Back Legs to Pant Back (line up bottom of pant with black line).
3. Glue card stock Pants to Pant Front.
4. Glue Prayer Boy Front to Prayer Boy Back.
5. Attach arms at black dots with brass fasteners.
6. Glue eyelids over eyes during activity time.

## **“Prayer Girl” Assembly Instructions**

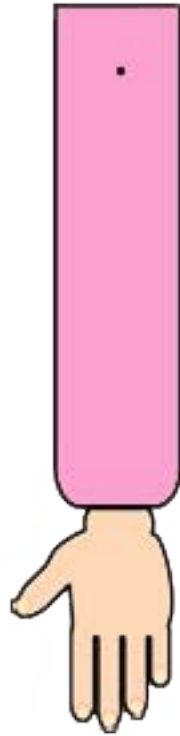
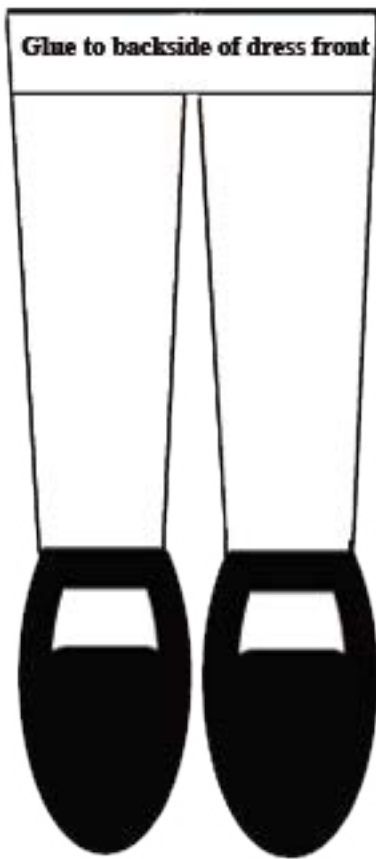
1. Glue Back Legs to Front legs.
2. Glue Legs to Skirt Front (line up bottom of skirt with black line).
3. Glue Prayer Girl Top Front to Top Back, leaving skirt free.
4. Fold card stock skirt at fold line and then glue to inside of Skirt Front and Skirt Back to form an “A” frame.
5. Attach arms at black dots with brass fasteners.
6. Glue eyelids over eyes during activity time.



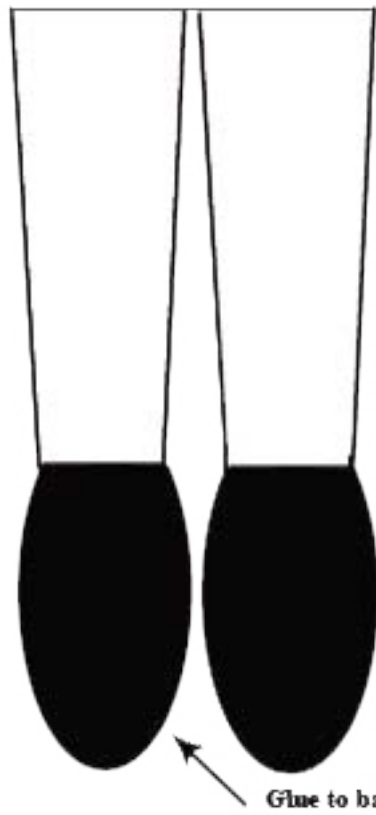
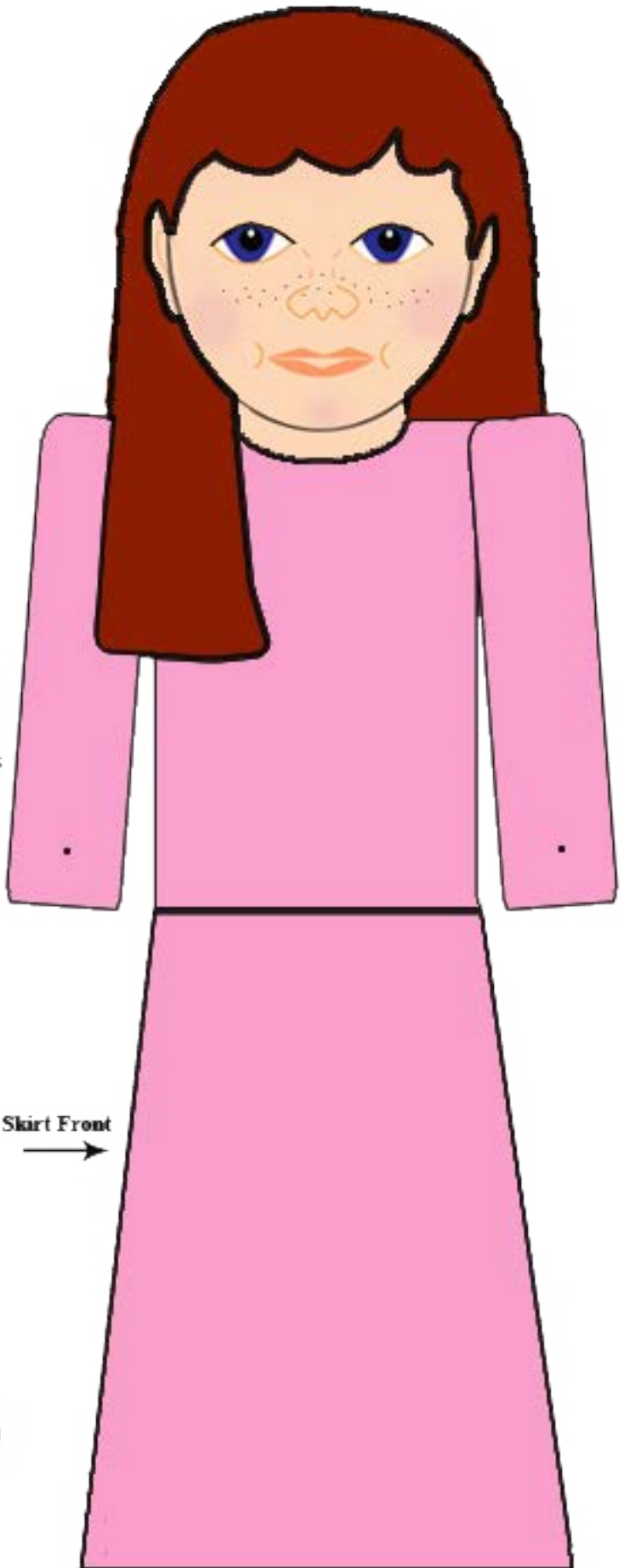
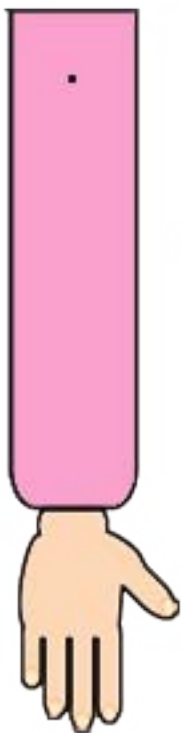


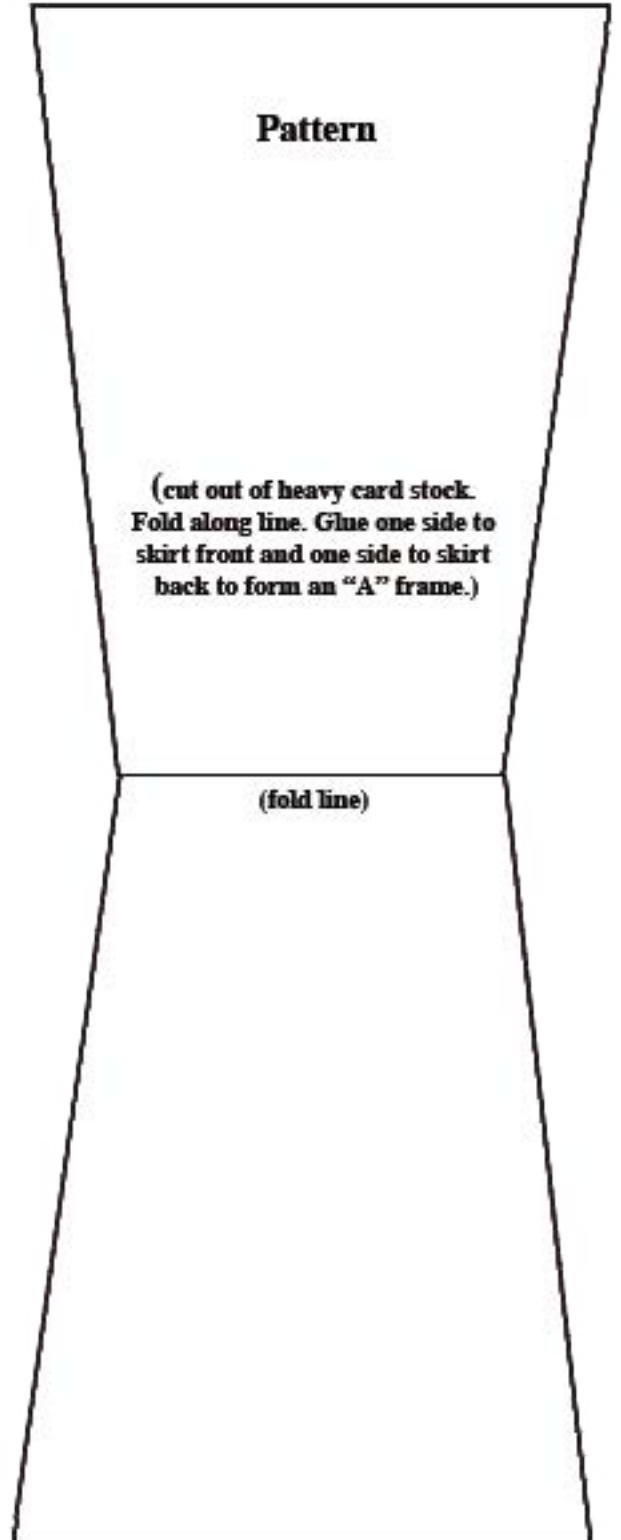
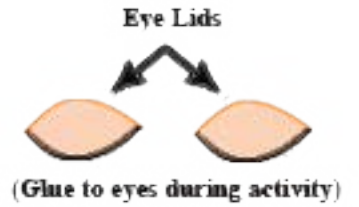
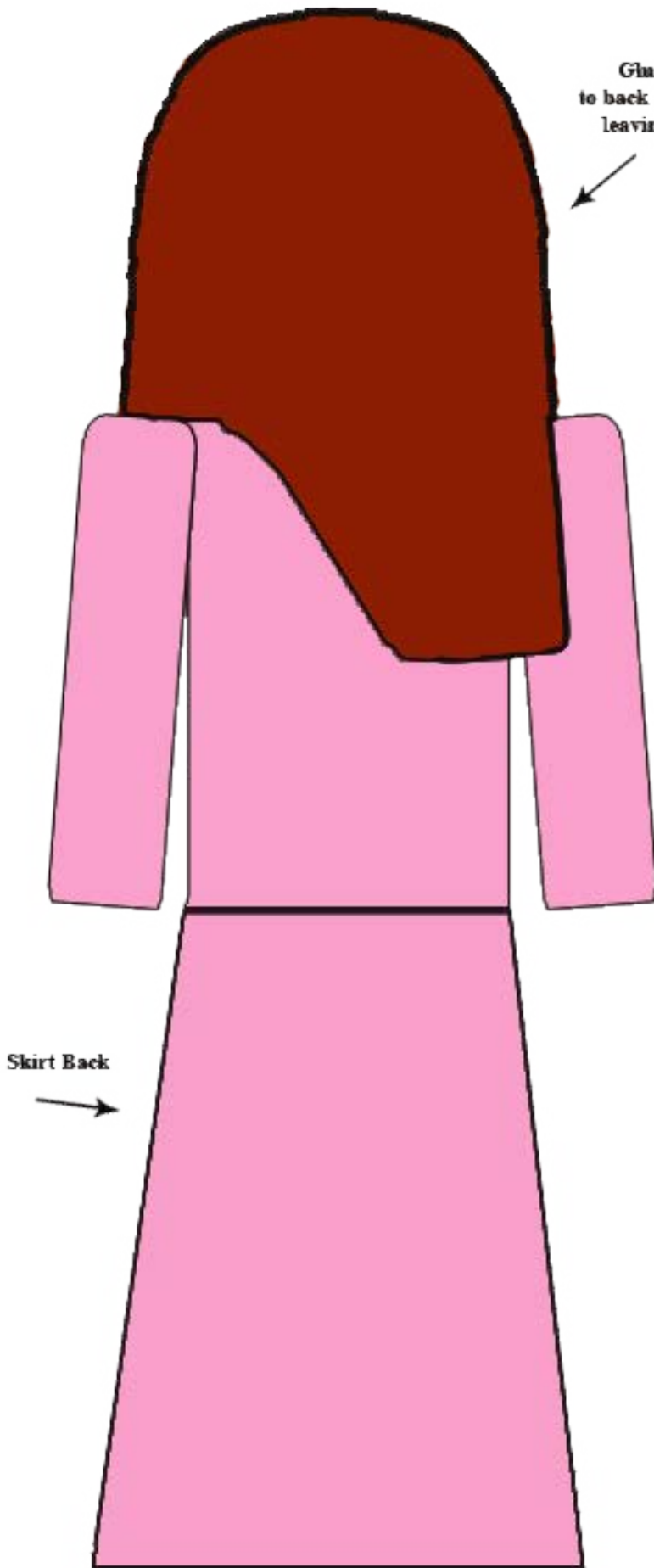


Prayer Girl



Attach arms at black dots with brass fasteners







# Treat Time

**Approximate Time: 90 minutes**

**Prep Time: 15 minutes**

**Rise Time: 1 Hour**

**Cook Time: 5–8 minutes**

## Praying Arms Treat (Soft Pretzels)

2 teaspoons active dry yeast

1 teaspoon white sugar

3/4 cups warm water

2 1/2 cups flour

1/3 cup sugar

1 teaspoons salt

2 tablespoon vegetable oil

1/4 cup baking soda

2 cups boiling water

Melted butter & kosher salt for topping



In a small bowl, dissolve yeast and 1 teaspoon sugar in warm water. Let stand for 10 minutes. In a large bowl, mix together flour, 1/2 cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix until blended, then knead for 5 minutes. Place the dough into a large oiled bowl. Turn the dough until lightly coated with oil. Cover with plastic wrap and let rise for 1 hour in a warm place. Preheat oven to 450 degrees F. In a large bowl, dissolve baking soda in boiling water.

**Treat Time:** Divide dough into 6-8 equal parts. Give each family member a piece of dough. Roll each piece into a rope and twist into praying arm shapes (see diagram).



Dip each pretzel into the boiling baking soda water for about a minute to a minute and a half. Remove with slotted spoon and place on a greased cookie sheet. Bake in preheated oven for five to eight minutes. Remove from oven and coat tops with melted butter and sprinkle with Kosher salt.

(A pretzel is a treat that is twisted into a knot-like shape to resemble two arms folded for prayer.)

**Closing Prayer and blessing on the food.**