

NEW TESTAMENT 2019

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## The Power of Prayer

Acts 10-15

### Objectives:

- Emphasize the importance and power of prayer.
- Talk about how Heavenly Father will always answers our prayers.

### Reinforces Principles of:

- Prayer

### This Lesson contains 5 activities:

Choose the activities that fit your family's schedule.

Use on Mondays to introduce the topic, or the following Sunday to review.

<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



# Reverence Time

Approximate Time: 5 minutes

**Sing Together:** “A Child’s Prayer”, Children’s Songbook page 12  
If you wish to print sheet music or have an online music file to accompany you visit:  
<https://www.lds.org/music/library/childrens-songbook/a-childs-prayer>

**Prayer:**

**Scripture Time:** Acts 12:5

Peter therefore was kept in prison: but prayer was made without ceasing of the church unto God for him.

**Video Clip:** Watch a clip from the Living Scriptures Streaming Library, *The Lord’s Prayer* (The Animated New Testament). You can find the clip at  
<https://www.livingscriptures.com/fhe-lesson-power-of-prayer>



# Lesson Time

Approximate Time: 10-15 minutes

## Lesson

**Summary:** Although Jesus was no longer on the earth, He continued to lead His church through revelation. As Peter prayed and sought wisdom, Heavenly Father answered his prayers. Peter learned that God loves all his children, and blesses those who follow Him and keep His commandments.

When Peter was cast into prison, all of the church prayed for him. Because of the faith and prayers of the church, an angel came to Peter and set him free. When we pray, Heavenly Father might not take away our problems, but He will help us through them. As we pray we should remember that Heavenly Father knows what is best for us.

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? (Discuss ways to communicate, such as calling them on the phone, email, writing 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. We can talk to Him anytime through prayer.

## 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*



## 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* 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 © 2019 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**

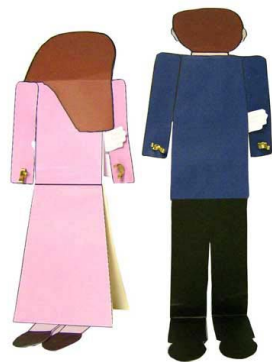
1. Print out the artwork.
2. Cut along black solid lines.
3. Put “Prayer Children” together by following assembly instructions included with this activity.

**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.

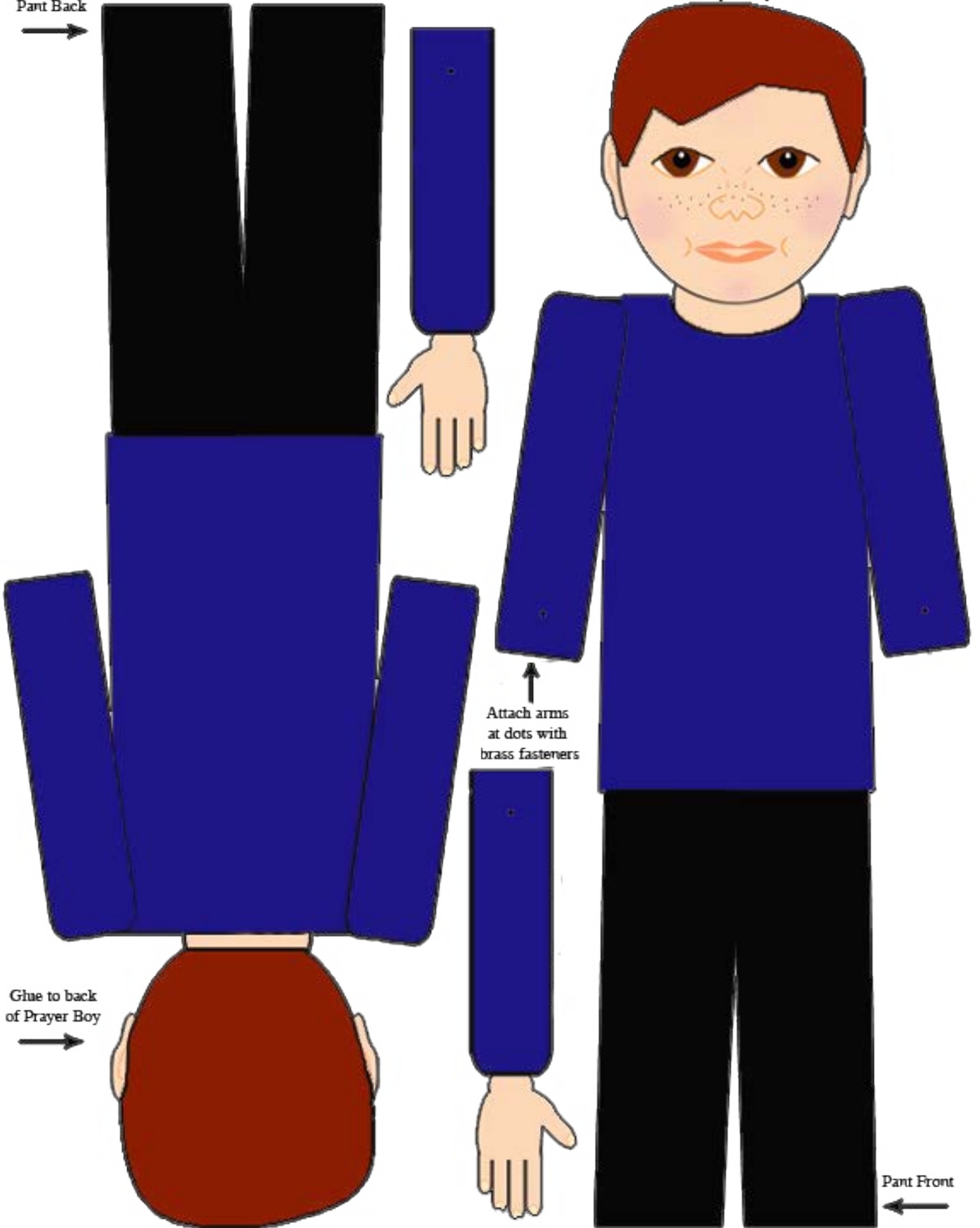
## **“Prayer Girl” Assembly Instructions**

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 Boy

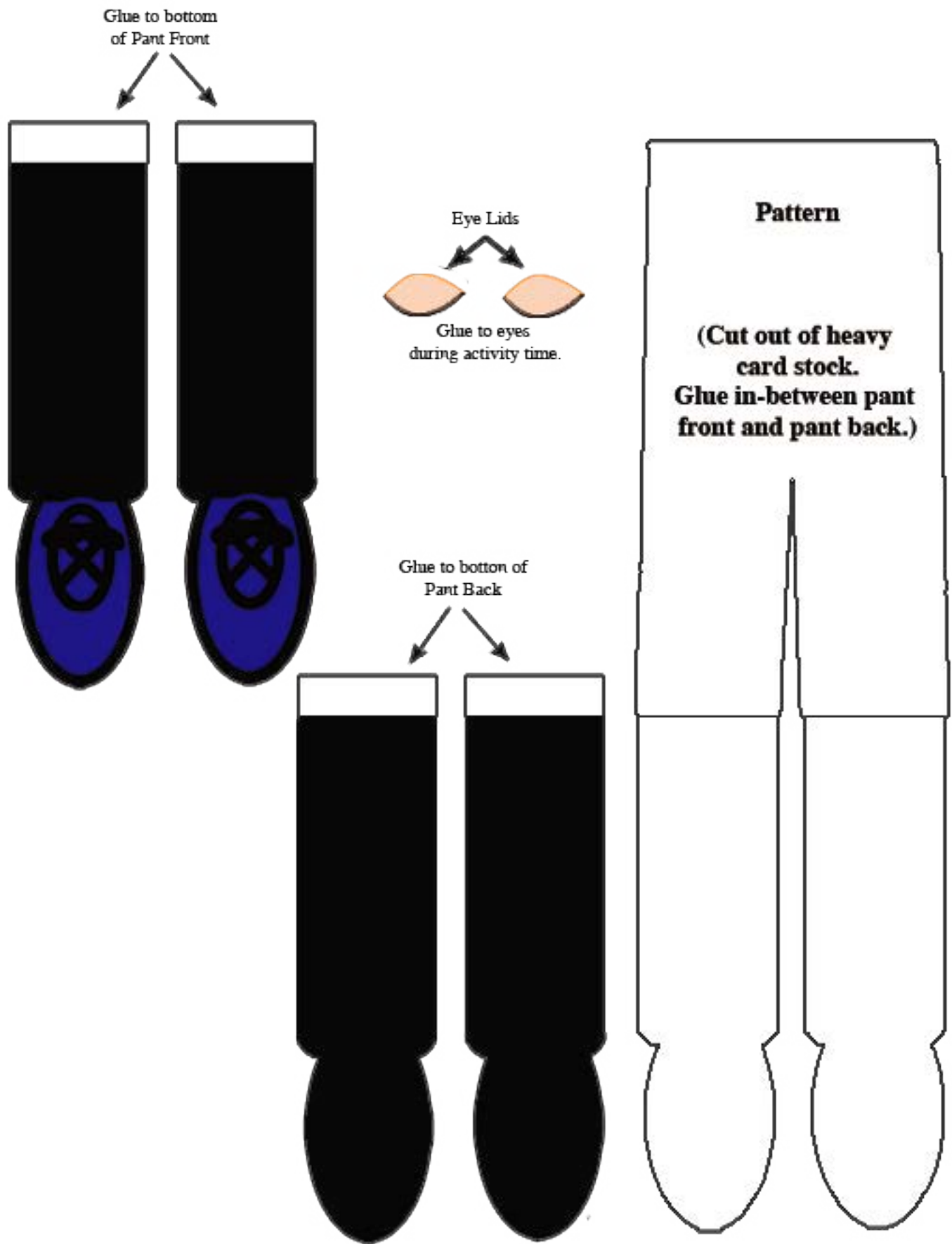
Pant Back  
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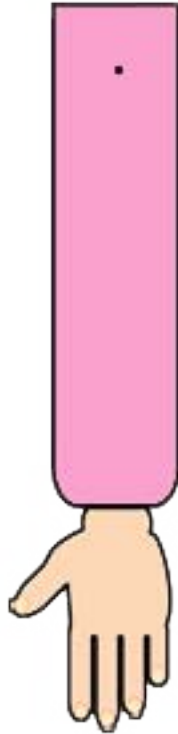
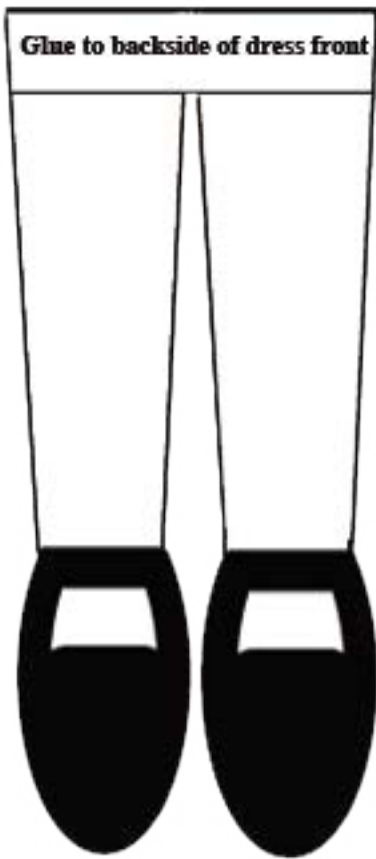
↑  
Attach arms  
at dots with  
brass fasteners

→  
Glue to back  
of Prayer Boy

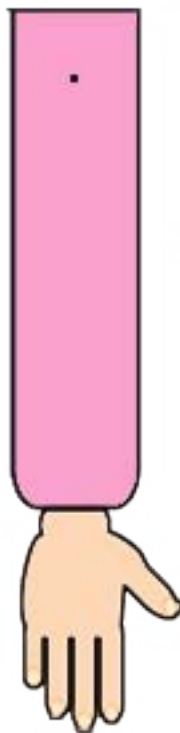
←  
Pant Front



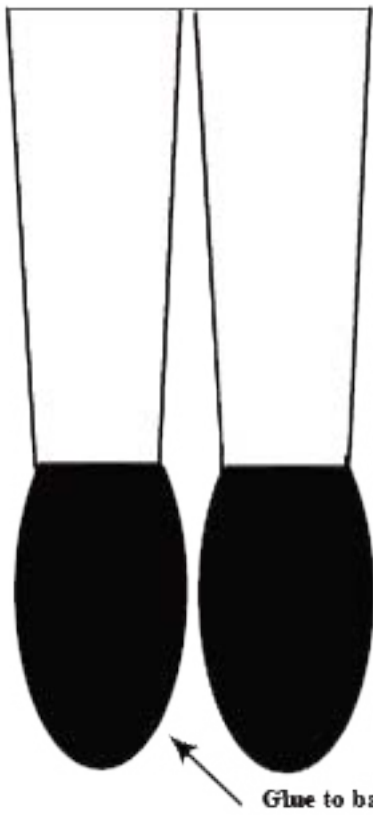
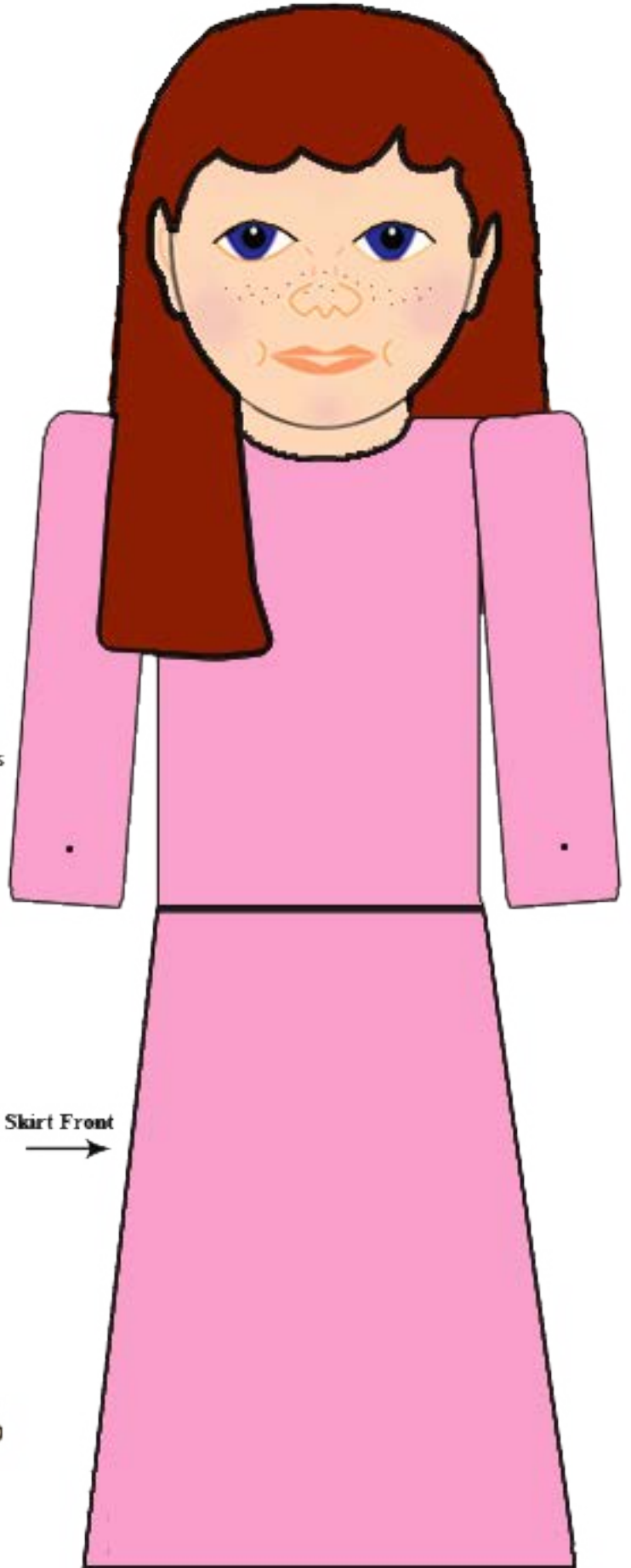
Prayer Girl

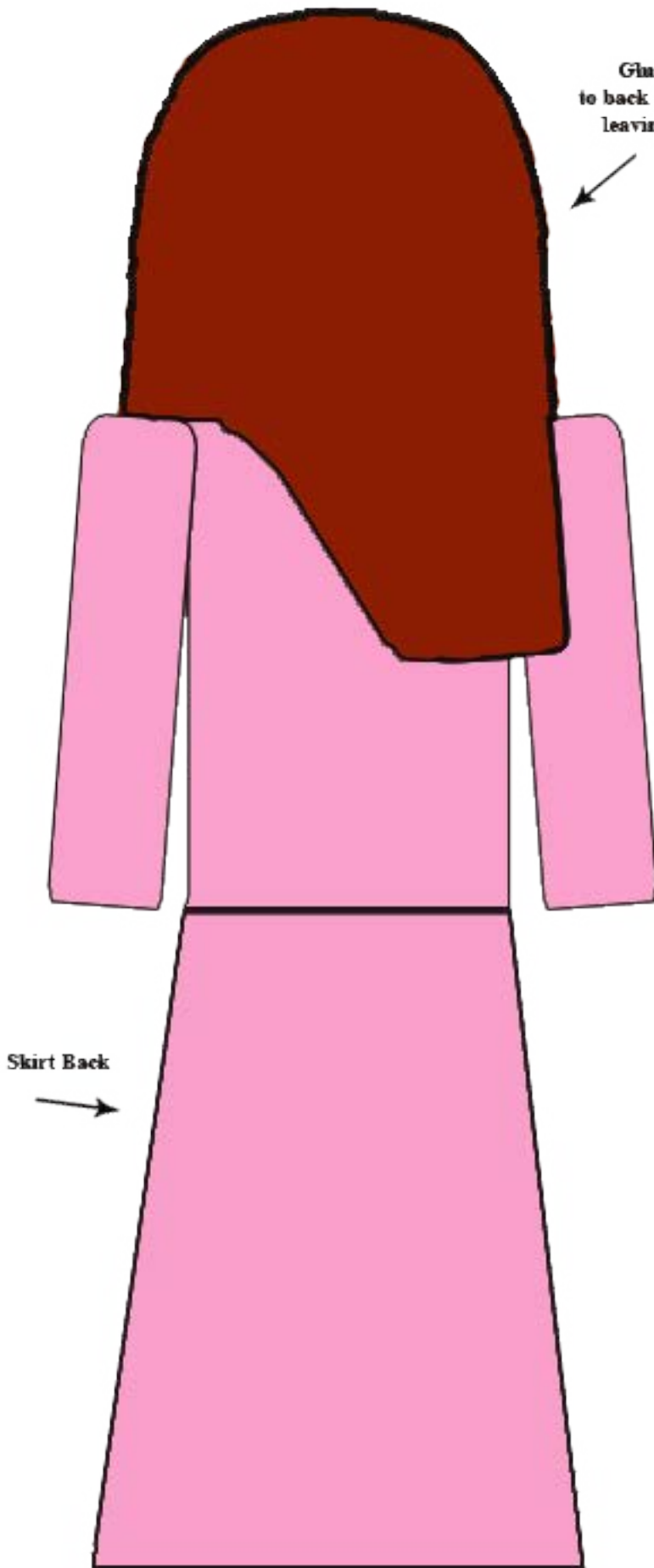


Attach arms at black dots with brass fasteners

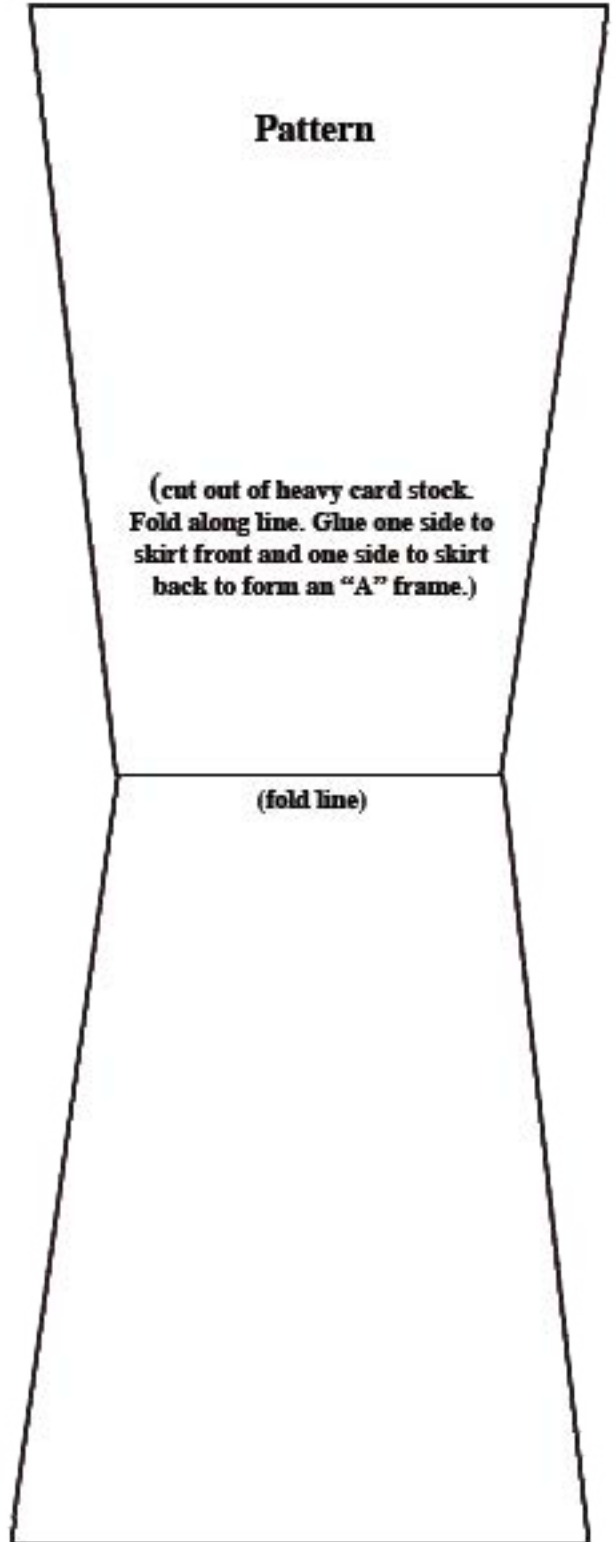
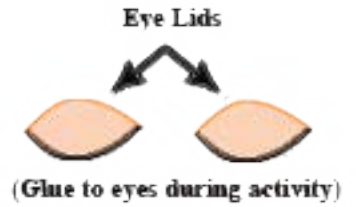


Skirt Front





Glue top half  
to back of prayer girl,  
leaving skirt free.



Skirt Back  
→



# 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 & cinnamon sugar 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 cinnamon sugar.

(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.**