

**Description:** During this prayer activity object lesson your children will learn how they can prepare to pray to their Heavenly Father in order to show Him love, honor and respect. Discuss ways your family can be more sincere and less repetitive in prayer.

**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:** Print out the artwork. Cut along black solid lines. 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.

**Ask: 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.)

**Ask: 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.)

**Ask: 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.)

**Ask: 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.)

**Ask: What do we say when we pray?**

Help the children understand that we can pray from our hearts. We can ask for things we need, thank Heavenly Father for our blessings, ask forgiveness for our mistakes, and express our love for Him and our Savior. We can also pray for others.

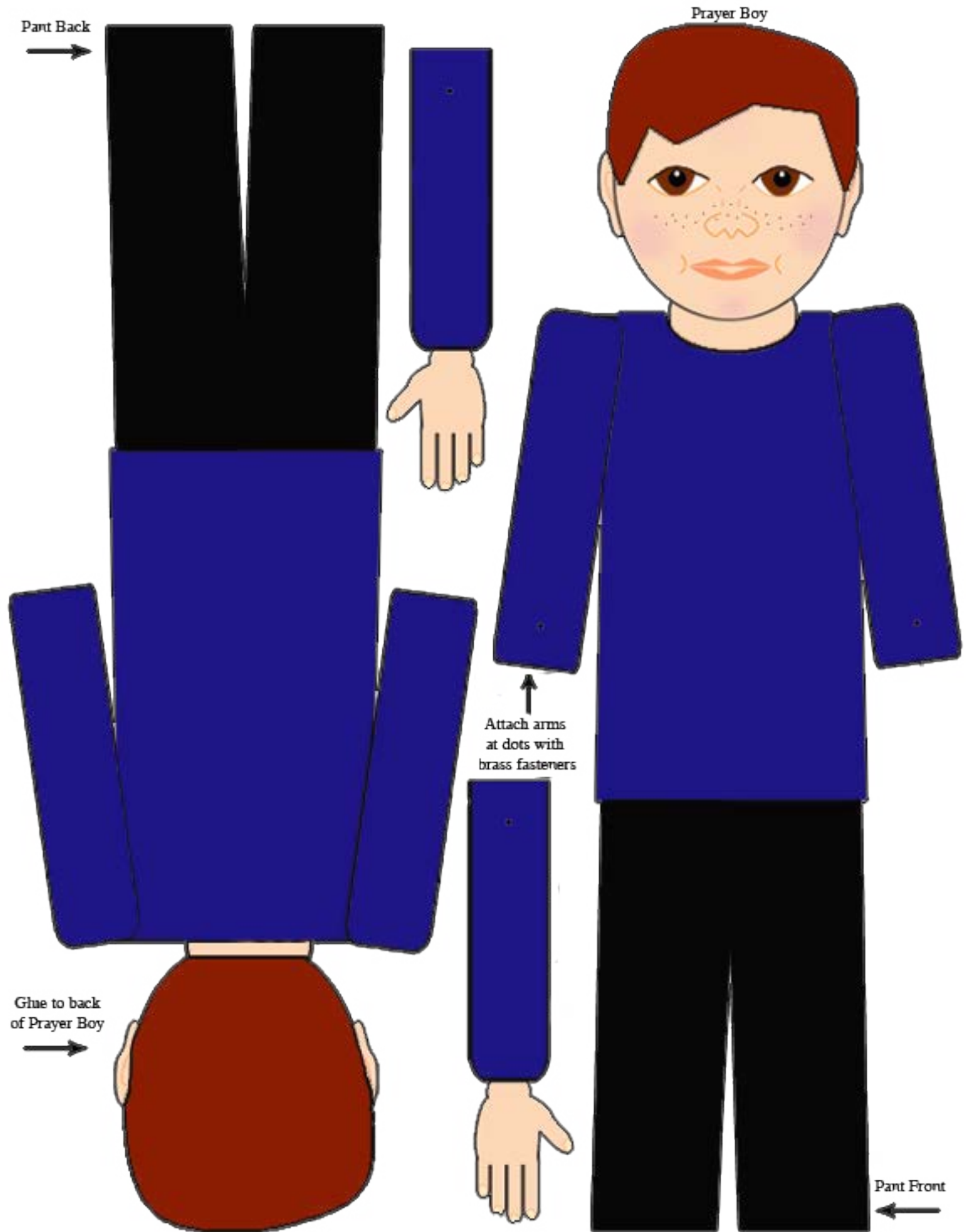
## "Prayer Boy" Assembly Instructions

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.

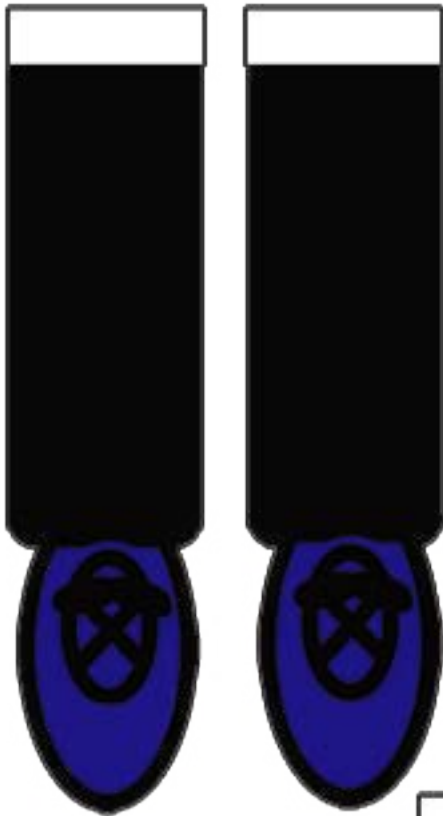
## "Prayer Girl" Assembly Instructions

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.





Glue to bottom  
of Pant Front

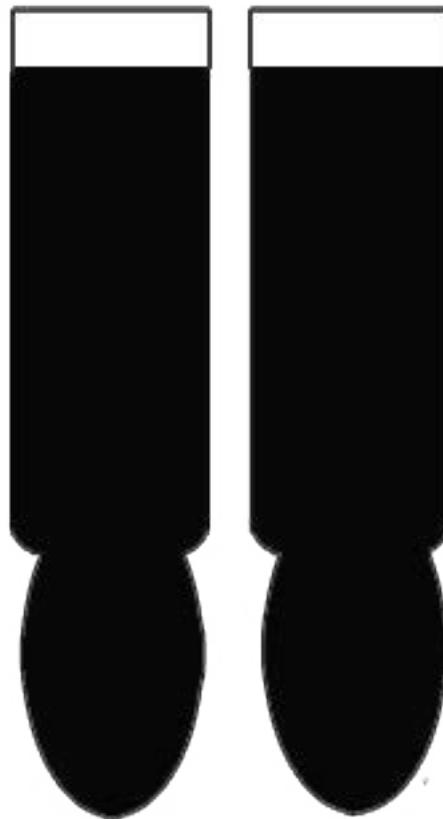


Eye Lids



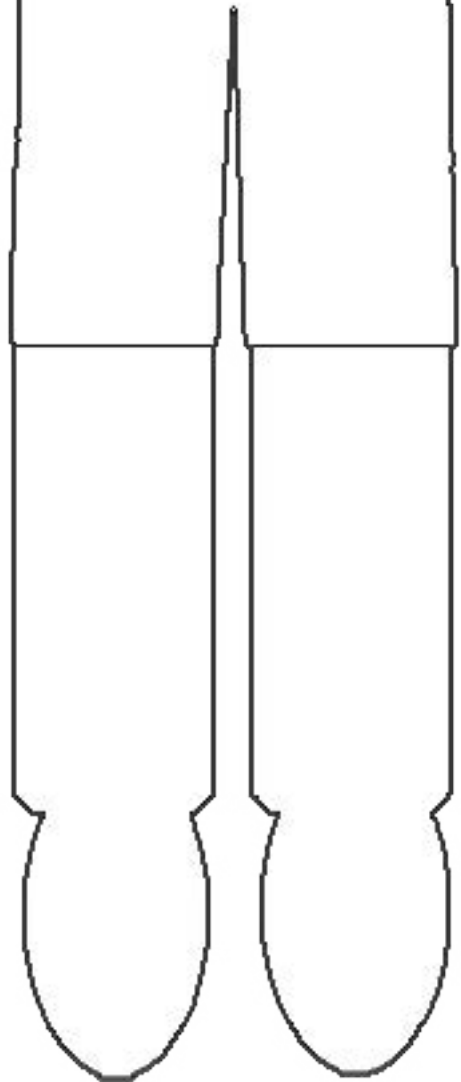
Glue to eyes  
during activity time.

Glue to bottom of  
Pant Back

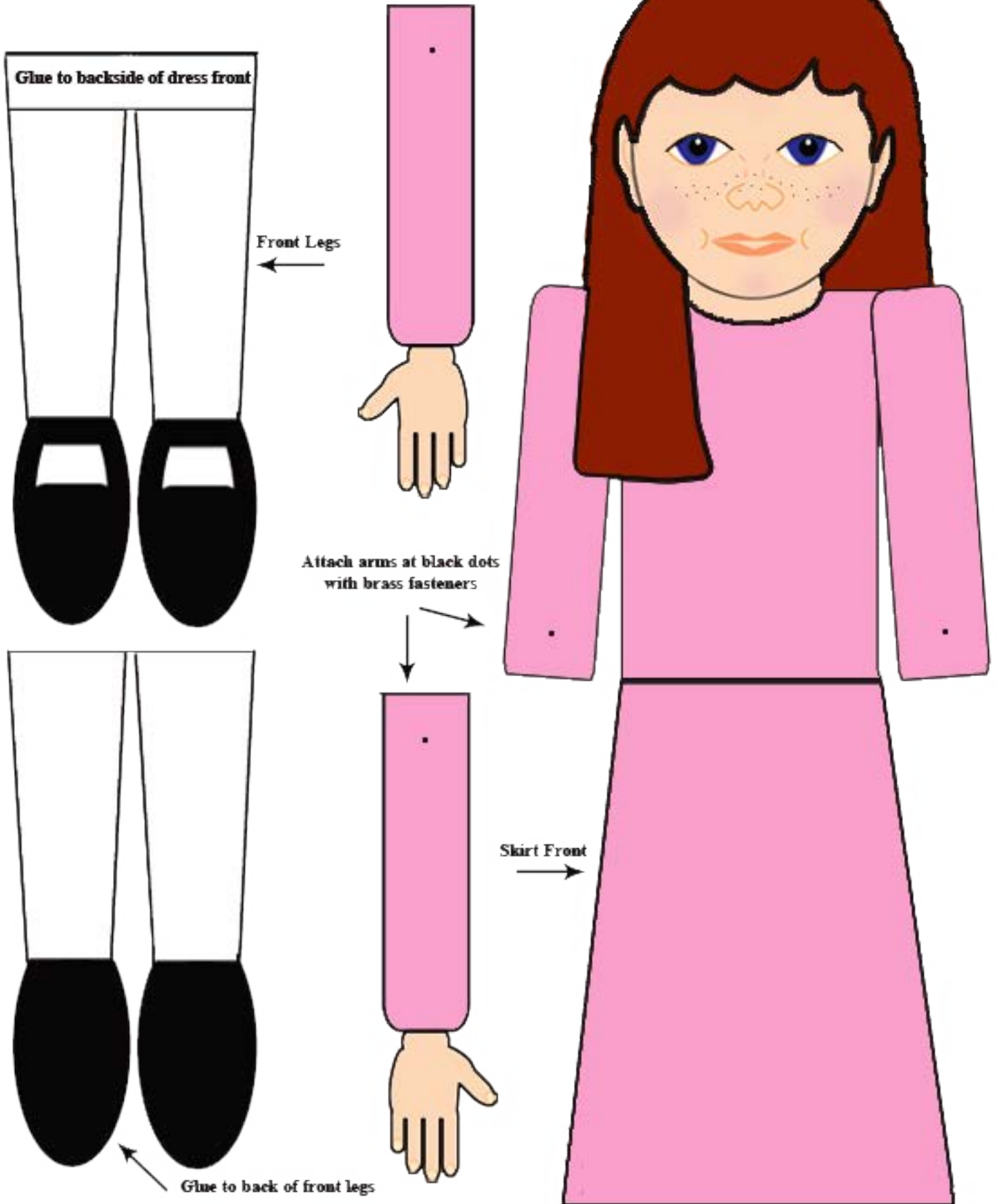


**Pattern**

**(Cut out of heavy  
card stock.  
Glue in-between pant  
front and pant back.)**



Prayer Girl



Eye Lids



(Glue to eyes during activity)

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



**Pattern**

(cut out of heavy card stock.  
Fold along line. Glue one side to  
skirt front and one side to skirt  
back to form an "A" frame.)

(fold line)

Skirt Back

