



PRAYER

**“A prayer from the heart is a moment in heaven...
If you have a moment in heaven, you will know
what to do. You will make the right decision.”**

-Elder Juan A Uceda, BYU, Nov 2017

*Family Prayer...a moment when the world is shut out and heaven enclosed
within. -Spencer W. Kimball*

Spencer W. Kimball taught: [Family Prayer] is a forward step toward family unity and family solidarity. It builds family consciousness and establishes a spirit of family interdependence. Here is a moment of the rushed day with blatant radios hushed, lights low, and all minds and hearts turned to each other and to the infinite; a moment when the world is shut out and heaven enclosed within. (“Chapter 5: Prayer, the Passport to Spiritual Power,” *Teachings of Presidents of the Church: Spencer W. Kimball* (2006), 46-58)

The following is from **Spencer W. Kimball** and was quoted by James E. Faust in Oct 1990 Conference → Spence W. Kimball died in 1985... We may very well be in that “**future**” he spoke of because he died 34 years ago:

*“In the past, having family prayer once a day may have been all right. But in the future it
will not be enough if we are going to save our families.”*

(Pres. Henry B. Eyring, April 2019, A Home Where the Spirit of the Lord Dwells)

Praying as a family can play a crucial part in making home a **sacred place**. One person is usually chosen as voice to pray for the family. When the prayer is clearly to God in behalf of the people kneeling and listening, **faith grows** in all of them. They can **feel expressions of love** for Heavenly Father and for the Savior. And when the person who prays mentions those who are kneeling in that circle who are in need, all can **feel love** for them and for each member of the family.

Even when family members are not living in the home, prayer **can build bonds of love**.

Prayer in the family can reach across the world. More than once I have learned that a family member far away was praying at the same moment for the same thing as I was. For me, the old saying “The family that prays together stays together” could be expanded to:



“The family that prays together is together, even when they are far apart.”