

### Wiggle Songs

22a – A Prayer Song  
25a – We Bow Our Heads  
25b – I Love to Pray  
189 – Family Prayer

## Sharing Time – Aug. 5

The scriptures teach me  
how to pray.

### Goals

Feel Heavenly Father's Love  
Learn & understand the Gospel  
Feel and recognize the H.G.  
Prepare to make & keep cov.

JR: 2:15 – 2:25 – 2:45 – 3:05

SR: 3:10 – 3:20 – 3:40 – 4:00

### Activate Prior Experience, Build Conceptual Knowledge, Connect it to Personal Experience

- **Song: If You're Happy and You Know It, p. 266** (Use words below)
- If pray when you wake up, **HOP 2** times.
- If you pray before you eat, **CHEW** your food.
- If you pray before you go to bed, then **YAWN & SHAKE YOUR HEAD.**
- If you pray when you need help, say "**AMEN.**"
- If you like to say the prayer, say, "**I DO!**" (Point to self)
- If you pray for other people, say "**ME TOO!**" (Patty cakes or high fives)
- If you thank Him when you're **happy** and you pray when you feel **blue (sad voice)**
- Then you'll know that Heavenly Father loves you too. (**WHOO HOO!**)
- **Praying to Heavenly Father Puzzles (Give one puzzle per child)**
  - What do you think the child in your puzzle is praying about?
  - What are some things you pray about?

### Identify the Doctrine:

#### Alma Teaches How to Pray (JR. Act out. SR: Put puzzle together. Read in groups of 4.)

- There was a group of people called the **Zoramites**. (*Link arms and say, "Hi! I'm a Zoramite!"*)
- The Zoramites had clothes and jewelry that cost a lot of **money**. (*Jump up and down, wave arms around, and say, "I'm rich! I'm rich!"*)
- The Zoramites thought they were **better** than everyone else because they had so many nice things. (*Walk around proudly and say, "We're so special! We're better than you are!"*)
- Once a week, the Zoramites **climbed** a tall tower. (*Pretend to climb*)
- They held their **arms up high** and each used the same words to thank Heavenly Father that they were better than everyone else. (*Hold arms up high and say, "I'm so glad I'm better than everyone else."*)
- The Zoramites **weren't following what they had learned** about Jesus Christ. (*Point to picture of Jesus & shake head no.*)
- Alma and his friends were **missionaries**. (*Pretend to walk and say, "Hi, I'm a missionary! I have come to teach you about Jesus Christ."*)
- They taught the Zoramites that they could **pray** anytime, anywhere, about anything and Heavenly Father and Jesus would help them. (*Pretend to pray.*)

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**Encourage Understanding:** *I Pray in Faith, p. 12*

- **How do we pray?**

**Peanut Butter & Jelly Prayer Sandwich Object Lesson**

(Labels) (Opening Bread, Closing Bread, Reminder Card)

(Sequencing pictures)

- **Why do we pray?** (*Jesus is Our Loving Friend, p. 58b*)
  - Jesus is our loving friend (**Point to picture of Jesus, hug self**)
  - He is always near (**Nod head yes and scoot close to a friend**)
  - He will hear us when we pray (**Cup ear, then fold arms**)
  - Every child is dear (Rock pretend baby in arms, then hug tight)
- **How does Heavenly Father answer our prayers?** (Teacher tells the turtle story, then asks the questions from the other one OR children get in pairs, each reads their story, then they tell the other person what they read)
  - Partner A reads: **He Gives the Best Answers** (turtle story)
  - Partner B reads: **Will Heavenly Father Always Answer My Prayers?**

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**Encourage Application:** What questions do you have about prayer?

### Closure Challenge & Summary:

- **JR:** [Did You Think to Pray? \(Condensed\)](#) (Color in one number each time you pray)
- **JR:** [I Can Pray](#) (Act out poem)
- **SR:** TURN & TALK: 3 Steps for how we pray? OR [I Know That Jesus Loves Me](#) (Act out)
- **SR:** [My Prayer Reminder](#)

### Testify:

- **Why do we pray?:** Heavenly Father **loves** us. He **listens** to us when we pray, and He always **answers** our prayers.
- **When, where, & how do answers come?:** Sometimes the answer comes **quickly**, and sometimes it comes **slowly, a little bit at a time** as we keep **working** to solve our own problems, **listening** to Him, and **doing** what He tells us to do. Answers often come when we are quiet and still or through things other people say to us.
- **What does Heavenly Father tell us?:** Sometimes Heavenly Father tells us, "**Yes**," sometimes He tells us that we need to **wait patiently** or to **keep trying**, and sometimes He tell us, "**No**." Heavenly Father always answers our prayers in the way that will be best for us and for our families.

### Closing Song:

**JR:** *I Pray in Faith, p. 14*

*(I Pray in Faith, p. 14)*

- I **kneel** to pray
- Every day (**sunshine**)
- I **speak** to Heavenly Father
- He **hears** and answers me
- When I **pray** in faith
- I begin by saying, "Dear Heavenly Father" (**speech bubble w/ "Dear H.F."**)
- I **thank** Him for blessings He sends (**speech bubble with "I thank thee"**)
- Then humbly I ask Him for things that I need (**speech bubble with question mark**)
- In the name of Jesus Christ, Amen. (**speech bubble with picture of Jesus**)

**SR:** *A Child's Prayer, p. 12*

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### Extension Activities:

- **When and where can we pray?** ([Bright Idea Poster](#) - I Love to Pray, p. 25b)
  - In the morning when I wake: **Raise arms up, yawn, and stretch**
  - Before I work or play: **Wash dishes, then jump rope**
  - Always I remember: **Point to side of head**
  - To kneel and softly pray: **Kneel and fold arms**
- **What do we pray for?** (We Bow Our Heads, p. 25a) ([I Can Pray for Others Worksheet](#); [I Can Pray Pictures](#))
  - We **bow our heads**
  - And **close our eyes**
  - And say a little prayer (**fold arms**)
  - To thank our Father graciously (**gesture upward**)
  - For blessings we all share (**open both arms outward**)

### Scriptures:

- “Be thou [a humble](#); and the Lord thy God shall [b lead](#) thee by the hand, and give thee answer to thy prayers” ([Doctrine & Covenants 112:10](#)).
- “And [a whatsoever](#) ye shall ask the Father in my name, which is right, believing that ye shall receive, behold it shall be given unto you” ([3 Nephi 18:20](#)).

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**Possible links to follow-up activities to post on Ward Facebook page for FHE:**

#### The Zoramites & the Rameumptom Video

<https://www.lds.org/children/videos/scripture-stories/book-of-mormon/28-the-zoramites-and-the-rameumptom?&lang=eng>

#### Prayer Puzzle Dominoes

<https://docs.google.com/file/d/0Bxb6rbOyADQsWW5SdDY5S091SIE/edit>

#### Heavenly Father Hears & Answers My Prayers (Scripture Matching Game)

<https://www.lds.org/bc/content/shared/content/images/magazines/friend/2013/08/fr13aug42-43-bringing-primary-home.pdf>

#### A Message from Alma (Secret Code re: Alma 37:37)

<http://1.bp.blogspot.com/-sNT64lyKQTE/TlcBr75gUKI/AAAAAAAAAJWE/ffNBws8Kjf8/s1600/scan0064.jpg>

#### Prayer Reminders (Domino Matching Game)

[https://www.lds.org/bc/content/shared/content/images/gospel-library/magazine/fr07jan33\\_puzzle.jpg](https://www.lds.org/bc/content/shared/content/images/gospel-library/magazine/fr07jan33_puzzle.jpg)

#### My Special Place (Poem)

<http://media.ldscdn.org/pdf/magazines/friend-june-2016/2016-06-09-my-special-place-eng.pdf>