

# DON'T FORGET TO PRAY



## Pray Often

Recently, I discovered a beautiful song titled "Close as a Quiet Prayer", by Sally DeFord. It talks about verbal as well as silent prayers being heard. This is how I pray. I offer verbal prayers as often as I can, but most of the time my prayers are being silently offered throughout the day. I know Heavenly Father hears all my prayers. Not all my prayers are answered quickly or in the way I expect, but it is so comforting to me to know that I am known and loved and heard by him.

Years ago, I did some research on Abraham Lincoln. I was impressed by his desire to pray often. During his years as president of the United States, I am sure he spent a great deal of time on his knees. In fact, this is a quote I found that I love. It creates a beautiful mental image of him.

**"I have been driven many times upon my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom and that of all about me seemed insufficient for that day." ~Abraham Lincoln  
(Abraham Lincoln, Caroline Thomas Harnsberger (1950). "The Lincoln treasury")**

I have felt that way too. Sometimes I just need to talk to the one in charge of the universe. Those around me just seem "insufficient for the day." He knows what to do, and I know He has my best interest in mind.

## MARTHA MOVES UP

We may feel most inclined to pray when we have hit our “rock bottom”. When life becomes too difficult to do on our own or we just can’t seem to find answers to our questions, we turn to the Lord. This, of course, is always the best thing to do. However, prayer does not only need to happen when we need help. We can and should pray during our happiest moments too. Each day brings with it new experiences and emotions, and each day, we should pray. We can pray when we are happy, pray when we are sad, pray when we are angry, pray when we are confused, pray when we are grateful, and even pray when we are perfectly content. Prayer is not always about asking, it is about thanking too. We can have a conversation with our Heavenly Father always, and He will be so happy to hear from us.

What about being on the other end? Have you ever felt like you were an answer to another person's prayers?

I had an experience a few years ago in a Provo, Utah parking lot. I was wedding dress shopping with my daughter, and we had just finished finding the perfect dress. We were talking and walking toward our car, when I noticed a car stopped in an unusual way in the parking lot. I looked at the driver and could see a look of distress on her face. I hurried over, and she rolled down her window. I asked, “Are you ok?” She shook her head “no”, and she motioned to her throat. I immediately told my daughter to run to our car and get my water bottle. I don't always have a full water bottle, but that day I did. I asked if she needed a drink, and she shook her head “yes”. Just then my daughter returned with the water bottle and immediately gave it to the woman. She took several large swallows of water and then took a big breath. The color returned to her face, and she sat back in her seat and relaxed her shoulders. I was fully prepared to do the Heimlich, if necessary, but the water did the trick. She was so grateful and told me I was her angel. I told her I was so glad I noticed her, and I was so glad I had filled my water bottle that day. I gave her my water bottle to take home just in case she needed it again.

Jeffrey R. Holland of the Quorum of the Twelve Apostles has taught: “Prayers are answered ... most of the time ... by God using other people. Well, I pray that he'll use us. I pray that we'll be the answer to people's prayers.” I know that woman was praying for help, and I am glad I was there to help her.

### Act Now

We truly can be instruments in the hands of the Lord. However, it is important that we allow ourselves to act as such in those situations. When we see someone in need, whether they are in need of physical help, mental help, or even just in need of a friend, we should step up.

In situations both big and small it can be easy to think that we are not capable of helping, but we must remember that the Lord prepares who He calls.

## MARTHA MOVES UP

In an October 2006 General Conference talk given by Elder Don R. Clarke of the Seventy, for the Church of Jesus Christ of Latter - Day Saints, titled "Becoming Instruments in the Hands of God", Elder Clarke tells a story about his grandfather. His grandfather, Alma Benjamin Larsen, went blind at the young age of 34. He had a wife, children, and a farm that he took care of. As a result of his going blind, work became difficult for him to do and income from the farm started to decrease. Right before Christmas in 1919, he was told that he had to pay \$195 in order to carry the mortgage over for another year. He did not have the money. In the midst of his trials, he received a letter from an acquaintance named Jim Drinkwater. Jim had stated in his letter that he received a message from Heaven, telling him that Larsen was in financial trouble. Jim felt inspired to send Larsen \$200. It was a miracle and a blessing sent from heaven for Larsen.

Elder Clarke goes on to say this in his talk "I have thought about Jim Drinkwater many times and wondered how he came to be one that the Lord could trust. Jim was a little, crippled man that God trusted to help a blind farmer with a heavy mortgage and three children. I have learned a great deal from my grandfather's experience with Jim Drinkwater. I have learned that a person does not need to have a Church calling, an invitation to help someone, or even good health to become an instrument in God's hands."

What we really need to do in order to act as an instrument in God's hands, is love one another as Christ loves and to act on the promptings of the Holy Ghost. We do not need to wait for something grand to make us into the perfect tool, we can act now. We can be an answer to a prayer just as who we are today.

We can also allow others to be an answer to our prayers as well. If we let others serve us and pray for help when we need it, answers will come. Prayer can be a powerful force in our lives and the lives of others.

I'm not sure why we forget to pray sometimes. I guess we lose our focus and let the hustle and bustle of our lives take over. I know when I start to feel the weight of the world and it feels too heavy to carry, it is time for me to increase the frequency and sincerity of my prayers.

I love this line from the hymn "Did You Think to Pray," words by Mary A. Kidder "So when life gets dark and dreary, don't forget to pray."

Heavenly Father is there for us, we just have to remember to communicate with him.

With Love,  
Martha



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Website

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