

FEAST ON THE WORD / PRAY ALWAYS

Feasting on the Word: Self Evaluation

1. Personal scripture study	Feast	Snack	Starve
2. Sacrament meeting	Feast	Snack	Starve
3. General conference	Feast	Snack	Starve
4. Family scripture study	Feast	Snack	Starve
5. Seminary	Feast	Snack	Starve
6. Family home evening	Feast	Snack	Starve
7. Priesthood/Young Women class	Feast	Snack	Starve
8. Personal prayer	Feast	Snack	Starve



*David A. Bednar,
Quorum of the
Twelve*

Elder David A. Bednar on 2 Nephi 33:1:

“Please notice how the power of the Spirit carries the message *unto* but not necessarily *into* the heart. A teacher can explain, demonstrate, persuade, and testify, and do so with great spiritual power and effectiveness. Ultimately, however, the content of a message and the witness of the Holy Ghost penetrate into the heart only if a receiver allows them to enter” (“Seek Learning by Faith” [address to CES religious educators, Feb. 3, 2006], 1, si.lds.org).

Invite a student to read aloud the following statement by Elder Gerald N. Lund of the Seventy:

“Why just unto the heart? Individual agency is so sacred that Heavenly Father will never force the human heart, even with all His infinite power. . . . God allows us to be the guardians, or the gatekeepers, of our own hearts. We must, of our own free will, open our hearts to the Spirit” (“Opening Our Hearts,” Ensign or Liahona, May 2008, 33).

Elder Bednar’s counsel on how to “pray always:”

“There may be things in our character, in our behavior, or concerning our spiritual growth about which we need to counsel with Heavenly Father in morning prayer. . . .

“During the course of the day, we keep a prayer in our heart for continued assistance and guidance. . . .

“We notice during this particular day that there are occasions where normally we would have a tendency to speak harshly, and we do not; or we might be inclined to anger, but we are not. We discern heavenly help and strength and humbly recognize answers to our prayer. Even in that moment of recognition, we offer a silent prayer of gratitude”

“At the end of our day, we kneel again and report back to our Father. We review the events of the day and express heartfelt thanks for the blessings and the help

we received. We repent and, with the assistance of the Spirit of the Lord, identify ways we can do and become better tomorrow. Thus our evening prayer builds upon and is a continuation of our morning prayer. And our evening prayer also is a preparation for meaningful morning prayer.

“Morning and evening prayers—and all of the prayers in between—are not unrelated, discrete events; rather, they are linked together each day and across days, weeks, months, and even years. This is in part how we fulfill the scriptural admonition to ‘pray always’ ([Luke 21:36](#); [3 Nephi 18:15, 18](#); [D&C 31:12](#)). Such meaningful prayers are instrumental in obtaining the highest blessings God holds in store for His faithful children” (“Pray Always,” 42).