

# How to Pray Mightily

Our focus is to understand how to draw closer to Heavenly Father and His Son, Jesus Christ. We tend to focus on ancillary issues, such as depression, fear, or lack of confidence, etc. But through exercising prayer and following these items, the ancillary issues will disappear because we are focusing on our relationship with God.

- 1) Know to whom you are talking. If you wanted to know someone, you would ask him/her to tell you about his/her life. You must study the scriptures to know our Heavenly father and His son, Jesus Christ.
- 2) Keep the commandments of God, all of them. There are 10 commandments and then there are other commandments and standards to live by that have been given by our latter day prophets. Heavenly Father can also give you individual commandments for your life mission.
- 3) Desire coupled with faith is a must. You must believe that He is there listening to you. You must exercise faith.
- 4) Deep abiding prayer begins with repentance. To pierce the veil you must be clean.
- 5) Forgive all people. You cannot access the heavens the way you desire if you harbor ill feelings.
- 6) Prepare your heart. Be willing to open your heart all the way.
- 7) Kneel down in the “depths of humility”.
- 8) Pray with the deepest of gratitude, be specific.
- 9) Be intimate. Tell Heavenly Father exactly how you feel and exactly what you want.
- 10) Be willing to sacrifice all things.
- 11) Hunger and thirst after righteousness.
- 12) Lay your heart on the altar.
- 13) Pray with your whole soul, every fiber of your being.
- 14) Overcome fear. The adversary will work mightily against you by using fear and lack of confidence to stop your relationship with your Heavenly Father.

# The Fruits of Mighty Prayer

*Fruits of the spirit are love, joy, and peace.*

- You will receive and be taught by the Holy Ghost.
- You will receive the Love of God, which He is so eager to bestow.
- In receiving the Holy Ghost and receiving the love of God, you will know by the Holy Ghost for that which you should pray for.
- You will receive revelation upon revelation.
- You will desire to serve others – the gift of charity.
- You will know the Godhead individually.
- You will feel of Their love, be filled with joy unspeakable.
- You will be purified and sanctified – transformed, no disposition to do evil.
- You will know the mysteries of Godliness.
- You will be baptized with fire and the Holy Ghost.
- You will feel one with Them and one with heaven.
- You will be called up and elected – receive your calling and election made sure, and the more sure word of prophecy.
- You can receive the second comforter in this life. (*See Ether 4:4, 7,11, 15; Ether 12*).

The spirit teaches each of us individually, in our own language and takes us from one level of faith to another. This is a process. Heavenly Father is so tender and He wants you to feel of His love regularly. Kneeling in prayer morning, noon and night as it says in Alma 34, will make all the difference. The following scriptures testify of this process of mighty prayer:

1 Nephi 10:17	3 Ne 18:18-21	Coming into His Presence:
2 Nephi 9:41	Mosiah 5:15	D&C 67: 10-14
2 Nephi 31:13	Moroni 7:47-48	D&C 88:67-68
Alma 34:18-29	Enos	D&C 93: 1, 18, 20
Alma 37: 36-37	D&C 19:28, 38	John 14:20-21, 23
Mosiah 4:9-12	D&C 46:30, 32	

## Notes

## How to Pray Mightily & The Fruits of Mighty Prayer

The spirit speaks a different language. We need to learn the language of the spirit and see with our spiritual eyes. We should be very careful not to have preconceived ideas concerning how the Holy Ghost may teach us. Some of the language and effects of the spirit:

- Peace
- Love
- Joy
- Burning of the bosom
- Clarity
- Comfort
- Revelation
- Impressions
- Warnings
- Actual voice in your mind
- Enlarges the spirit
- Expands the understanding in the mind and heart (*Alma 32:34*)
- A feeling of an expansion of the bosom
- Overwhelmed, unable to utter, feel a sense of quaking, or chills
- A sense of separation of body and spirit and a loss of physical surroundings. (*See 1 Nephi 17:47, 1 Nephi 1:5-8, Alma 29:16*)
- Men, women and children can be taught by angels, seen and unseen (*Alma 32:23*).