

Prayer is Like a Sandwich



In Relief Society, the instructor mentioned that the missionaries told her that one could think of prayer as being like a sandwich with beginning, ending and middle sections. That got me thinking about things and I came up with this for Family Home Evening.

Songs that could be good:

#12 [A Child's Prayer](#) (Children's Songbook)

#140 [Did You Think to Pray](#) (Hymnbook)

#142 [Sweet Hour of Prayer](#) (Hymnbook)

#144 [Secret Prayer](#) (Hymnbook)

Scripture:

We took a look at The Lord's Prayer scripture and talked about how that prayer in which Jesus showed us an example of how to pray is something that we could ponder about more often. We read it and paused after each section to try to decide what types of things we might be praying about instead of the exact words in the verse.

[Matthew 6:5-8](#) tells of things pertaining to prayer

- Don't be hypocritical
- Don't pray so that others will think more highly of you
- Do pray where you can be uninterrupted and alone
- Don't say the same things over and over that you put no heartfelt meaning behind
- Think about what Heavenly Father might want you to pray for before you pray

[Matthew 6:9-13](#) share the actual words of The Lord's Prayer example.

- Vs. 9 the introduction
- Vs. 10 acknowledging that you want the Lord's will to be done in your life and showing thankfulness for all things
- Vs. 11 asking for what you are in need of
- Vs. 12 asking forgiveness, asking for help to forgive others

- Vs. 13 asking for help in having guidance in life as you try to follow the straight and narrow path. Also, acknowledging the power, goodness and might of Heavenly Father, which is also part of the closing statement.

Activity:

We constructed a prayer sandwich because prayer is like a sandwich with a beginning (bread) and ending (bread) and stuff in the middle. And I asked some questions...I wonder how often are we giving the Lord a bread and butter sandwich and how often do we make a heart-felt, full-of-loving- ingredients, making-a-sacrifice type of sandwich. Do we slap our prayers together and call it good? Do we take time to consider what is going in to the middle of our prayer? Are there lots of goodies like peppers, tomatoes, olives, artichoke hearts (lots of things we are thankful for)? Did we add a dash of oregano, salt and pepper (noticing how the smaller things in life can make a big difference)? Did we put in some strong onions to clear out the sinuses (those things we need to repent of)? Is there some savory meat and cheese (the things that are pressing on our minds and hearts that we could use help with? And when we open and close our prayer, are we using slices of airy, white, refined bread, or something homemade and hearty and made with love?

On the following page are the pictures that we used that I used as is or doctored up a little from a couple public domain clip art sites.







