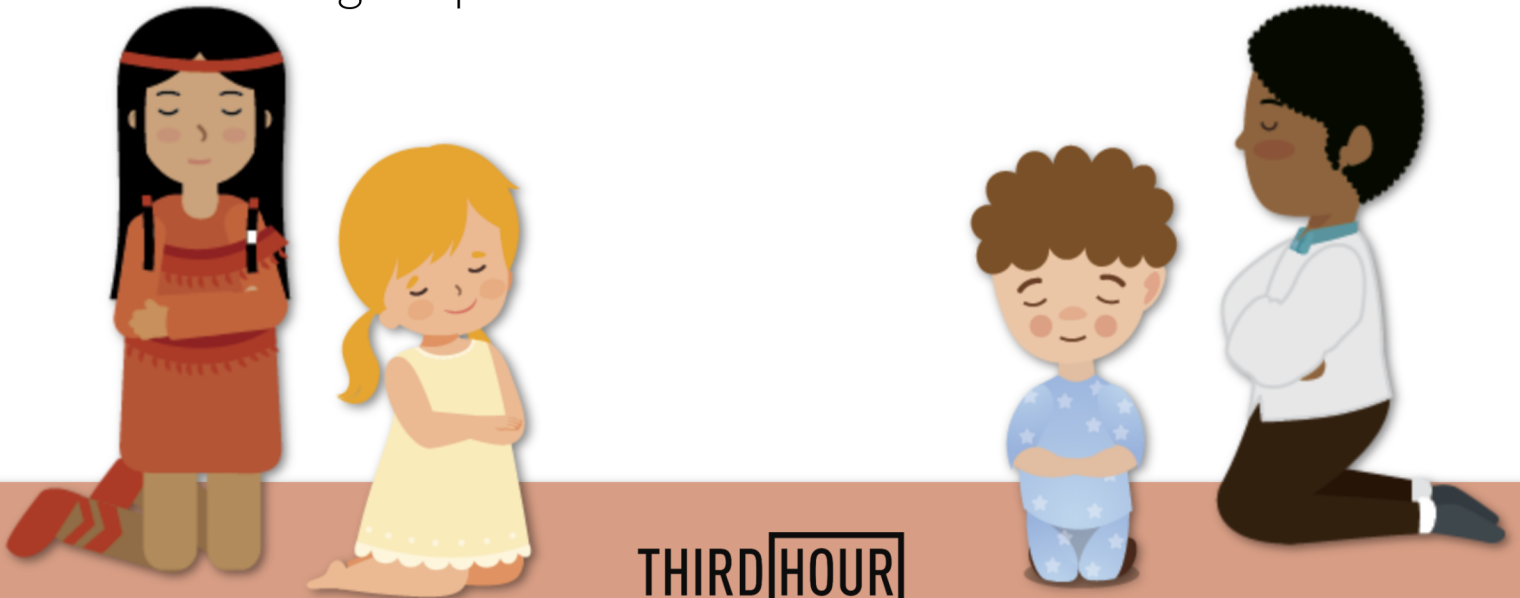


7-Day Prayer Challenge

In 3 Nephi 13, the Savior teaches the Nephites the Lord's prayer as a pattern for how we should pray. Use this checklist to increase and improve your prayer habits over the course of 7 days. Write in your journal how the challenge helped you feel closer to the Spirit.

- Day 1: Say a prayer right after waking up
- Day 2: Say a prayer right before bed
- Day 3: Pray only giving thanks
- Day 4: Pray for someone who is sick
- Day 5: Pray for the missionaries
- Day 6: Say a prayer with your family
- Day 7: Say a prayer and then pause to listen to the promptings of the Spirit instead of getting right up



BOOK OF MORMON

Mini Coloring Book



3 NEPHI 14:7-10

THIRD HOUR

1



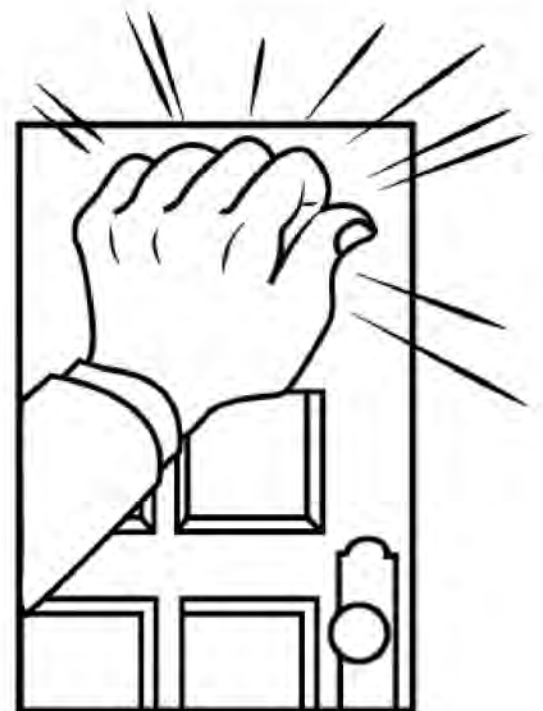
Ask, and it shall be given unto you;

2



seek, and ye shall find;

3



knock, and it shall be opened unto you.

4



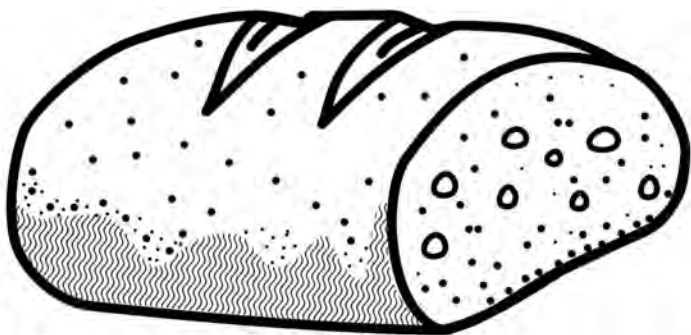
For every one that asketh, receiveth;
and he that seeketh, findeth;

5



and to him that knocketh, it shall
be opened.

6



Or what man is there of you, who, if
his son ask bread, will give him a stone?

7



Or if he ask a fish, will he give him
a serpent?