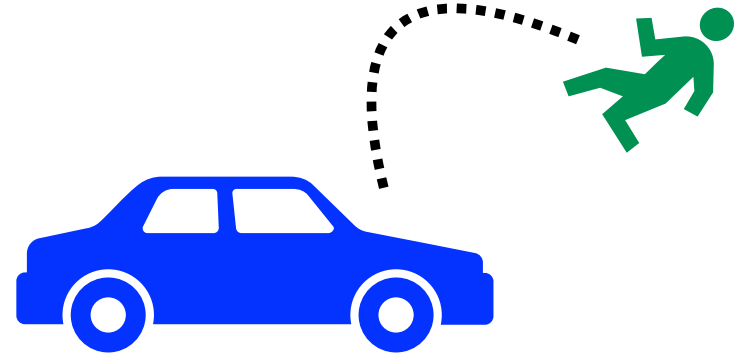


LESSON

6



I learned about prayer on Nov. 2, 1973



Home of the Lā'ie Hawai'i Temple



Home of the Polynesian Cultural Center



Home of the BYU-Hawaii

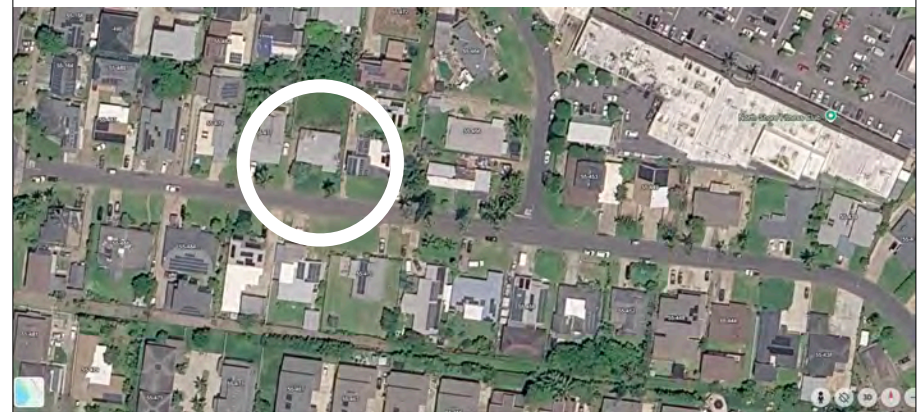


Temple

My house



BYU Hawaii





My home in Lā'ie was behind the shopping mall.



My address: 55-473 Iosepa Street, Lā'ie



On Sept. 23, 2026, this was the house value:

\$1,387,175



Notice the gentle sloping driveway



The city had recently removed the speed bumps.



1966 VW Beetle





**How do you pray
when your faith is
small—or when you
aren't even sure you
believe?**



**How do you pray
when you don't feel
like praying?**



**How do you pray
when you're angry,
disappointed, or
hurt by God?**



GOSPEL TRUTH

Pray with the
faith you have
—even when it
is small.



On one occasion Jesus came upon a group arguing vehemently with His disciples. When the Savior inquired as to the cause of this contention, the father of an afflicted child stepped forward, saying he had approached Jesus's disciples for a blessing for his son, but they were not able to provide it. With the boy still gnashing his teeth, foaming from the mouth, and thrashing on the ground in front of them, **the father appealed to Jesus** with what must have been last-resort desperation in his voice.

(Jeffrey R. Holland, "Lord, I Believe," April 2013)

1/9



"If thou canst do any thing," he said, "have compassion on us, and help us. Jesus said unto him, If thou canst believe, all things are possible to him that believeth. And straightway the father of the child cried out, and said with tears, **Lord, I believe; help thou mine unbelief.**" (Jeffrey R. Holland, "Lord, I Believe," April 2013)

2/9

Versions of Mark 9:24

King James Version

And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief.

New International Version

Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief."

New Living Translation

The father instantly replied, "I do believe, but help me not to doubt."

New Century Version

Immediately the father cried out, "I do believe! Help me to believe more!"

Contemporary English Version

Right away the boy's father shouted, "I do have faith! Please help me to have even more."

The Message

No sooner were the words out of his mouth than the father cried, "Then I believe. Help me with my doubts."



This man's initial conviction, by his own admission, is limited. But he has an urgent, emphatic desire in behalf of his only child. We are told that is good enough for a beginning. **"Even if ye can no more than desire to believe," Alma declares, "let this desire work in you, even until ye believe."** With no other hope remaining, this father asserts what faith he has and pleads with the Savior of the world, "If thou canst do *any thing*, have compassion on *us*, and help *us*." I can hardly read those words without weeping. (Holland, April 2013) 3/9



LET'S TALK ABOUT IT

What do you learn from the fact that this father prayed even though his faith was incomplete?



Observation number one regarding this account is that when facing the challenge of faith, the father asserts his strength first and only then acknowledges his limitation. His initial declaration is affirmative and without hesitation: "Lord, I believe." I would say to all who wish for more faith, remember this man! **In moments of fear or doubt or troubling times, hold the ground you have already won, even if that ground is limited.** (Jeffrey R. Holland, "Lord, I Believe," April 2013)

4/9



In the growth we all have to experience in mortality, the spiritual equivalent of this boy's affliction or this parent's desperation is going to come to all of us. When those moments come and issues surface, the resolution of which is not immediately forthcoming, **hold fast to what you already know and stand strong until additional knowledge comes.** (Jeffrey R. Holland, "Lord, I Believe," April 2013)

5/9



It was of this very incident, this specific miracle, that Jesus said, "If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you." **The size of your faith or the degree of your knowledge is not the issue—it is the integrity you demonstrate toward the faith you do have and the truth you already know.** (Jeffrey R. Holland, "Lord, I Believe," April 2013)

6/9



LET'S TALK ABOUT IT

What are some things you already know about Heavenly Father, Jesus Christ, and the gospel that you can hold on to when you lack faith?



The second observation is a variation of the first. **When problems come and questions arise, do not start your quest for faith by saying how much you do not have, leading as it were with your "unbelief."** That is like trying to stuff a turkey through the beak! Let me be clear on this point: I am not asking you to pretend to faith you do not have. I *am* asking you to be true to the faith you *do* have. (Jeffrey R. Holland, "Lord, I Believe," April 2013)

7/9



Sometimes we act as if an honest declaration of doubt is a higher manifestation of moral courage than is an honest declaration of faith. It is not! So let us all remember the clear message of this scriptural account: **Be as candid about your questions as you need to be; life is full of them on one subject or another.** But if you and your family want to be healed, don't let those questions stand in the way of faith working its miracle. (Jeffrey R. Holland, "Lord, I Believe," April 2013)

8/9



Now, brothers and sisters, this is a divine work in process, with the manifestations and blessings of it abounding in every direction, **so please don't hyperventilate if from time to time issues arise that need to be examined, understood, and resolved.** They do and they will. *In this Church, what we know will always trump what we do not know. And remember, in this world, everyone is to walk by faith.* (Jeffrey R. Holland, "Lord, I Believe," April 2013)

9/9



LET'S TALK ABOUT IT

What kinds of questions could actually strengthen our faith when we take them to Heavenly Father?

GOSPEL TRUTH

Keep praying—
even when you
don't feel like
praying.



Should you ever feel distanced from our Father, it could be for many reasons. Whatever the cause, as you continue to plead for help, He will guide you to do that which will restore your confidence that He is near. **Pray even when you have no desire to pray.** Sometimes, like a child, you may misbehave and feel you cannot approach your Father with a problem. That is when you most need to pray. Never feel you are too unworthy to pray. (Richard G. Scott, “Using the Supernal Gift of Prayer,” April 2007).

1/3



Often when we pray for help with a significant matter, Heavenly Father will give us gentle promptings that require us to **think, exercise faith, work, at times struggle, then act.** It is a step-by-step process that enables us to discern inspired answers. (Richard G. Scott, “Using the Supernal Gift of Prayer,” April 2007).

2/3



Seldom will you receive a complete response all at once. It will come a piece at a time, in packets, so that you will grow in capacity. As each piece is **followed in faith,** you will be led to other portions until you have the whole answer. That pattern requires you to **exercise faith** in our Father's capacity to respond. While sometimes it's very hard, it results in significant personal growth. (Richard G. Scott, “Using the Supernal Gift of Prayer,” April 2007).

3/3



LET'S TALK ABOUT IT

Why do you think we sometimes feel least like praying at the very times when we may need prayer the most? And what can help us take that first step when we don't feel like praying?

GOSPEL TRUTH

After you pray,
act on the
thoughts and
feelings you
receive.



"My object in going to inquire of the Lord was to know which of all the sects was right, that I might know which to join" (Joseph Smith—History 1:10, 18). Joseph's questions focused not just on what he needed to know but also on **what was to be done!** His prayer was not simply, "Which church is right?" His question was, "Which church should I join?" Joseph went to the grove to ask in faith, and **he was determined to act.** (David A. Bednar, "Ask in Faith," April 2008)

1/5



True faith is focused in and on the Lord Jesus Christ and **always leads to righteous action.** The Prophet Joseph Smith taught that "faith [is] the first principle in revealed religion, and the foundation of all righteousness" and that it is also "the principle of action in all intelligent beings" (Lectures on Faith [1985], 1). **Action alone is not faith in the Savior, but acting in accordance with correct principles** is a central component of faith. Thus, "faith without works is dead" (James 2:20). (David A. Bednar, "Ask in Faith," April 2008)

2/5



The Prophet Joseph further explained that “faith is not only the principle of action, but of power also, in all intelligent beings, whether in heaven or on earth” (Lectures on Faith, 3). Thus, faith in Christ leads to righteous action, which increases our spiritual capacity and power. Understanding that faith is a principle of action and of power inspires us to exercise our moral agency in compliance with gospel truth, invites the redeeming and strengthening powers of the Savior’s Atonement into our lives, and enlarges the power within us whereby we are agents unto ourselves (see D&C 58:28). (David A. Bednar, “Ask in Faith,” April 2008)

3/5



I long have been impressed with the truth that meaningful prayer requires both holy communication and consecrated work. Blessings require some effort on our part before we can obtain them, and prayer, as “a form of work, ... is an appointed means for obtaining the highest of all blessings” (Bible Dictionary, “Prayer,” 753). We press forward and persevere in the consecrated work of prayer, after we say “amen,” by acting upon the things we have expressed to Heavenly Father. (David A. Bednar, “Ask in Faith,” April 2008)

4/5



If you and I would truly pray and ask in faith, as did Joseph Smith—if we would pray with the expectation to act and not just to express—then the work of proclaiming the gospel would move forward in a remarkable way. (David A. Bednar, “Ask in Faith,” April 2008)

5/5



LET’S TALK ABOUT IT
What usually keeps us from
acting on a prompting we
receive?

✓ TO DO

HOMEWORK ASSIGNMENTS

WEEK 6 CHALLENGE

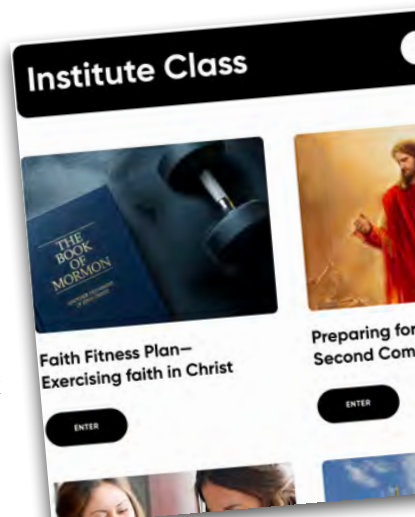
Will you talk to your Coach every day? Will you tell Him honestly where your faith is strong and where it is weak? Will you ask Him to strengthen your faith? Will you listen—and be willing to act on what He tells you? (You don't have to have great faith to start. You just have to be willing to pray with the faith you have.)



VISIT
www.iloveinstitute.com

- > Listen to recordings
- > Download handouts
- > View these classes:
 - Faith Fitness Plan
 - Preparing for the Second Coming
 - Understanding your endowment
 - Principles of personal revelation
 - Avoiding a faith crisis
 - Book of Mormon—your handbook

www.iloveinstitute.com



READINGS



- Henry B. Eyring, "Prayer of Faith," April 2020
- Jeffrey R. Holland, "Lord, I Believe," April 2013
- David A. Bednar, "Ask in Faith," April 2008
- Richard G. Scott, "Using the Supernal Gift of Prayer," April 2007
- Bible Dictionary: Prayer



NEXT CLASS: OCT. 1

Divine Answers

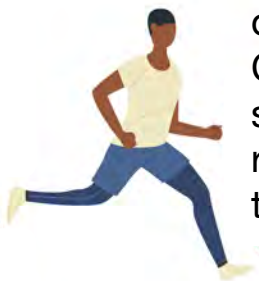
In Lesson 7, we will talk about the Holy Ghost who is trying to communicate with you. How can you enjoy the constant companionship of the Holy Ghost?

FAITH FITNESS CLASS REVIEWS



Faith Fitness Basics

Will you exercise faith by moving forward and taking righteous action without a perfect knowledge of the outcome, trusting in Jesus Christ, hoping for things not seen but true and good, and remaining strong and faithful through the trials of life?



Master Trainer

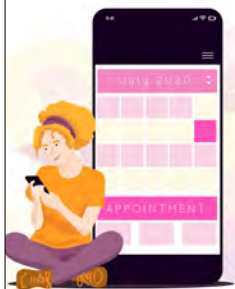
Will you identify one fear, burden, temptation, habit, or unanswered question that you have been carrying? Will you consciously place it in the Savior's hands and act in faith according to His teachings?



LESSON

03

Faith Training Plan

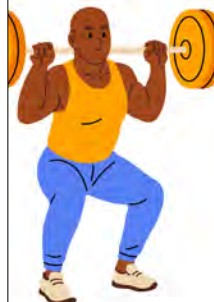


Will you use the “faith formula” in Alma 32, choose a gospel topic where you would like to strengthen your faith and follow the five steps: PREPARE your heart; PRACTICE faith; PLANT a seed; PROVIDE nutrition; PROCURE the results?

LESSON

04

Resistance Training



When adversity comes, will you choose faith in Jesus Christ instead of abandoning hope and giving in to despair? Will you build a “reservoir of faith” so you can withstand anything and everything that comes your way?

LESSON

05

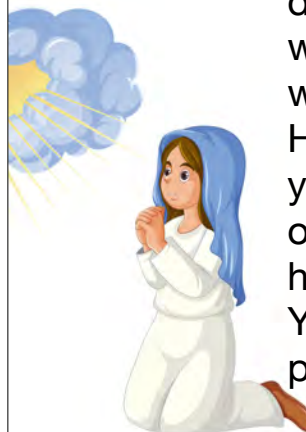
Faith Training Manual



When you want to strengthen your faith in Jesus Christ or when you feel your faith is weakening, will you turn to the scriptures and words of the prophets and apostles for answers and liken those holy words to your situation?



Praying to your Coach



Will you talk to your Coach every day? Will you tell Him honestly where your faith is strong and where it is weak? Will you ask Him to strengthen your faith? Will you listen—and be willing to act on what He tells you? (You don't have to have great faith to start. You just have to be willing to pray with the faith you have.)