

VisitingTeaching.net Printable Instructions

1. Print on thick white cardstock (glossy or matte)
2. Cut out to 4x6 inches.
3. Optional: Insert into a frame or laminate

Armed with Sincere Prayer

“Every honest and sincere **prayer** adds another piece to *chain-mail armor*. One of the most important ways to clothe yourselves in the armor of God is to make sure that **prayer**—earnest, sincere, consistent **prayer**—is part of your daily lives”

Elder M. Russell Ballard of the Quorum of the Twelve Apostles.
“Be Strong in the Lord,” Ensign, July 2004

“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.”

Elder David A. Bednar of the Quorum of the Twelve Apostles
“Ask in Faith,” Liahona and Ensign, May 2008, 95

“If any of us has been slow to hearken to the counsel to **pray** always, there is no finer hour to begin than now.”

President Thomas S. Monson
“A Royal Priesthood,” Liahona and Ensign, Nov. 2007
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June 2009
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