I begin by saying:

DEAR HEAVENLY FATHER

then humbly I ask him for:

THINGS THAT I NEED

I thank him for blessings he sends

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In the name of Jesus Christ Amen

Come Follow Me- For Primary page 38 (Read 2 Nephi 32:8-9) "Ask the children how they pray...What sorts of things do they say? Ask them to imagine that you don't know how to pray, and let them teach you."

From the song

I Pray in Faith

by Janice Kapp Perry