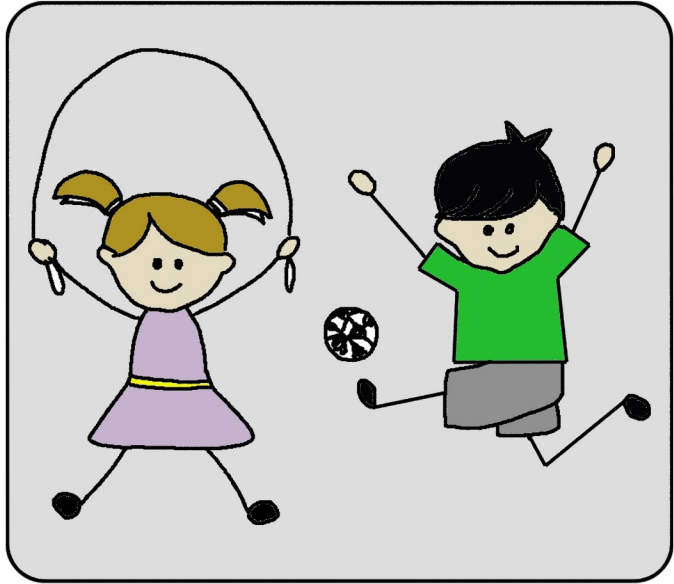
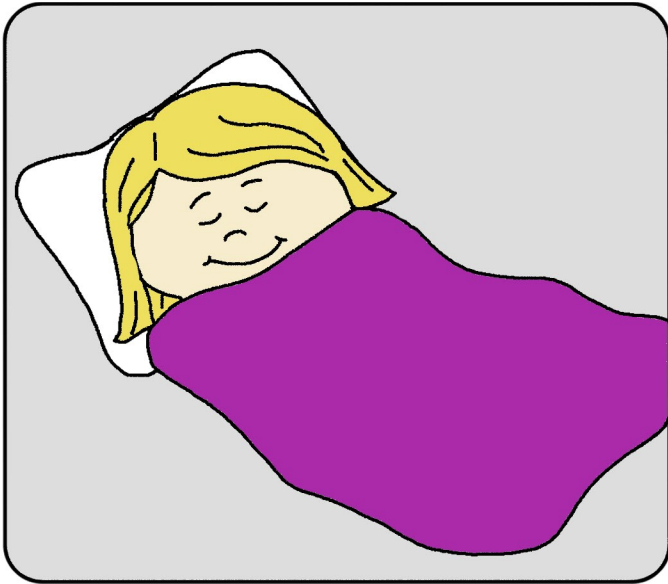
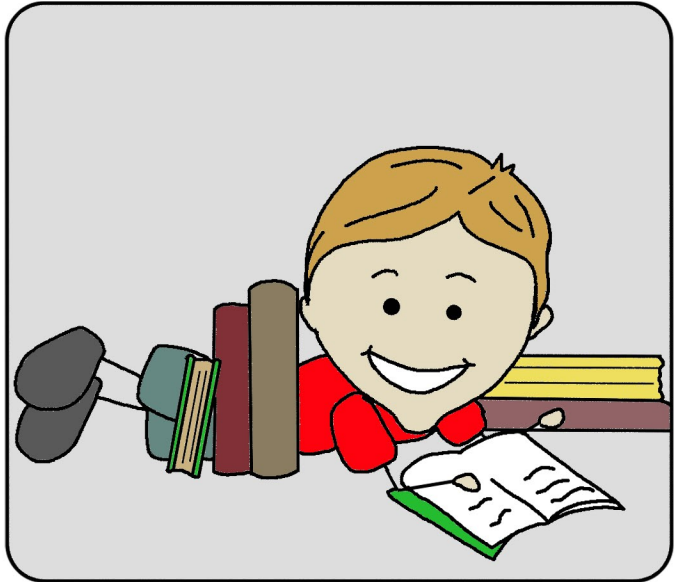


How do these things help us?



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How
will
praying
help
us?



**Come Follow me-
For Primary** "Show pictures of things we do often, such as eating, sleeping, or playing. How do these things help us? Display a picture of a child praying while you read from Doctrine and covenants 10:5 the words "pray always." Ask the children to repeat these words several times. How will praying help us?"