



## Prayer Hearts

When a person is in a life of charity he is constantly praying,  
if not with the mouth yet with the heart.  
(*Apocalypse Explained* 325:12)

Prayers at home and at church are an important part of worship, but we also worship the Lord with a life of charity—serving the neighbor. Our prayers are empty if we are not also trying to show love to the neighbor in our lives. Here are several activities that may help you focus on “praying with the heart.”



A heart symbolizes love. Cut out heart-shaped pieces of paper and write a prayer “from the heart” on each one. This can be done at the beginning of a new day or in the evening in anticipation of your goals for the next day.



Pray for help in making good use of the talents the Lord has given you so that you can serve the neighbor. If there is something getting in the way of your using these effectively, ask the Lord for help in that specific area. He knows what we need, but it is good for us to acknowledge it.



Try to think of a tangible way you can help a friend or neighbor. Consider whether this is something that the Lord would want you to do for the person.

### *Heart Templates for Prayers:*

