

Kneel to Pray

“Alright everyone!” Mom announced. “Time for family prayer.”

The family gathered in a circle on the living room floor. Everyone knelt down on their knees. Well, almost everyone.

“June,” Mom called to her daughter sitting on the couch. “Come kneel down with us. It’s time for prayer.”

“I no kneel down,” June shook her head. “I sit here.”

“Mom,” May spoke up. “Why do we have to kneel to pray?”

“It’s okay to not kneel every time we pray,” Mom pointed out. “Like when we bless the food at dinner time. We are all seated around the table. However, when we are gathered as a family for family prayer, I think it’s important to kneel.”

“But why?” May asked again.

“Do you remember the story of Enos?” Mom asked. “He prayed all day and all night. But do you know what he did first? He knelt. Kneeling is a way to show respect to Heavenly Father. It’s kind of like bowing.”

“Oh,” May thought. “Like when people in the storybooks come to their king. They kneel and bow down at his throne.”

“Yes!” Mom smiled. “And Heavenly Father is a king too. What other ways can we show respect to Heavenly Father when we pray?”

“We bow our heads,” Auggie piped up. “And we fold our arms.”

“We close our eyes,” May added. “Oh, and we sit still. And when we pray at the table, we shouldn’t be eating the food yet.”

“Right,” Mom nodded. “All those things are ways we can show respect and reverence to Heavenly Father when we pray. He gives us so many blessings. June, wouldn’t it be great if we could be nice to Heavenly Father because He is so nice to us?”

“Yes!” June jumped down from the couch and knelt next to Mom. She folded her arms, bowed her head and closed her eyes. She wanted to show Heavenly Father respect because she loves Him too!