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| 1 Nephi 16:21–23 | Ask for help and you’ll be guided |
| 1 Nephi 16:28 | With faith and diligence power is given to you |
| 1 Nephi 17:7 | It takes more effort sometimes to receive the answer |
| 1 Nephi 18:1–3 | Follow the Lord’s guidance to find the whole picture |
| 2 Nephi 32:1–9 | Remember what it means when you received the Holy Ghost |
| Enos 1:1–17 | Faith is required for forgiveness |
| Alma 33:1–11 | You shall pray wherever you go and your sins are forgiven. |
| Alma 34:26–27 | Open your hearts in prayer |
| 3 Nephi 13:7 | Make each prayer unique |
| 3 Nephi 18:20 | You will receive as long as you have faith |
| 3 Nephi 19:24 | Pray always |
| 3 Nephi 27:29 | Ask in prayer to receive answers |
| Ether 2:14–25 | Use the spirit to pray and prayer continually. |

I learned from the video that we are in a tough time and it has been predicted for a long time. We need to build strength to fight these natural man things. Scripture study helps being the spirit to us and strengthen our testimony. When looking for answers it is a good idea to go straight to the scriptures because it is the word of God. Rather than going from someone else’s interpretation. When reading the scriptures I need to study more than read. I need to ask questions and ponder. Write things that intrigue me. It is a good idea to read something multiple times. This helps come up with new things each time I read it.

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| Write your first example here, and in other cells of this table. Feel free to add additional cells. | The Zoramites denied Christ  The Missionaries are filled with the Holy Ghost |
| Write your second example here. | The people had their hearts set on gold and silver, but praying unto the Lord. They were prideful  Alma saw their wickedness and prayed to the Lord asking for strength and comfort.  The two prayed for different things. |