## **Prayer Reminders**

Remember to have family prayer.

Kneel by the side of your bed for morning and night prayers.

Fold your arms during a prayer.

Close your eyes when a prayer is given.

Don't forget to ask Heavenly Father for a blessing on your food.

Bow your head when a prayer is given



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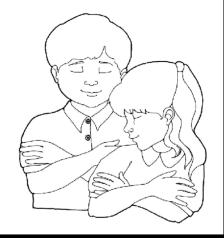
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