

Ask = Given, Seek = Find, Knock = Open

Tenth Invitation from Our Savior

7 ¶ Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:
8 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

(Matthew 7:7-8)

Application Exercise

We live in difficult times. Being a disciple of Christ requires each one of us to maintain a positive, hopeful perspective about the future. Our Savior has promised us that if we ask it shall be given to us; if we seek we shall find and when we knock it shall be opened unto us (see Matthew 7:7-8).

The problem is too many of our brothers and sisters don't ask, seek, or knock for divine assistance. They lack the faith to try or have lost the faith to continue. Our Heavenly Father and elder brother Jesus Christ understand the spiritual, physical, and emotional difficulties we face in life. Their promise to us is, "He that endureth in faith and doeth my will, the same shall overcome" (Doctrine & Covenants 63:20).

Read each item below carefully. Choose the most appropriate response from the response key relative to how true that statement is about you. Your goal is to be honest with yourself and accept that you will rate yourself better on some items than on others.

Response Key: 1 = Never 2 = Sometimes 3 = Often 4 = Almost Always 5 = Always

___ Prayer is a natural and instinctive part of my life because I accept that God is my Father, and I am His child (Prayer).

___ I keep going when the going gets tough and don't give up even when others say, "it can't be done" (Perseverance).

___ I recover quickly from difficulties, failures, misfortune, and disappointing setbacks without being overwhelmed or acting in dysfunctional or harmful ways (Resiliency).

___ I maintain hope in God, His goodness, and His power that sustains me with courage to carry on during difficult challenges (Hope).

___ I have confidence and trust in Jesus Christ that he will help me if I press forward with steadfastness in Him (Faith).

Your goal is to maintain an abiding trust that the Lord will fulfill His promises to you. When you live with confidence, optimism, enthusiasm, and patient perseverance than you are living with the power of faith and hope. Review your responses above and identify where you could be better.

Write down a problem or concern that you have. Be specific about what is worrying or concerning to you. Next identify what you believe and expect will occur.

Problem or Concern I Have	What I Expect Will Happen

Review your prediction of what you think will occur. Select which of the following two options best reflects what you expect to happen:

- Reflects hope. Your expectations show that you are working through your trial and difficulty with confidence and assurance that all things will work together for your good.
- Full of despair and discouragement. Your expectations are more negative than positive.

If you chose the second option, rewrite your expectation from a perspective of hope and confidence in the Lord helping you and in yourself.

Hope will help you conquer discouragement. If you are discouraged, search the scriptures and the words of the prophets and apostles in the spirit of prayer to deepen your understanding of hope in Jesus Christ. Continue until you feel in you the assurance that you will inherit eternal life in the celestial kingdom.

See the seventh invitation in Matthew 6:5-13 containing the Lord's Prayer where we are invited to be thoughtful in our prayers for another application exercise on prayer.