

Prayers for Peace

President Henry B. Eyring — First Counselor in the First Presidency — April 2026

1 As we pray continually, no matter the circumstances of life, the Lord will offer us His peace and abiding support.

2 It was at that Last Supper that He gave those faithful disciples a promise, which continues to comfort and encourage His faithful disciples today in whatever difficulties we face in our own lives. He said: “Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.” (John 14:27)

3 The world today seems to be in commotion. There are wars and rumors of wars. The economies of whole continents seem to be faltering. Prophesied wickedness seems to be accelerating as the Savior’s return draws nearer.

Yet despite turmoil and difficulty, faithful Latter-day Saints in hardship across the world have flooded heaven with prayers. In public and in private, they are petitioning the Lord for help, for comfort, for direction, and for personal peace for those they love.

4 Opening the windows of heaven through fervent prayer does not require the use of many words or flowery language. Rather, the diligence in prayer which Heavenly Father requires of us is to “pour out [our] souls” in private places and have our hearts “drawn out in prayer unto him continually.” (Alma 34:26, 27)

5 The Lord has also provided us touching evidence of the power of nonverbal prayers offered within our hearts. In the Book of Mormon, we read of the people of Alma the Elder, who would have been destroyed had they prayed openly:

“And Alma and his people did not raise their voices to the Lord their God, but did pour out their hearts to him; and he did know the thoughts of their hearts. “And it came to pass that the voice of the Lord came to them in their afflictions, saying: Lift up your heads and be of good comfort, for I ... will also ease the burdens which are put upon your shoulders, that even you cannot feel them upon your backs, even while you are in bondage.

...
“And now it came to pass that the burdens which were laid upon Alma and his brethren were made light; yea, the Lord did strengthen them that they could bear up their burdens with ease, and they did submit cheerfully and with patience to all the will of the Lord.”

(Mosiah 24:12–15)

A Postponed Answers to Prayers

[A1] But, it is said, I do not pray because my prayers have not been answered. Answered? Do we mean not heard? Ah, but they have been—and recorded. We are taught that one day we ourselves will have a perfect bright recollection of all that has occurred in our lives here.

[A2] But what of all that has been before that? Our historian, B. H. Roberts, thought long and hard on the record he studied so often and so deeply. He tried to account for the radical differences among and between those who have received the gospel in this dispensation, observing that some seemed almost to be born with it. He concluded that their response to the gospel and its powers was far beyond anything they could have learned in the short space of mortality. He concluded they brought it with them. His summary is, “Faith is trust in what the spirit learned eons ago” (B. H. Roberts, *Scriptural Notebook*, BYU Special Collections under “F”).

[A3] We do come bringing, though locked under amnesia, the residual powers and distillation of a long experience. To those of us who see the hand of the Lord everywhere and to those of us who see it nowhere, the same promise is made: the day will come when we shall know that we have seen him and that he is the light and is in us without which we could not abound (see D&C 88:50).

[A4] There is locked in all of us, as there was in Enos—and I read Enos to say that he was surprised to find it was there (see Enos 7:8)—more faith than we presently know. He was heard, and we are heard. But it may not be the response of God here and now we wish. Yet have you not lived long enough to say to the Lord, “Disregard previous memo”; to thank him that he answered no, and to ask that he erase some of the petitions that you now realize were foolish or hasty or even perverse?

Truman G. Madsen *The Prayer Heritage of the Latter-day Saints*

<https://speeches.byu.edu/talks/truman-g-madsen/souls-afflame-prayer-heritage-latter-day-saints>

B Prayers, Faith, and Works

[B1] Another reason many prayers have little power is that we lack faith. We approach our Heavenly Father like a child who asks something of his or her parents knowing they will refuse. Without faith, our prayers are merely words. With faith, our prayers connect with the powers of heaven and can bring upon us increased understanding, hope, and power. If by faith the worlds were created, then by faith we can create and receive the righteous desires of our heart.

[B2] What is faith? Faith is absolute confidence in that which is in absolute conformity to the will of heaven. When we combine that confidence with absolute action on our part, we have faith.

[B3] Faith without works is dead. Sometimes we expect Heavenly Father to answer our prayers when all we have done is utter a prayer. The doors of heaven will ever be closed to those who hold out their hands waiting for the blessings of heaven to drop from heaven upon them.

[B4] The legendary football coach Knute Rockne implied the same principle when he said, “I’ve found that prayers work best when you have big players” (www.creativequotations.com/one/471.htm).

6 *I testify that the Lord hears and answers the prayers of our hearts, just as He did for Alma and his people. We can follow His commandment to “pray always” by having a continual prayer in our hearts. As prophets have taught many times in the past, you may not feel like praying or you may not know what to say, but God hears the secret prayers of your heart. The feelings of your heart and the love for our Heavenly Father and for His Beloved Son can be so constant that your prayers will ascend always.*

7 *As we pray continually, no matter the circumstances of life, the Lord will offer us His peace and abiding support. I am reminded of the example of the sons of Mosiah, who had success in preaching the gospel and were made spiritually strong because they prayed constantly. We read in the book of Alma, “They had given themselves to much prayer, and fasting; therefore they had the spirit of prophecy, and the spirit of revelation.” (Alma 17:3)*

8 *It is significant that their spiritual strength came from continued prayer rather than waiting to pray until a moment of crisis when they desperately needed divine help. Consistent prayer during joyous times and also during seasons of distress and grief will surely be rewarded according to His will and perfect timing.*

9 *I know that God the Father lives. He loves us. He hears our prayers, and many times He will answer with feelings of peace. Again from the Book of Mormon: “And now, may the peace of God rest upon you, and upon your houses and lands, and upon your flocks and herds, and all that you possess, your women and your children, according to your faith and good works, from this time forth and forever. And thus I have spoken.” (Alma 7:27)*

10 *Brothers and sisters, I bear my testimony that the Savior’s promise is true and that a humble prayer for peace in your heart will be honored. I felt it at the funeral of my wife of 61 years. I was surprised at the feeling of peace and almost joy. The people at the funeral must have wondered why I was smiling. It was because the Lord had answered my prayer for peace with an assurance from the Holy Ghost, which allowed me to envision the happy reunion ahead with her. The Lord gave me the peace and hope that He had promised His disciples.*

11 *He said: “Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled.” (John 14:27)*

[B5] *The powers of faith are activated by action. We must do our part. We must prepare. We must do all that is in our power, and we will be blessed in our efforts.*

[B6] *Prayer is a private matter between you and Heavenly Father. Both He and you know when you have done what you can. Do not give a thought as to whether or not your best compares with others. In the eyes of Heavenly Father, that doesn’t matter.*

When you have absolute confidence in things that are in conformity to the will of God and you act with all your power to achieve them, then will you “ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you” (Matthew 7:7).

[B7] *Perhaps one of the great challenges the Church faces in our day is that of prosperity. President Brigham Young said:*

The worst fear that I have about this people is that they will get rich [and] forget God. . . . This people will stand mobbing, robbing, poverty, and all manner of persecution, and be true. But my greater fear for them is that they cannot stand wealth.

President Ezra Taft Benson added:

This particular test seems like no test at all . . . and so could be the most deceiving of all tests.

Do you know what peace and prosperity can do to a people—it can put them to sleep. . . .

The Lord has on the earth some potential spiritual giants whom He saved for some six thousand years to help bear off the Kingdom triumphantly, and the devil is trying to put them to sleep. [Ezra Taft Benson, “Our Obligation and Challenge,” regional representatives seminar, Salt Lake City, 30 September 1977, 2–3, unpublished typescript]

Prosperity can deaden us to spiritual things. It can give us the illusion of power. When we are sick, we can go to a doctor and get healed. When we are hungry, we can feed ourselves. When we are cold, we can get warm. In short, most of the problems of life we can solve ourselves—we can answer many of our own prayers.

Because of the relative ease many have in acquiring their daily bread, they can become deceived into thinking they are saviors unto themselves. In their pride and foolishness they feel they have little need of a Heavenly Father. They think little of the power that created the universe or of Him who gave His life that they might live.

[B8] *In the Doctrine and Covenants we are warned of these modern-day idolaters: “They seek not the Lord to establish his righteousness, but every man walketh in his own way, and after the image of his own god, whose image is in the likeness of the world” (D&C 1:16).*

Joseph B. Wirthlin *Improving Our Prayers*

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