

A few months prior to the Book of Mormon Internship, I had the impression that I should kneel during my prayer time. I didn't feel this way every time, only during times when my heart was longing for more with the Lord. I ignored those promptings prior to the Internship.

We were encouraged during the second week of the Internship to attend a Wednesday night prayer service at the Church of Christ Temple Lot. This would help us become acquainted with their church in preparation for a visit to their reunion in New York. While at the prayer service, they asked everyone to kneel for a season of prayer. None of us interns knew we would need to kneel for such a long time, but we all willingly did so. We knelt for more than half an hour. It was a great experience, despite the discomfort.

When spending time with the Church of Christ Temple Lot saints, we could feel the spirit with them. They are great people who have real intent to serve God. We were touched by their act of kneeling during prayers.

I now see the importance of kneeling for prayer in my own life. When I went to the sacred grove, I knelt during my private prayer time. And I felt closer to God than I have previously felt. Multiple times since then, our Internship group has felt God's presence during prayer; and I have especially felt God's Spirit at our fasting services.

Kneeling for Prayer Time

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