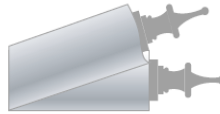




CHURCH EDUCATION

The Holy Bible  
The Book of Mormon



*'...and they shall become one in thine hand.'* Ezekiel 37:17

## LESSON TITLE

Enos' Wrestle With Prayer

## UNIT 6 – Evidence of Authority and Establishing the Church

### GRADES 1-3

#### THE HOLY BIBLE (KJV)

James 5:16, "Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

#### THE BOOK OF MORMON

Enos 1:4, "And my soul hungered; and I kneeled down before my Maker, and I cried unto Him in mighty prayer and supplication for mine own soul; and all the day long did I cry unto Him; yea, and when the night came I did still raise my voice high that it reached the heavens.

#### OBJECTIVES

The students will:

- Recognize Enos' father was a good teacher, Enos 1:1,3
- Recognize the faith and desire of Enos to belong to God's family, Enos 1:3,4
- Recognize that God listened to Enos's prayer, Enos 1:5-18
- Recognize that God listens to his/her prayers

#### ESSENTIAL QUESTIONS

- Who taught Enos about God?
- What does Enos think about when he goes hunting one day?
- For what does Enos pray? How does God answer his prayers?
- What are some things that you pray for and how does God answer your prayers?

#### MATERIALS

*Holy Bible (KJV)* and *The Book of Mormon*

**Illustration:** Enos' Prayers (Page 6) , 1 copy

**Task 1:** White board and markers

**Task 2:** Note page (Page 5), 1- per student. Pencils

**Task 3:** Magazines with pictures. Scissors. Markers. 2 – lunch-size paper bags per student

## TEACHER NOTES

45- Minute lesson

To prepare for this lesson, study the scriptural references listed in **OBJECTIVES**.

Q = Teacher asks question

Note: The Church of Jesus Christ uses the Authorized King James Version of The Holy Bible and The Book of Mormon published by The Church.

#### Definition:

**Manners** *n.* polite or well-bred social behavior.

## PROCEDURE

### Motivation/Introduction (5-10 minutes)

1. Task 1: Engage students in a task to identify good and bad manners. (See Teacher's Supplement for guidance)

**Goals:** Recognize Enos' father was a good teacher.  
Recognize the faith and desire of Enos to belong to God's family. Recognize that God listened to Enos's prayers.  
Recognize that God listens to his/her prayers.

### Lesson Development (30-35 minutes)

(See Teacher's Supplement for Guidance steps 1-3)

1. Share a retelling of the account of Enos from The Book of Mormon or use a story map in Teacher's Supplement.
2. Task 2: Students recognize what Enos prayed for and how God responded.
3. Task 3: Students identify things for which they are thankful, and things for which to pray.
4. Discuss Essential Questions.

Key words: evidence, authority, establish, church, Enos, prayer, faith

# Teacher's Supplement – Enos' Wrestle with Prayer

## Motivation/Introduction

### Task 1: Identify Good and Bad Manners

1. Define the term "Manners." **Q:** Manners are just one of the many things that parents teach their children. Why should parents teach manners to their children?
2. Write headings on the board: Good Manners and Bad Manners.
3. Divide class into two groups.
4. Assign each student in one group to think of an example for good manners and each student in the other group to think of an example for bad manners.
5. Students respond accordingly, and take turns writing responses under the appropriate headings on the board.

Today we will learn about a man named Enos and the many things that he was taught by his father.

## Lesson Development

### Story Map: Enos' Wrestle with Prayer

*When Enos is a young boy, his father, Jacob, teaches him many things - how to read and write and how to hunt animals. His father, Jacob, also teaches him to believe in a Savior, named Jesus, the importance of obeying God's commandments, and how to pray.*

#### **Pause to ask:**

**Q:** Can you think of one thing that your parents have taught you?

**Q:** What do you have in common with Enos?

*When Enos is a young man, old enough to go hunting by himself, he decides to hunt beasts in the forest. While in the forest, he begins to think of the lessons his father taught him. He thinks about keeping God's commandments. He thinks about the happy people in his church – the joy they have in praising God. He thinks and wonders about heaven - what it must be like.*

*Enos is filled with joy and happiness thinking about heaven. He realizes that he wants to go to heaven one day. He realizes that he needs Jesus to be His Savior, so he can go. He realizes that he needs to repent and ask God to forgive him of his sins, for Jesus to be His Savior. Enos begins to pray, telling God that he is very sorry, and asking Him to forgive him for all the bad things he has done. Enos desires to live a life that pleases God.*

**Pause from story to ask:** Have you ever said, "I'm sorry" because you did something wrong?

**Explain:** When we realize that we have done something wrong, we should feel sad. We should ask for forgiveness with the desire to do what is right. That pleases God. That is what Enos does.

*Enos feels very sad that he has disobeyed God and his parents. He cries to God and begs to be forgiven. He prays all day and all night. He asks the Lord to take his sins away.*

**Pause to ask:** Have you ever prayed all night?

*While Enos is praying, he hears a voice, "Enos you are forgiven of your sins and you will be blessed." God spoke to Enos! Enos knows that he is forgiven, and he no longer feels badly. Enos continues talking to God. He asks, "How are my sins forgiven?" God answers, "Because of your faith in My Son, Jesus Christ, I have forgiven you."*

*Now that Enos knows that he has God's attention, he begins to pray for other things. Enos asks God to bless his family. God says He will bless them if they keep his commandments. Enos asks God to spare the lives of his enemies, who are also his family. God says He will. Enos asks God to preserve the records of his people (to be kept for thousands of years into the future). In this way, he hopes that his enemies will one day learn of and accept Jesus as their Savior. God promises to preserve the records.*

## Task 2: Students Record Enos' Prayers and God's Responses

- Post the diagram of Enos's Prayers, page 6, for students to view.
- Hand students a copy of Notes, page 5. Tell students to fold it in half lengthwise.
- Draw two columns on the board and label one **Enos' Prayers** and the other **God's Answers**.
- Tell students to write the two headings at the top of their Note page, one heading on each side of the fold.
- Summarize Enos' prayers and God's responses, writing both on the board under appropriate headings
- Tell students to copy notes from the board onto their papers (See example below).

### Example:

<u>Enos's Prayers</u>	<u>God's Answers</u>
1. Forgive my sins	1. Yes, and I will bless you, because of your faith
2. Bless my family	2. Yes, if they keep my commandments
3. Spare the lives of my enemies	3. I will, because of your faith
4. Preserve the records	4. I will, because of your faith

**Explain:** A record is a written document such as a book. Your parents may have kept a growth and development record for you. They may have recorded when you spoke your first word and when you took your first step, etc. Your parents recorded these things to help them remember and for you to learn about yourself when you became old enough to understand.

Enos's family kept records of their life experiences and the commandments of God so that they could pass this knowledge down to their children. The Book of Mormon contains the record of Enos's family. That is how we are able to learn about Enos.

**Hold up** The Book of Mormon with the page open to The Book of Enos for students to see.

## Task 3: Prayers and Thanksgiving

**Explain:** When we pray, we should thank God for all that we have, in addition to asking God for things that we need or want.

- Write **"Thank You Lord"** and **"Please Bless Me Lord"** on the board.
- Give each student two paper lunch sacks, magazines, a pair of scissors, and a marker.
- Have students label one bag "Thank You Lord" and the other bag, "Please Bless Me Lord."
- Students cut out pictures from the magazines of things they are thankful for and place them in the "Thank You Lord" bag.
- Students cut out pictures of things that they may need or want and place them in the "Please Bless Me Lord" bag.
- Remind students to use good manners when talking to God by saying "Please" and "Thank you."

## NOTES

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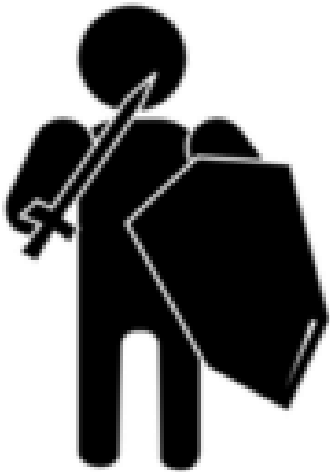
## Enos' Prayers



**Forgive my sins**



**Bless my family**



**Bless my enemies**



**Preserve the records**