

# Teacher's Supplement – Enos' Wrestle with Prayer

## PARALLELS IN TIME

*Holy Bible:* 433 B.C. – Nehemiah returns to Jerusalem from the King of Persia's court.  
396 B.C. –Rebuilding of Jerusalem is completed.

*The Book of Mormon:* 545 - 421 B.C. Enos, son of Jacob, was taught of his father and likely grew up seeing his father's spiritual labors among the Nephite people, as well as the hardness of the Lamanites' hearts. (Ref. Book of Jacob)

## PROCEDURE

### Motivation/Introduction (3-5 minutes)

**Q:** Have you noticed that many people in our church are related? Have you ever heard brothers or sisters say they were 'born and raised' in the church? What do they mean by this?

**Q:** Why do you think so many families attend our church? Why do we have grandparents, parents, children, aunts, uncles, cousins who belong to our church?

**Explain:** When a person is taught the gospel from his/her parents or other family members he/she is receiving a spiritual inheritance, a precious gift that he/she can believe and accept personally or discard and ignore. If an individual happens to be the only person his/her family to attend church, he/she can still receive a spiritual inheritance because God tells us that the Gospel of Jesus Christ is for everyone. Jesus gave His life so everyone would have the opportunity for eternal life.

**Explain:** The Bible and The Book of Mormon are filled with accounts of families who passed down God's teachings from parents to children, and who kept God's word alive by writing testimonies for future family members and all people to read. Today we will learn about a family who followed God's command to record their history and accounts of how God worked with them. We will see that because these people were obedient to God's commandments they were able to pray to receive His blessings. We will learn that faith in God and living a life that is pleasing to Him opens God's ears to hear and answer our prayers.

### Lesson Development (30 minutes)

**Q:** How do we know that this is true? That God will hear our prayers?

1. Students read James 5:16.

**Explain:** James is stating that if we pray diligently and live the way God tells us to live we will benefit or profit from our faith and obedience to Him.

**Say:** Let's look at a family who benefited from living righteously and who prayed to God for all their wants and needs.

2. Pass out "**Lehi & His Family Tree**" assignment to students. Fill in the "branches" of the tree and have students copy on their own papers.
3. Explain the relationship between Enos, Nephi, and Jacob and explain that all three were responsible for keeping records.

**Explain:** We always have a choice whether we accept our spiritual inheritance or refuse it. Laman and Lemuel chose to ignore the teachings of their father, Lehi, but the rest of the family accepted his teachings and were blessed by God because of their faithfulness. The Book of Enos shows how praying with determination and a repentant spirit can move God's hand.

4. Students read Enos 1:1-3.
5. Have students explain what they learn about Enos in these 3 verses.
6. Write Enos' Prayers and God's Responses on the board.

**Say:** While "wrestling," Enos prayed for 4 specific things. Be on the lookout for those 4 things.

7. Students read Enos 1:4-8.
8. As a group, identify the first thing for which Enos prayed. (himself, for remission of his sins)

**Q:** What is God's response to this part of Enos' prayer?

9. Write Enos' prayer and God's response on a dry erase board under the corresponding headings.
10. Students Read vs. 9-10.

**Q:** What is the second thing Enos prayed for? (his family, the Nephites)

**Q:** How does God answer this prayer?

11. Write Enos' prayer and God's response on the board under the related headings.
12. Students Read vs. 11-12.

**Q:** What is the third thing Enos prayed for? (his enemies, the Lamanites, who were also his family)

**Q:** What was God's response?

13. Write prayer #3 and God's response on the board.)
14. Students Read vs. 13-16.

**Q:** What was the last thing for which Enos prayed? (the records of his people to be preserved for future generations; for the preservation of God's word)

**Q:** What was God's answer?

15. Write Enos' prayer and God's response on the board.

**Q:** Enos firmly believed that God will follow through on His promises. How did he know this? ( v. 6 God cannot lie, v. 12 I will grant unto thee according to thy desires, and v. 16 God makes a covenant with Enos)

**Q:** God chose to give Enos everything that he asks for. Why?

**Q:** Can God do the same thing for us today? What can we learn from Enos' experience?

### **Suggestions/Scriptures for Further Study/ Exploration/ Extension of Topic**

**Objective:** Students describe in their own words how God's promise through His Son Jesus Christ existed before His birth.

**Q:** What does God's response to Enos in verse 8 reveal about the opportunity given for salvation to people before Christ came?

**Objective:** Students recognize the surety of God's promises to Enos.

**Q:** Why can we hope in the future fulfillment of God's promises to the descendants of the Lamanites as stated in verses 13-14.

**Q:** When will God fulfill His promise to bring the records to the Lamanites and by whom, verse 15? (2 Nephi 3:18-20)

**Q:** Can you recall when a portion of the records translated and published into the English language? (When Joseph Smith, Jr. received and translated the plates)

**Q:** Can you think of an example of what our church has done or is doing to bring the message of salvation to the Lamanites?

**Read and Discuss** Philippians 4:6-7 to students. Have students discuss the meaning.

Philippians 4:6-7, "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

### **Church Education On-Line Lessons**

- The Prayer of Faith and Fasting and Prayer  
Unleash the Power of God
- The Divine Commission for The Church of Jesus Christ

