



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 7-9

#### 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 be able to:

- Examine the effects of Enos' parents and the church on his life, Enos 1:1,3.
- Identify the sincerity with which Enos prays, Enos 1:2,4, Ether 12:6, Hebrews 11:1, Psalm 37:4.
- Describe in your own words how God's promise through His Son Jesus Christ existed before His birth, Enos 1:5-8.
- Examine and Discuss Enos desire to pray for others and Relate this understanding to having a godly heart, Enos 1:9-17

#### Essential Questions

- Who influences Enos in a good way? How do these people influence him to believe in God?
- How does Enos begin his wrestle with prayer? How does repentance demonstrate our love for God?
- Can you describe and identify how God tells Enos of His love for him?
- How does praying for others glorify God? How do you feel when you pray for other people?

#### MATERIALS

Holy Bible (KJV) and The Book of Mormon for every participant

Pencils/Pens

White board and markers

Task: Lehi's Family Tree, Page 5, 1 copy per student

## TEACHER NOTES

45- Minute lesson

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

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.

## PROCEDURE

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

Engage students in a discussion to recognize the importance of family worship in our church. (See Teacher's Supplement for guidance.)

### Lesson Development (35-40 minutes)

1. Students read and discuss Enos' wrestle with prayer from the book of Enos. (See Teacher's Supplement for guidance.)
2. Discuss Essential Questions
3. Engage students in a discussion of things for which they should pray, e.g. self, family, enemies, preserving/protecting God's word. Tell students to list things they will pray for on their note page. Encourage students to live righteously, pray diligently, and trust God in all things.

### Memory Verses:

Proverbs 3:5, "Trust in the Lord with all thine heart; and lean not unto thine own understanding."

Enos 12, "And it came to pass that after I had prayed and labored with all diligence, the Lord said unto me: I will grant unto thee according to thy desires, because of thy faith."

Key words: authority, establish church, Enos, prayer

## Teacher's Supplement

### 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)

### Motivation/Introduction

**Q:** Have you noticed that many people in our church are related?

**Q:** 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?

**Talking Points:**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 in 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.

**Talking Points:**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

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

1. Students read James 5:16.

**Talking Points:** 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.

**Talking Points:**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.

**Talking Points:** 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.

**Talking Points:** 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 for the 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)

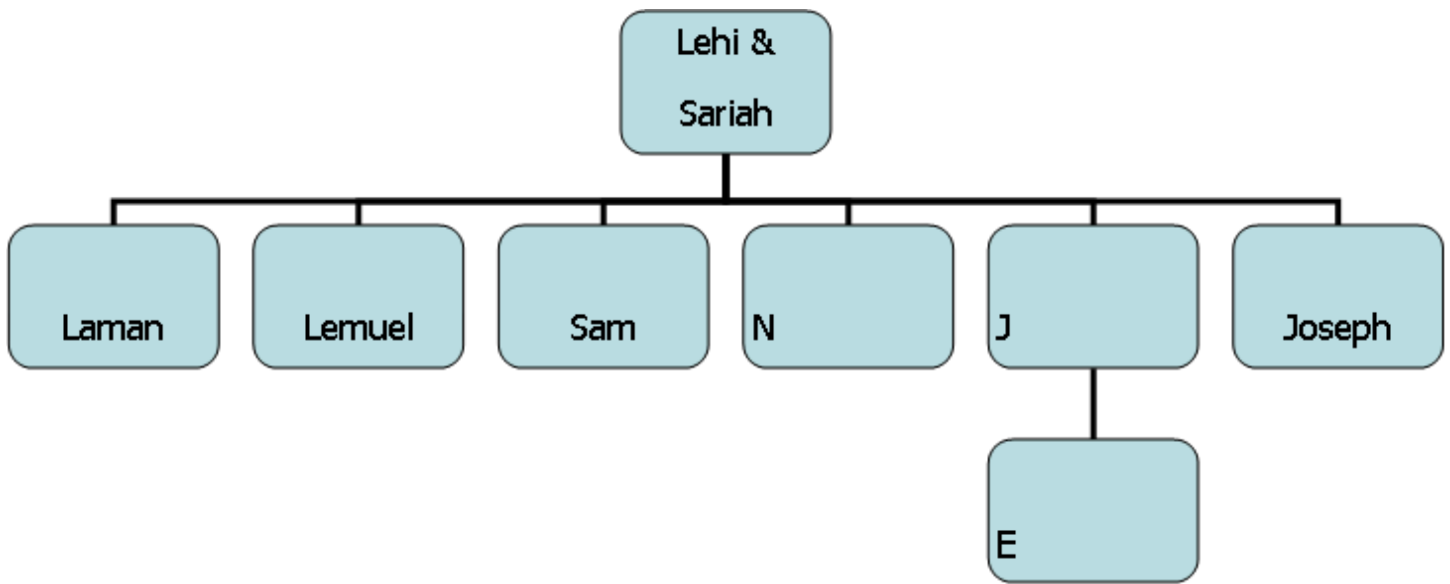
**Q:** Can you recall when a portion of the records were translated and published into the English language? (When Joseph Smith, Jr. received and translated the plates)

**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."

## Lehi's Family Tree



## NOTES
