

Lesson 1: The Book of Enos

BACKGROUND NOTES

This first study will only cover one chapter. Normally we will do three. We have tried to include a variety of the kinds of questions that will be used in the study so you can try your hand at them all. Please remember in all your answers that we want your ideas. Seldom is there only one correct answer. Whatever you have to contribute is valuable to the other sisters and will encourage them in their study.

First Reading: Verses 1-8

1. Who was Enos' father and what kind of man was he? (see Jacob 7:27)

2.
 - A. What do you think it means "to nurture"?

 - B. What do you think it means "to admonish"?

 - C. Why do people need both kinds of help in their lives?

 - D. Can you think of a time that you were nurtured or admonished by the Lord through the scriptures?

3. Do you think Enos already had a testimony when he went in to the woods to pray? Talk about it. [THIS IS A CREATIVE THINKING QUESTION. THERE ARE NO RIGHT OR WRONG ANSWERS. USE THIS KIND OF QUESTION AS A JUMPING OFF PLACE TO THINK ABOUT THE REAL LIVES OF THE PEOPLE YOU READ ABOUT IN THE SCRIPTURES.]

4.
 - A. What teachings of his father, "sunk deep into his heart" and caused his soul to "hunger"?

 - B. How can we let people around us know about the joy we get from living the gospel?

 - C. Why is that important?

5.
 - A. Does the idea of Enos' prayer lasting all day and all night encourage or discourage you? Why?

 - B. How do personal and family obligations put limits on your opportunities for prayer?

 - C. What things can you do to transcend those limits?

7.
 - A. Is guilt good or bad? Why? [Remember—no right or wrong answer.]

 - B. What allowed Enos' guilt to be "swept away"?

Second Reading: Verses 9-18

8. A. How do we develop a desire to include the "welfare of our brethren" in our own prayers?

B. Could you share any specific methods that you use for remembering to include other people in your prayers?

9. A. The great faith Enos was exerting in behalf of his brethren, the Nephites, was not rewarded with a promise that everything would go well for them. In verse 10 the Lord gives the conditions upon which He can continue to bless them. What are they?

B. Look up and read 2 Nephi 1:10-13. What great blessings has God given the Nephites that makes the sin of unbelief so serious in the eyes of God?

C. What will be some specific judgments upon the land if the people reject their God? Name 2 or 3.

10. Look up and read Alma 8:10. How do the book of Enos and this scripture in Alma give us a model for using prayer to bless the lives of people we care about?

11. A. Beginning at Enos verse 2 through the end of this reading section, scan for the words or phrases that suggest prayer is hard work? Cite verses.

B. PERSONAL: Has anyone had an experience where they have really prayed with all the energy of their soul and felt that they received an answer that they would like to share?

12. What covenant did the Lord make with Enos in this section?

Third Reading: Verses 19-27

13. Name two things Enos notes about Lamanite society?

14. What did the leaders of the church in this time and place have to do to keep the people from "going down speedily to destruction"?

15. What impresses you about the life Enos lived after he had his experience with "mighty prayer" in the woods?