

Lesson 49

Suggested Hymn:
#131 More Holiness
Give Me

And My Soul Did Hunger

Enos



Enos

He was the grandson of Sariah and Lehi, and the son of Jacob

He was a nephew of Nephi

He lived about 544 to 421 BC

He was a Nephite

He kept the records handed down to him by Jacob

He demonstrated an important lesson on prayer, repentance, and revelation

He heard the voice of the Lord

He prayed earnestly for his brethren the Lamanites and the Nephites

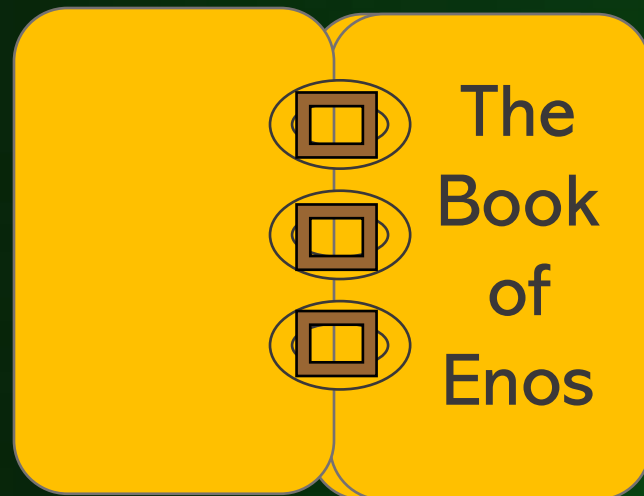
The Book of Enos is the first to describe in detail the apostate condition of the descendants of Laman and Lemuel (see Enos 1:20).



The Book of Enos—Small Plates

The Book of Enos illustrates the power of the Atonement of Jesus Christ to cleanse people from sin and make them whole. Enos wrestled before God in mighty prayer before his sins were forgiven.

He then prayed for the spiritual welfare of the Nephites and the Lamanites, and he spent the remainder of his life laboring for their salvation.



Who Are These Records For?

When Enos received the small plates from his father, he promised to engrave only the writings that he considered to be most precious, which included sacred teachings, revelation, and prophecy.

Enos knew that his people, the Nephites, eventually would be destroyed.

He prayed that the Lord would preserve a record of the Nephites *“that it might be brought forth at some future day unto the Lamanites, that, perhaps, they might be brought unto salvation”* (Enos 1:13).



“Wrestle With God”

Enos did not physically wrestle *with* God.

The record states that Enos wrestled *before* God in prayer.

Such wrestling is the struggle to find and express one’s real desires under the inspiration of the Holy Ghost.

Praying in this manner requires that a person eliminate vain, trite, or insincere repetitions and to pour the deepest desires of his or her heart into words.



...an expression of
yearning and desire
to do God’s will.

*“for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered”
(Romans 8:26).*



My Soul Hungered

Physical Hunger:

A Feeling of emptiness

Pain

Weakness

A desire to be full

Spiritual Emptiness:

Anxious feeling

Questionable testimony

Knowing that repentance is required

Longing for a spiritual experience

A Desire

What Enos Desired

Enos 1:2

Enos 1:3

Remission of Sins

Eternal Life

Joy of the Saints

What Enos Did

Enos 1:2

Enos 1:4

Enos 1:8

Wrestled--prayed

Kneeled down
before his Maker

Prayed all day long

Raised his voice to
the heavens

Had faith in the
Lord

Results of what Enos Did

Enos 1:5

Enos 1:6

Enos 1:8

His sins were
forgiven

His guilt was swept
away

His faith had made
him whole



Desires Today

Our Desires

Remission of Sins

Eternal Life

Joy for our families
and friends



What Can We Do?

Pray with real
intent

Kneel down in
private

Submit your will to
the Lord

Pray out loud

Praise Him in song

Have Faith in the
Lord

What will be the results?

Our sins will be
forgiven

We will no longer
feel guilty

Through our faith
in Jesus Christ we
will be made
whole



Spiritually Empty and Seeking Forgiveness

Why does sin cause us to feel spiritually empty?

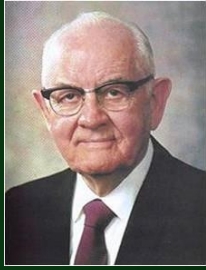
Sin causes the Holy Ghost to withdraw from us and we feel distanced from the Lord.

In what ways can we show our sincerity as we seek the Lord's forgiveness?

Our prayers may not need to be as long as Enos', but they need to be sincere.



Remission of Sins

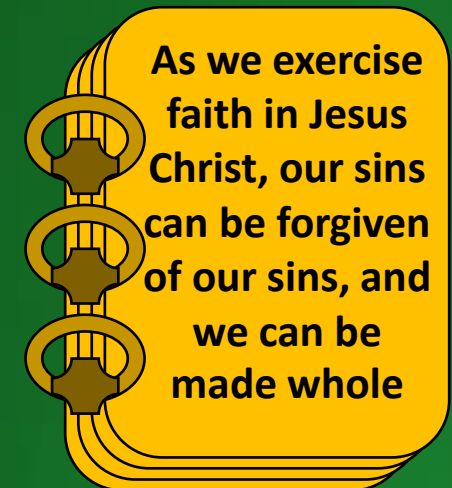


Enos did not mention the nature or extent of his sins, but rather described the process of repentance that we must each undertake to receive divine forgiveness.

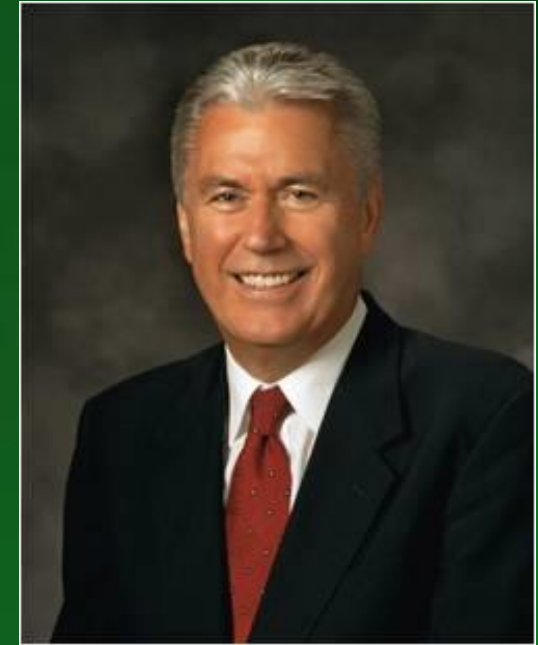
President Spencer W. Kimball taught:

“I have always loved the story of Enos, who had great need. Like all of us—for none of us is perfect—he had strayed. How dark were his sins I do not know, but he wrote, ‘I will tell you of the wrestle which I had before God, before I received a remission of my sins’. ...

“What a blessing and a joy for each of us to know that our Father lives and that he loves us, that he forgives us when repentance is forthcoming, that he is ever willing to help and give love to his beloved children.”



“Once we have truly repented, Christ will take away the burden of guilt for our sins. We can know for ourselves that we have been forgiven and made clean. The Holy Ghost will verify this to us; He is the Sanctifier. No other testimony of forgiveness can be greater.”



The Welfare of My Brethren

When Lehi partook of tree of life—his thought went immediately to his family, he was desirous for them also to have the fruit (truth).

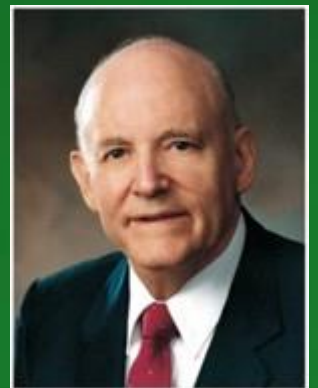
When Enos tasted of the goodness of God, he sought above all else that the promise given Joseph be given him that his brethren may share in the goodness of God also.



“Any time we experience the blessings of the Atonement in our lives, we cannot help but have a concern for the welfare of our brethren. ...

“A great indicator of one’s personal conversion is the desire to share the gospel with others”

Howard W. Hunter



Voice—Revelation—of the Lord's Promise

Holy Land—the promised land a land which is consecrated, dedicated, and set apart, a land blessed by the hand of the Lord for his service and his purposes.

JFM and RLM



Adam-ondi-Ahman—a place of New Jerusalem.

The birthplace of the book of Mormon and Restoration

JFM and RLM



Labor—the Power in Prayer

“There is a power in the prayer of the humble and diligent servant never to be known by the great master of eloquence who has not learned the grace of service and humility.”

JFM and RLM



“Those who obtain the promise of the Lord that they will receive according to their desires are those who have so attuned themselves with the mind and will of God”

JFM and RLM

The Savior taught:

“When thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. ...

“But thou, when thou prayest, ... pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. ...”

Matthew 6:5-6



The Gift by the Power of God

The Book of Mormon declares itself to have come forth by the “gift and power of God.”

This is a treasure to those descendants of Lehi and the family of Joseph

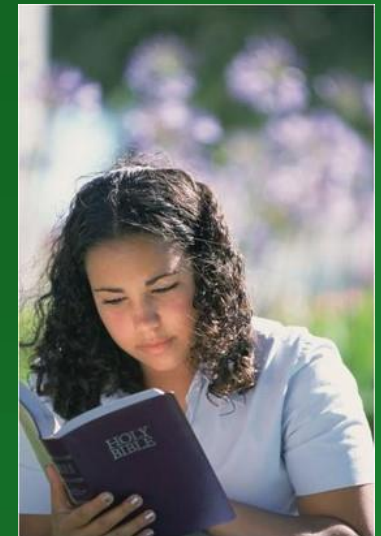
The book comes by the **power of God**

It is written by the **power of God**

It is preserved by the **power of God**

It is brought forth by the **power of God**

And it is only understood by the **power of God**



The Promise:
Read D&C 10:47-52

Like Enos...

Enos prayed for the Lamanites, who were considered his enemies.

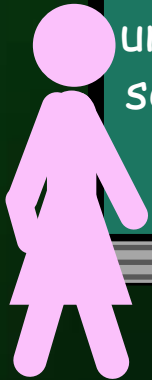
The Lord answers our prayers according to our faith and diligence



I desire to receive a remission of my sins. I will show the Lord that I am sincere in this desire by...



I desire to help my family members and friends come unto Christ. One person I will seek to help is...I will seek to help this person by...



I want to show the Lord's love toward those who are unkind to me. One way I will do this is...



Faithfully Taught—and Testimony

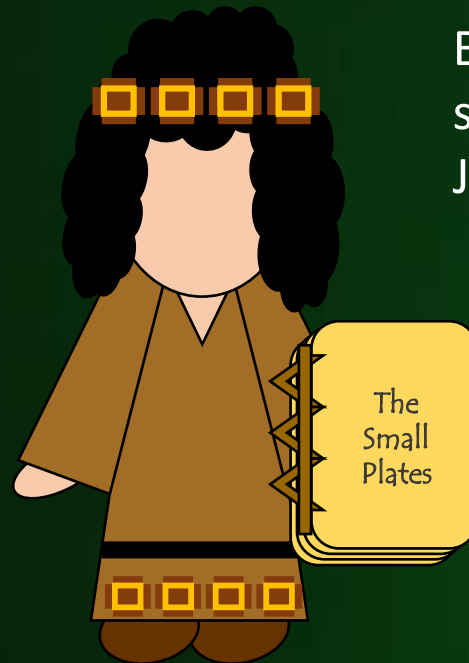
Throughout all his days Enos taught and prophesied to a 'stiffnecked' people (Enos 1:26)

His joy was full

He had been true and faithful in all things

He magnified his calling

“Then shall I see his face with pleasure, and he will say unto me: Come unto me, ye blessed, there is a place prepared for you in the mansions of my Father” (Enos 1:27).



Before his death, Enos passed the small plates of Nephi to his son Jarom (Jarom 1:1).



Sources:

Book of Mormon Student Manual, (2009), 130–35

Spencer W. Kimball *Pray Always Ensign*, Oct. 1981, 6.

Dieter F. Uchtdorf, “Point of Safe Return,” *Ensign* or *Liahona*, May 2007, 101).

Joseph Fielding McConkie and Robert L. Millet Doctrinal Commentary on the Book of Mormon Vol. 2 pg. 98-99

The Teachings of Howard W. Hunter, ed. Clyde J. Williams [1997], 248–49).



Faith in the Lord is trust in the Lord. We cannot have true faith in the Lord without also having complete trust in the Lord's will and in the Lord's timing. As a result, no matter how strong our faith is, it cannot produce a result contrary to the will of Him in whom we have faith. Remember that when your prayers do not seem to be answered in the way or at the time you desire. The exercise of faith in the Lord Jesus Christ is always subject to the order of heaven, to the goodness and will and wisdom and timing of the Lord. When we have that kind of faith and trust in the Lord, we have true security and serenity in our lives. (Dallin H. Oaks, "The Atonement and Faith" [address given at the seminar for new mission presidents, June 2001])

The object of our prayers should not be to present a wish list or a series of requests but to secure for ourselves and for others blessings that God is eager to bestow, according to His will and timing. Every sincere prayer is heard and answered by our Heavenly Father, but the answers we receive may not be what we expect or come to us when we want or in the way we anticipate. ... Prayer is a privilege and the soul's sincere desire. We can move beyond routine and "checklist" prayers and engage in meaningful prayer as we appropriately ask in faith and act, as we patiently persevere through the trial of our faith, and as we humbly acknowledge and accept "not my will, but Thine, be done." (David A. Bednar, "Ask in Faith," *Ensign* or *Liahona*, May 2008, 97)