

Come Follow Me - Book of Mormon  
Week 16: April 14-20 ~ Enos--Words of Mormon

Sunday/FHE - Song recommendation: A Child's Prayer (Raise your hand every time we sing "pray" or "prayer") Read the introduction for this week in the CFM manual. *As we read Enos, remember that your experiences with prayer may be less dramatic, but they don't have to be less meaningful.* Read Enos 1:1-17 and consider the following questions as you do:

- \* What words describe Enos's efforts as he prayed?
- \* What did Enos pray for? (Verses 2, 9, 13-14, 16)
- \* What do you usually pray for?
- \* How did Enos's prayers change from verses 4 to 11?
- \* What were the results from his prayer? (Verses 6, 9, 11)
- \* What do I learn from Enos that can help me improve my prayers?

Watch "Enos Prays Mightily" and discuss. End by singing "Sweet Hour of Prayer" (hymn no. 142)

Monday - *Print this week's activity in the CFM manual. This is the only thing assigned for today.*

Tuesday - *What can you learn from Enos 1:1-4 about Jacob's influence on his son Enos?* Read the verses and answer/discuss. Talk through each of the following questions: *What does the phrase "the nurture and admonition of the Lord" mean to you? How can you invite His influence in your home? How can you influence those around you? What can you do if someone doesn't seem to want your help or is unkind to you? What principles do you find in the following scriptures that can guide your relationships with family members and others around you?* Read Matthew 5:21-24, 38-44; 6:14; 7:1-5; 22:36-39; 3 Nephi 18:21; Moroni 7:33; Doctrine & Covenants 18:10-13 and discuss as you go.

Wednesday - Listen to "In Praise of Those Who Save" by Elder Dieter F. Uchtdorf. What does his message inspire you to do to strengthen your family? Watch "Home and Family—Through Small Things".

Thursday - Do the sections: "As I strive to keep His commandments, God will bless me" and "Come unto Christ, who is the Holy One of Israel" in the CFM manual.

Friday - Read and discuss the section: "God will work through me as I follow His guidance" in the CFM manual.

Bonus Talk: There are no bonus talks this week