



BOOK OF MORMON 2020

Come Follow Me
with
Living Scriptures
STREAMING

For a Wise Purpose

Enos - Words of Mormon

Objectives:

- Emphasize the importance keeping a journal.

Reinforces Principles of:

- Journal Keeping

This Lesson contains 4 activities:

Choose the activities that fit your family's schedule.

Use on Mondays to introduce the topic, or the following Sunday to review.

Reverence Time: Song, prayer, scripture and video clip

Lesson Time: Lesson summary and points to ponder

Activity Time: Object lesson or activity

Treat Time: Prayer, theme related recipe



Reverence Time

Approximate Time: 5 minutes

Sing Together: Family History - I Am Doing It, Children's Songbook Page 172
If you wish to print sheet music or have an online music file to accompany you visit:
<https://www.churchofjesuschrist.org/music/library/childrens-songbook/family-history-i-am-doing-it>

Prayer:

Scripture Time:

Omni 1:1

1 Behold, it came to pass that I, Omni, being commanded by my father, Jarom, that I should write somewhat upon these plates, to preserve our genealogy—

Video Clip: Watch clips from the Living Scriptures Streaming Library. You can find the clip at <https://www.livingscriptures.com/fhe-lesson-wise-purpose>



Lesson Time

Approximate Time: 10-15 minutes

Lesson

Summary: Before he died, Jacob passed on the records that he and Nephi had kept to his son Enos. Enos adds to the record, writing about an experience he had while praying. Enos was worried about his own sins, so while he was out hunting, he stopped and prayed all day long and into the night. He heard the voice of the Lord say, “thy sins are forgiven thee, and thou shalt be blessed.” Then, Enos continued praying for his people, for the Lamanites, and for the safety of the records which had been kept.

Enos knew how important it was to keep the records of his people and the revelations of the prophets. He passed them on to his son, and they were kept safe for many generations. Mormon added these plates to the records he collected, which later became The Book of Mormon.

We can keep records too. It will be helpful for our families who will come after us if we record the important things that happen to us. We can write about things that we struggle with, things we overcome, stories of our daily life, and especially our testimonies of the gospel of Jesus Christ.

Points to

Ponder:

Why did Enos record his experience about his prayer? (Discuss ideas)

Why was it important to Enos for the records to be kept safe? (Discuss ideas)

How do the records the Nephites and Lamanites kept help us today?(Discuss ideas)

What kinds of things should we keep records about? (Discuss ideas)

Quote:

“What could you do better for your children and your children’s children than to record the story of your life, your triumphs over adversity, your recovery after a fall, your progress when all seemed black, your rejoicing when you had finally achieved? Some of what you write may be humdrum dates and places, but there will also be rich passages that will be quoted by your posterity.”

Spencer W. Kimball



Activity Time

What you need: A copy of “My Journal” cover, several journal pages (art work included with this lesson) for each child who doesn’t have a journal, other family members journals, and pen or pencil for each family member. Staples or needle & thread for binding.

- Preparation**
1. **Print** out the art work (Optional: For added durability have cover laminated or put in a plastic sheet protector).
 2. **Fold** art work in half.
 3. **Place** journal pages inside cover.
 4. **Bind** by stapling together or sewing together with needle and thread.

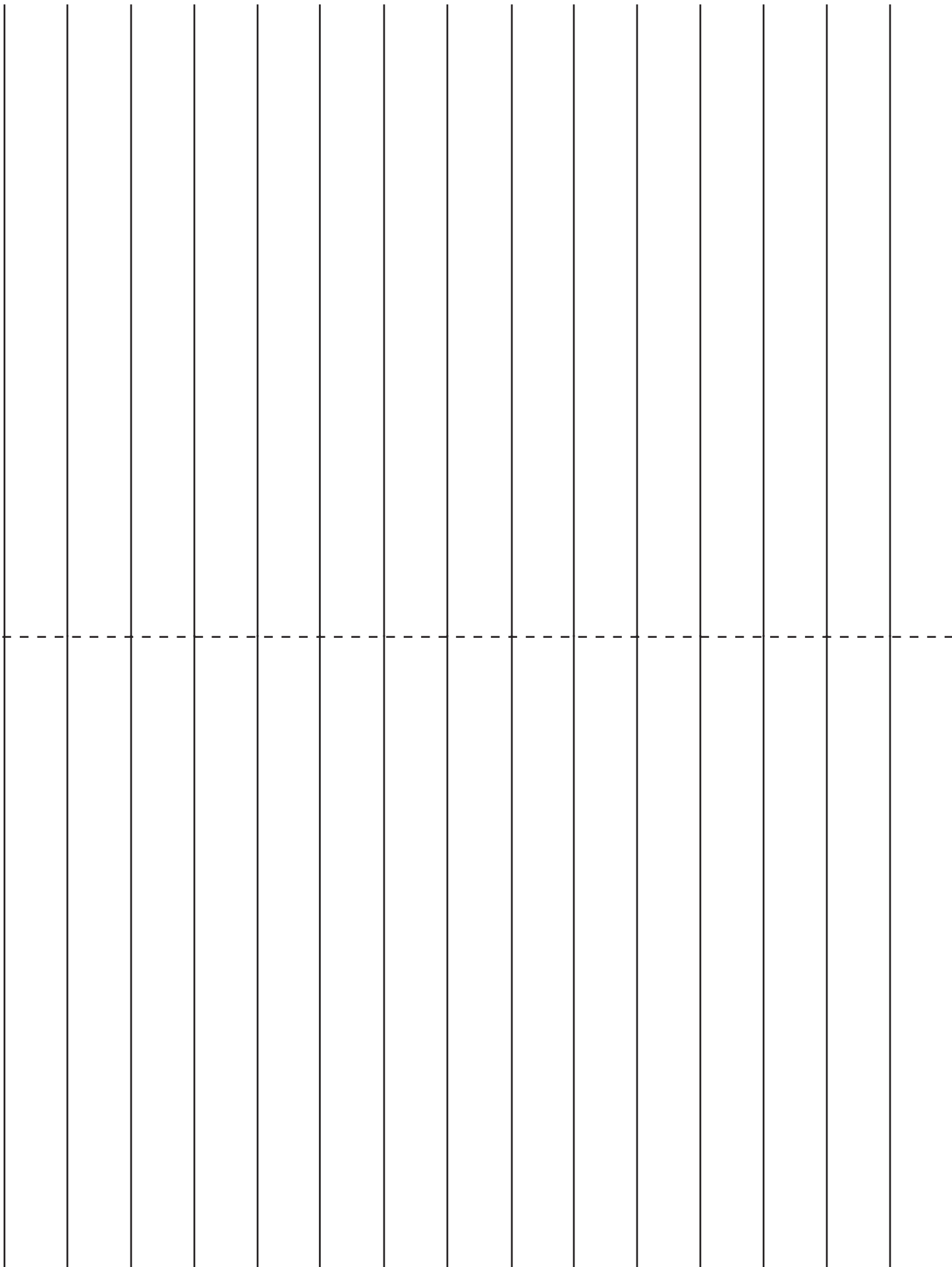
Activity: (Younger children will need help from an older sibling or parent.)
Explain to your family that one important reason to keep a journal is that we have been asked to by the Savior and His prophets. Developing a habit of keeping a journal while you are young will help establish the journal habit. You don’t have to write in your journal every day, but you should write in it often about everyday events as well as special occasions.

1. Discuss with your children the kind of things he or she might want to record in their journals (joys, sorrows, special occasions, feelings, challenges, testimony, triumphs, failures, etc.). Your journal should contain your “true self”, but don’t dwell on the negative.
2. Share an entry from your journal or from another family member.
3. Help each child record an event in their journal (be sure to date entries). Parents or an older siblings can write for children who don’t know how to print. Be sure to write it in their own words. They may also choose to draw a picture of an event. Encourage children who can print to write themselves. (You may choose to assist with spelling but helping a child to articulate how they feel is more important.)

My Journal



*"The Angels may quote from it for Eternity."
President Spencer W. Kimball, New Era, Oct. 1975*





Treat Time

Approximate Time: 15 minutes (not including prep, chill and bake time)

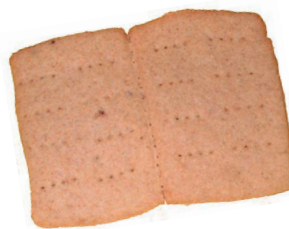
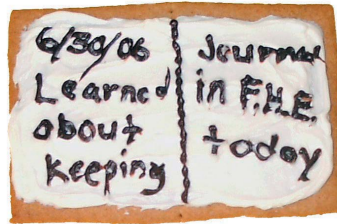
Graham Cracker Journals

Prep Time: 15 minutes

Chill Time: 10–20 minutes

Bake Time: 10 minutes

- 1 1/2 cups all-purpose flour
- 1 1/4 cups graham or whole wheat flour
- 1/2 teaspoons salt
- 1/2 teaspoons baking soda
- 3/4 cups butter
- 1/3 cups granulated sugar
- 1/4 cups brown sugar
- 1/4 cups honey
- 1 teaspoon vanilla extract
- 1 large egg



In a large bowl beat butter, sugars, honey, vanilla and egg until creamy. In a medium bowl stir together graham or whole wheat flour, all-purpose flour, salt and baking soda. Gradually add dry ingredients to butter mixture. Beat or knead by hand until firm dough is formed (similar to the texture of pie crust). Cover dough with plastic wrap and chill until dough is firm enough to roll. On a lightly floured surface, roll dough out to form a rectangle that is approximately 1/4 inch thick (easier if dough is divided in half). With a pizza cutter or a sharp knife cut dough into 6 x 8 inch rectangles (makes about 15 crackers). With fork tines pierce the rectangles down the middle length wise. Then pierce evenly on each half in a 2 x 4 pattern (see picture).

Use a thin metal spatula to carefully lift the squares onto a well greased baking sheet (about 1/2 inch apart). Bake for 10 minutes at 350 degrees F. Remove crackers from sheet and cool on a wire rack.

Treat Time: Frost with white frosting to create a journal page. With chocolate frosting in a decorator bag (or a sandwich bag with a small cut across one corner) let children write on the journal pages. (Packaged graham crackers may be substituted for the homemade crackers).

Closing Prayer and blessing on the food.