

Come Follow Me Podcast
Elo Viz (Living Water) production
Week 16
Enos- Words of Mormon

The book of Enos is packed with some marvelous doctrine. In order to understand the message of this book we must first understand who Enos is. He is the son of Jacob who was the brother of Nephi, the Grandson of Lehi. He was the successor of his father in the keeping of this sacred record. He was a man of God. He was baptized and made sacred covenants. The reason this is important is because in the 2nd verse we find a very interesting doctrine. One that we have discussed before a few weeks ago.

Verse two says: "And I will tell you of the [wrestle](#) which I had before God, before I received a [remission](#) of my sins."

If you look back at week 12 when we studied 2 Nephi 31-33, we discussed this very topic of the baptism of fire and the remission of sins that comes with that ordinance. This is further evidence of the process of receiving this sacred gift, and at what point the remission of sins comes into our lives.

That is not the topic I wanted to focus on this week, but I did want to point that out.

What I love about Enos is that he is just a normal guy going about his day to day, and seemingly out of nowhere this marvelous experience transpires.

Verse three: "Behold, I went to hunt beasts in the forests; and the words which I had often heard my father speak concerning eternal life, and the [joy](#) of the saints, [sunk](#) deep into my heart."

In modern language we would say: I was on my way to work, or I was taking care of my kids or a million other things that we do everyday. Here is the difference: As he is just living his life he was pondering the things of God. Specifically: the words that his father spoke concerning eternal life and the joy of the saints.

This is where the adversary has become really good at distracting us. If Enos was born in our day it is possible that this experience never would have happened because as we would be going out to hunt/work he would have earbuds in his ear with music or something that will keep his mind occupied. Nowadays we really don't have a lot of time to be silent and ponder without the world sneaking in.

In 2016 when President Nelson was speaking to the youth he said: "I promise you that as you consistently give the Lord a generous portion of your time, He will multiply the remainder."

<https://www.churchofjesuschrist.org/study/ensign/2016/10/young-adults/stand-as-true-millennials?lang=eng>

This important gospel principle carries with it loads of powerful spiritual experiences, just like the one that Enos had. God does not only want your heart, He wants your time. He wants to be with you and speak with you, He wants to teach you and give you all of His wonderful gifts that you were promised before this world began.

So, how do we get there? It sounds wonderful doesn't it? As faithful saints we hear things like that and if you are anything like me you say: yea, that would be awesome. But, how does that actually work? How do I take time away from my busy life to focus on God? Because I want those blessings.

Well, let me just point out that: it is not easy. It is not meant to be. If it were then I don't think Enos or Israel would have referred to it as a wrestle. It takes effort and commitment, long term commitment. Not just a casual couple of days. It will take years of daily practice. But if done with a pure heart, with real intent, it will be the greatest blessing any human could receive in this life.

This process starts with the mastery of prayer. Enos says: "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." (Enos 1:4)

To me this is one of the hardest parts. I have always struggled with long drawn out prayers. Or prayers that reflect a communication, instead of a one sided wish list of pleading for help.

Addressing this very topic President Packer said: "No Father would send His children off to a distant, dangerous land for a lifetime of testing where Lucifer was known to roam free without first providing them with a personal power of protection. He would also supply them with means to communicate with Him from Father to child and from child to Father. Every child of our Father sent to earth is provided with the Spirit of Christ, or the Light of Christ.¹ We are, none of us, left here alone without hope of guidance and redemption."

<https://www.churchofjesuschrist.org/study/general-conference/2009/10/prayer-and-promptings?lang=eng>

In another talk he said: "Many years ago John Burroughs, a naturalist, one summer evening was walking through a crowded park. Above the sounds of city life he heard the song of a bird.

He stopped and listened! Those with him had not heard it. He looked around. No one else had noticed it.

It bothered him that everyone should miss something so beautiful.

He took a coin from his pocket and flipped it into the air. It struck the pavement with a ring, no louder than the song of the bird. Everyone turned; they could hear that!

It is difficult to separate from all the sounds of city traffic, the song of a bird. But you can hear it. You can hear it plainly if you train yourself to listen for it."

And this is the key to prayer. It takes a lot of practice, and patients. It takes the ability to tune ourselves to the voice of the spirit. He will never shout or force us to do His will. He will simply whisper softly. His hope is that we will have ears to hear.

President Packer said it this way: "It is difficult to separate from the confusion of life that quiet voice of inspiration. Unless you attune yourself, you will miss it.

Answers to prayers come in a quiet way. The scriptures describe that voice of inspiration as a still, small voice.

If you really try, you can learn to respond to that voice.

In the early days of our marriage, our children came at close intervals. As parents of little children will know, in those years it is quite a novelty for them to get an uninterrupted night of sleep.

If you have a new baby, and another youngster cutting teeth, or one with a fever, you can be up and down a hundred times a night.

We finally divided our children into "his" and "hers" for night tending. She would get up for the new baby, and I would tend the one cutting teeth.

One day we came to realize that each would hear only the one to which we were assigned, and would sleep very soundly through the cries of the other.

We have commented on this over the years, convinced that you can train yourself to hear what you want to hear, to see and feel what you desire, but it takes some conditioning.

There are so many of us who go through life and seldom, if ever, hear that voice of inspiration, because “the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned” (1 Cor. 2:14).”

In today's society I found this quote very applicable in how he recognizes the Spirit he said: “I have come to know that inspiration comes more as a feeling than as a sound.

Young people, stay in condition to respond to inspiration.

I have come to know also that a fundamental purpose of the Word of Wisdom has to do with revelation.

From the time you are very little we teach you to avoid tea, coffee, liquor, tobacco, narcotics, and anything else that disturbs your health.

And you know that we get very worried when we find one of you tampering with those things.

If someone “under the influence” can hardly listen to plain talk, how can they respond to spiritual promptings that touch their most delicate feelings?

As valuable as the Word of Wisdom is as a law of health, it may be much more valuable to you spiritually than it is physically.

When you become a father or a mother, don't live so that your children go unled because of habits that leave you uninspired.”

<https://www.churchofjesuschrist.org/study/general-conference/1979/10/prayers-and-answers?lang=eng>

When I heard this I was shocked at yet another method the adversary uses to keep us from hearing the voice of the Lord. He also mentions music and other distractions that keep us in a realm where we are unable to hear the voice of God.

Imagine if you will, a large football field. The stands are crowned with fans and critics all shouting and cheering, booing and yelling. When you look around you notice that you are standing right in the middle of the field. As you look down the field you see this dark, sinister man, dressed in a nice suit, a half smile gives you the chills and the sense that he wants something from you. Though he is far away and the crowd is loud, somehow you can hear so clearly what he is saying. It is as if he is putting his thoughts into your mind, they seem to creep in as your own thoughts. But, it's not anything you would normally consider. It is a message of rage, selfishness, pride and fear. It makes you uneasy and confused. Your heart starts to race and you are surprised to find yourself as the focus of the whole event.

You look around frantically for someone that you know, anyone that you trust that you could ask for help. You must break free. As your eyes scan the faces of those on the side lines out of the corner of your eye you see a light. Not a physical light but a familiar spiritual glow. At the other end of the field standing at the goal line for the home team is a figure so stunning, so pure. As your eyes meet his, you feel a rush of warmth flow through your body from the top of your head to the soles of your feet. You feel as if somehow He knows you better than you know yourself. You have seen Him before, but where? You would never forget a face like that. Your mind races through familiar events in your life. I know I've seen Him before, I can feel it. His eyes seem to pierce to the center of your soul, His face is calm and humble. His smile, so sincere. He says something to you, but from the noise of the crowd and the thoughts in your head that aren't yours you can't hear Him, or make out what He is saying. You lean towards Him and try to focus your mind. Still nothing. It seems that what He is saying is important, but He is too far away. As that thought crosses your mind the crowd seems to get louder and pulls your attention off of the man at the end of the field. Almost instantly the feelings of confusion and anxiety return. It seems that he is the only one that helps you feel peace. As the chaos of the stadium intensifies, you struggle to maintain your focus on the figure at the end of the field. Despite the cacophony around you, His presence offers a beacon of serenity, a respite from the storm raging within your mind. You take a step forward, determined to bridge the distance between you and this enigmatic figure. With each stride, the noise of the crowd seems to fade into the background, replaced by a sense of clarity and purpose. The dark man's influence wanes as you draw nearer to the source of light.

With each step you take it seems to get harder but at the same time, you feel a burst of strength as the weight of each step grows heavier. If you focus really hard you can hear Him. His voice is quiet and firm. Like a summer breeze after a rainstorm, you long for more. With each word He speaks it breathes life and love to your soul. Your pace quickens, and your heart leaps with excitement as you feel Him say: "I am the light and life of the world. I gave up my life so that you might live again. I have redeemed your soul. Come my child, your sins are forgiven."

This story teaches us that the closer we get to the Savior, the more we are able to clearly discern His message of peace and grace. And what we focus on will truly determine how much we can

hear Him, and if we are able to hear Him at all. My prayer is that we might take the time to draw closer to Him. That we might put forth the effort, and call on His holy name through mighty prayer. For He is anxious to talk to you. Of this great truth I testify, In the name of Jesus Christ, Amen.