

Mahimo ko nga makigsulti sa Langitnong Amahan pinaagi sa pag-ampo (Enos 1:1-17).

Sa unang duha ka oval, pagsulat o pagdrowing og mga hulagway mahitungod sa pipila ka butang nga giampo ni Enos. Sa ikatulo nga oval, pagsulat o pagdrowing mahitungod sa butang nga mahimo nimong iampo.

Panel 1: A large empty oval on the left for writing or drawing. On the right, a line drawing of a man in a long robe and headband, kneeling in prayer with his hands clasped, looking up at a bright sun in a landscape with trees.

Panel 2: A large empty oval on the left for writing or drawing. On the right, a line drawing of the same man kneeling in prayer, looking up at a crescent moon and stars in a night sky over a landscape.

Panel 3: A large empty oval on the left for writing or drawing. On the right, a line drawing of the man kneeling in prayer, looking up at a window showing a bird flying. A globe and a lamp are on the floor next to him.