

Enoch Experiences the Lord's Power

Study Activity 1

Study:

- Read Moses 6:31, looking for Enoch's concerns about his calling from the Lord. Consider marking these concerns in your scriptures.
- Read the following statement from the First Presidency:



There may be times when you don't feel strong or capable. That's normal. Especially in those moments, turn to the Savior. He is the "strength of youth." ("Message from the First Presidency," *For the Strength of Youth: A Guide for Making Choices* [2022], 2)

Discuss:

- What are some situations that could cause teenagers to feel similar to Enoch?
 - How can it help to remember that not feeling strong or capable enough is a normal feeling?
 - Why do you think it is important to turn to the Savior when we feel this way?
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Study Activity 2

Study:

- Read Moses 6:32–34, looking for what Enoch learned from the Lord. Consider marking the Lord's invitations and promises in your scriptures.
- Read the following statement by Elder Dieter F. Uchtdorf of the Quorum of the Twelve Apostles. Think of how this statement relates to Enoch's experience.



I believe the Savior Jesus Christ would want you to see, feel, and know that He is your strength. That with His help, there are no limits to what you can accomplish. That your potential is limitless. He would want you to see yourself the way He sees you. And that is very different from the way the world sees you. ("Jesus Christ Is the Strength of Youth," *Liahona*, Nov. 2022, 9)

Discuss:

- What were some of the ways the Lord promised to help Enoch?
- Which one of the Lord's promises do you think would be most encouraging for youth today? Why?
- How can understanding Christ's power give you greater confidence to move forward when you may feel overwhelmed or inadequate?

Study Activity 3

Study:

- Read Moses 6:35–36, looking for how the Lord helped Enoch fulfill his calling as a prophet.
- Read the following definition of a seer:

A person authorized of God to see with spiritual eyes things that God has hidden from the world

(Moses 6:35–38). He is a revelator and a prophet (Mosiah 8:13–16). ... A seer knows the past, present, and future.
(Guide to the Scriptures, “Seer,” Gospel Library)

Discuss:

- Why is it important to understand that the Lord enables His prophets to see things that we cannot?
 - How can understanding this truth about the Lord help us trust the people He has called as prophets, seers, and revelators today?
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Study Activity 4

Study:

- Read Moses 6:37–39, looking for how Enoch responded to the Lord’s call.

Discuss:

- How do you see the Lord’s promises from verses 32–34 being fulfilled in verses 37–39?
- What are some truths you learned about the Lord from Enoch’s experience that could help you in your life? Write these truths in the space below.