

[Lesson 5](#): “If Thou Doest Well, Thou Shalt Be Accepted” (See L5 [Study Guide](#))

Purpose: To help us understand that choices to follow Jesus Christ lead to liberty, happiness, and eternal life, while choices to follow Satan lead to misery and captivity.

1. Cain covenants with Satan, kills Abel, and is cursed by the Lord.

• Read and discuss [Moses 5:16–41](#).

• Moses 5:16. “Cain hearkened not, saying: Who is the Lord that I should know him?”

What must we do to come to know God? (See [Alma 22:17-18](#)) The “king did bow down before the Lord”.

• [Moses 5:5, 18-19, 20-23](#). God gave “them commandments, that they should ... offer the firstlings of their flocks”.

Why is it important to make sacrifices in the way the Lord commands? †1. Joseph Smith †2. Philip Allred

• Moses 5:21, 26. “26 And Cain was wroth ... and listened not any more to ... the voice of the Lord”.

How can we develop more repentant hearts? †3. Elder Thomas S. Monson

• Moses 5:33. “I am free”. What do you think Cain believed he was free of?

How does disobeying God’s commandments actually decrease our freedom?

How does obedience increase our freedom? †4. Gordon B. Hinckley

• Read Moses 5:34. God asked Cain “Where is Abel, thy brother? And he said: I know not. Am I my brother’s keeper?”

What does it mean to be our brother’s keeper? (See [1 John 3:11, 17–18](#).)

In what ways can we act as our brothers’ and sisters’ keepers? †5. Bishop Robert L. Simpson

What happened to Cain as a result of choosing to follow Satan instead of God? (See [Moses 5:23–25, 36–41](#).)

How did Cain’s choices affect his descendants as well as himself? (See [Moses 5:41–43, 49–52, 55](#).)

How can our righteous or unrighteous choices affect our family members? †6. Elder Kevin S. Hamilton

2. Enoch preaches repentance to the people.

• Read and discuss [Moses 6:26–63](#).

• Moses 6:31. “And when Enoch had heard these words, he bowed himself to the earth, before the Lord”.

What are some reasons Enoch’s humility would be attractive to the Lord?

What did the Lord promise Enoch if he would go forth as commanded? (See [Moses 6:32–34](#).)

What can we learn from the story of Enoch about what God looks for in His children? (See [1 Samuel 16:7](#).)

• Moses 6:37-39. And “all men were offended because of him.”

What doctrines of the gospel did Enoch teach as he called the people to repentance? (See [Moses 6:47–63](#).)

• Moses 6:56. “And it is given unto them to know good from evil; wherefore they are agents unto themselves”.

Why is agency necessary in God’s plan for our salvation?

What are the consequences of choosing to follow Satan? Of choosing to follow the Lord? (See [2 Nephi 2:25–27](#).)

3. The people in the city of Enoch are of one heart and mind with the Lord, and are taken to heaven.

• Read and discuss [Moses 7:13, 17–21, 23–47, 68–69](#).

• Moses 7:13. “And so great was the faith of Enoch that ... he spake the word of the Lord, and the earth trembled”.

• Moses 7:17-18. “And the Lord called his people Zion, because they were of one heart and one mind, and ...”

What does it mean to be “of one heart and one mind”? What choices can help us become one with the Lord?

With our spouses? With our children? With Church members? †7. Elder Richard G. Scott

• Read [Moses 7:19–21, 69](#). “And Enoch and all his people walked with God, and he dwelt in the midst of Zion”.

†8. Elder Bruce R. McConkie

[Cain and Enoch: Choices Compared](#) †9. Ben Spackman †10. Cain and Enoch Choices Chart

• [Moses 7:28](#). Why did the Lord weep?

Why did Enoch question the Lord’s weeping? (See [Moses 7:29–31](#).)

What did the Lord answer? (See [Moses 7:32–33, 36–37](#).)

• Moses 7:41, 44. When Enoch saw the wickedness of the people, he also wept.

How did the Lord comfort Enoch? (See [Moses 7:44–47](#).)

Next Week: L6: “Noah ... Prepared an Ark to the Saving of His House”; See L6: [Class Member Study Guide](#).

(You can download a free LDS Institute manual at: [Old Testament Manual: Religion 301 and 302](#).) † •

†1. **Joseph Smith:** “Abel offered to God a sacrifice that was accepted, which was the firstlings of the flock. Cain offered of the fruit of the ground, and was not accepted, because he could not do it in faith . . . or could not exercise faith contrary to the plan of heaven. It must be shedding the blood of the Only Begotten to atone for man; for this was the plan of redemption; and without the shedding of blood was no remission; and as the sacrifice was instituted for a type, by which man was to discern the great Sacrifice which God had prepared; to offer a sacrifice contrary to that, no faith could be exercised, because redemption was not purchased that way, nor the power of the atonement instituted after that order; consequently Cain could have no faith; and whatsoever is not of faith, is sin. . . . Certainly, the shedding of the blood of a beast could be beneficial to no man, except it was done in imitation, or as a type, or explanation of what was to be offered through the gift of God Himself; and this performance done with an eye looking forward in faith on the power of that great Sacrifice for a remission of sins” (*Teachings of the Prophet Joseph Smith*, sel. Joseph Fielding Smith [1976], 58).

†2. **Philip Allred:** Another sin of Cain's 'sacrifice' was that it was a perversion of his priesthood duties. Cain was an authorized bearer of the priesthood, but when he deliberately chose to alter the prescribed ordinance, he struck out at the authority of God to govern his own priesthood. "The power, glory and blessings of the Priesthood could not continue with those who received ordination only as their righteousness continued; for Cain also being authorized to offer sacrifice, but not offering it in righteousness, was cursed. It signifies, then, that the ordinances must be kept in the very way God has appointed; otherwise their Priesthood will prove a cursing instead of a blessing" (*Teachings of the Prophet Joseph Smith*, 169). ([Philip Allred](#), *Meridian Magazine*, January 21, 2014.)

†3. **Elder Thomas S. Monson:** "There are those who do not hear, who will not obey, who listen to the beat of a different drummer. Most prominent among their number was that son of Adam born of Eve, even Cain—a well-known name among men. Powerful in potential, but weak of will, Cain permitted greed, envy, disobedience, and even murder to jam that personal rudder which would have guided him to safety and exaltation. The downward gaze replaced the upward look; Cain fell" ("[Sailing Safely the Seas of Life](#)," *Ensign*, July 1999).

†4. **Gordon B. Hinckley:** “In matters of religion, when a man is motivated by great and powerful convictions of truth, [he disciplines himself](#)—not because of demands made upon him by the Church, but [because of the knowledge within his heart that God lives; that he is a child of God with an eternal and limitless potential; that there is joy in service and satisfaction in laboring in a great cause.](#)” (*Be Thou an Example*, 5; see Moses 5:10)

†5. **Bishop Robert L. Simpson:** “The world today tells you to leave your friend alone. He has the right to come and go as he pleases. The world tells you that persuasion to attend church or priesthood meeting or to discard a bad habit might lead to frustration and undue pressures; but again I repeat the word of the Lord: You are your brother’s keeper, and when you are converted, you have an obligation to strengthen your brother” (“[Strengthen Thy Brethren](#),” *Ensign*, Dec. 1971, 103).

†6. **Elder Kevin S. Hamilton:** “My father could remember the very day, even the very hour, that his family—father, mother, and four children—left the Church, many never to return again in this life. He was 13 years old, a deacon, and in those days families attended Sunday School in the morning and then sacrament meeting in the afternoon. On a beautiful spring day, after returning home from Sunday morning worship services and having a midday family meal together, his mother turned to his father and asked simply, ‘Well, dear, do you think we should go to sacrament meeting this afternoon, or should we take the family for a ride in the country?’

“The idea that there was an option to sacrament meeting had never occurred to my father, but he and his three teenage siblings all sat up and paid careful attention. That Sunday afternoon ride in the country was probably an enjoyable family activity, but that small decision became the start of a new direction which ultimately led his family away from the Church with its safety, security, and blessings and onto a different path.” (“[Continually Holding Fast](#),” *Ensign*, Nov. 2013)

Recommended Reading:

1. Elder Thomas S. Monson, “[Sailing Safely the Seas of Life](#),” *Ensign*, July 1999.
2. Elder Richard G. Scott, “[To Help a Loved One in Need](#),” *Ensign*, May 1988, 60-61.
3. [C. Terry Warner](#), “What We Are,” *BYU Studies*.

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†7. **Elder Richard G. Scott:** “Many of you have heavy hearts because a son or daughter, husband or wife, has turned from righteousness to pursue evil. My message is for you.

“Your life is filled with anguish, pain, and, at times, despair. I will tell you how you can be comforted by the Lord.

“First, you must recognize two foundation principles:

“1. While there are many things you can do to help a loved one in need, there are some things that must be done by the Lord.

“2. Also, no enduring improvement can occur without righteous exercise of agency. Do not attempt to override agency. The Lord himself would not do that. Forced obedience yields no blessings (see D&C 58:26–33).

“I will suggest seven ways you can help.

“First, love without limitations. ... Second, do not condone the transgressions, but extend every hope and support to the transgressor. ... Third, teach truth. ... Fourth, honestly forgive as often as is required. ... Fifth, pray trustingly. ‘The ... fervent prayer of a righteous man availeth much’ (James 5:16). ...

“Sixth, keep perspective. ... When the things you realistically can do to help are done, leave the matter in the hands of the Lord and worry no more. Do not feel guilty because you cannot do more. Do not waste your energy on useless worry. ... In time, you will feel impressions and know how to give further help. You will find more peace and happiness, will not neglect others that need you, and will be able to give greater help because of that eternal perspective. ...

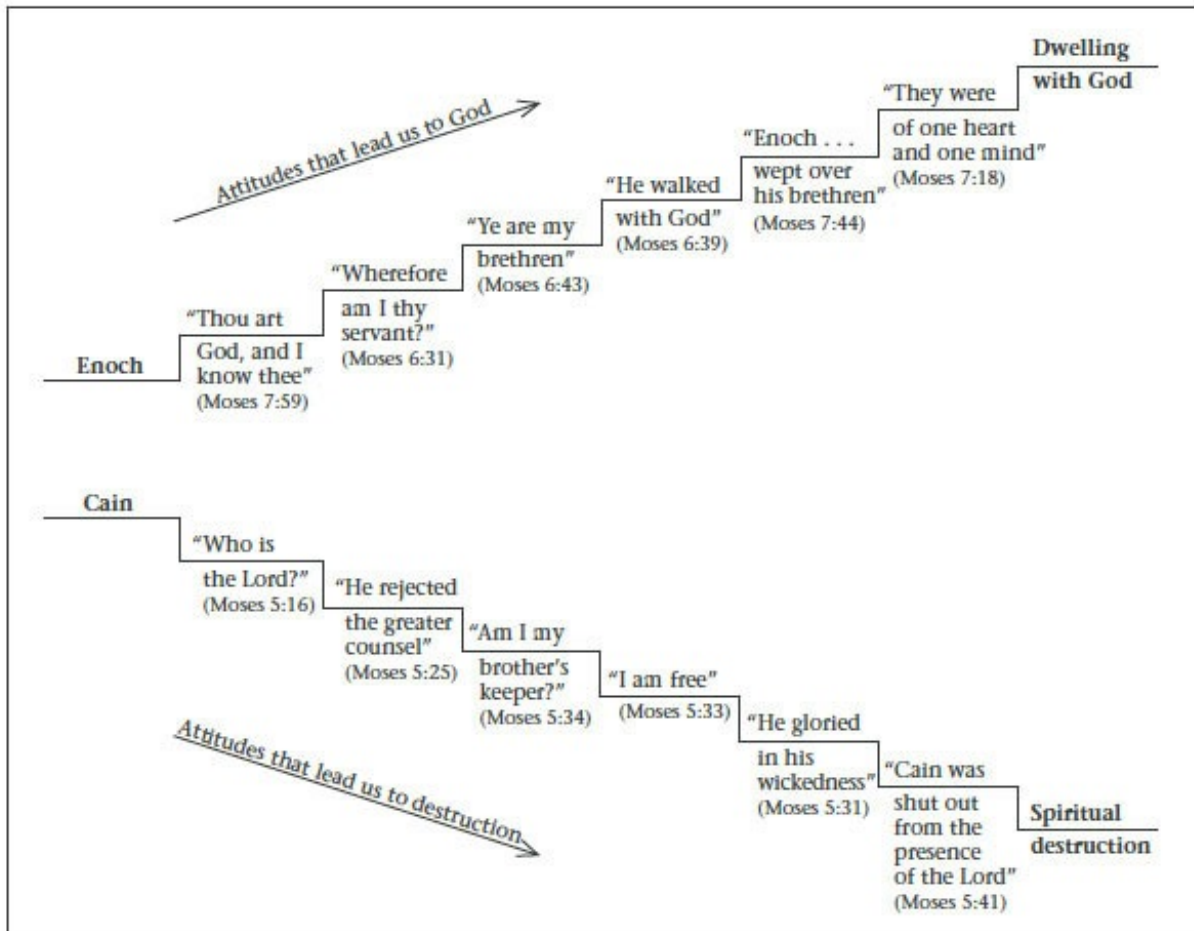
“One last suggestion—Never give up on a loved one, never!” (“[To Help a Loved One in Need](#),” *Ensign*, May 1988, 60–61).

†8. **Elder Bruce R. McConkie:** “After the Lord called his people Zion, the scripture says that Enoch ‘built a city that was called the City of Holiness, even Zion;’ that Zion ‘was taken up into heaven’ where ‘God received it into his own bosom; and that from thence went forth the saying, Zion is fled.’ (Moses 7:69.) After the Lord’s people were translated—for it was people who were caught up into heaven, not brick and mortar and stone; for there are better homes already in heaven than men can build on earth—after these righteous saints went to dwell beyond the veil, others, being converted and desiring righteousness, looked for a city which hath a foundation, whose builder and maker is God, and they too ‘were caught up by the power of heaven into Zion.’ This same Zion which was taken up into heaven shall return during the Millennium, when the Lord brings again Zion, and its inhabitants shall join with the new Jerusalem, which shall then be established. (Moses 7:4-69.) “[Come: Let Israel Build Zion](#),” *Ensign*, April 1977, 115)

†9. **Ben Spackman:** Cain’s secret was to sacrifice the lives of others for his personal gain, but Christ’s example (and call to discipleship) was to sacrifice his own life for the gain of others. “Greater love hath no man than this, that a man lay down his life for his friends.” (John 15:13 KJV) “For what is a man profited, if he shall gain the whole world, and lose his own soul?” (Matt. 16:26 KJV) ([Ben Spackman](#))

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†10. Cain and Enoch Choices Chart:



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