

August 24-30 Helaman 7-12

# "REMEMBER THE LORD"

[www.comefollowmekid.com](http://www.comefollowmekid.com)

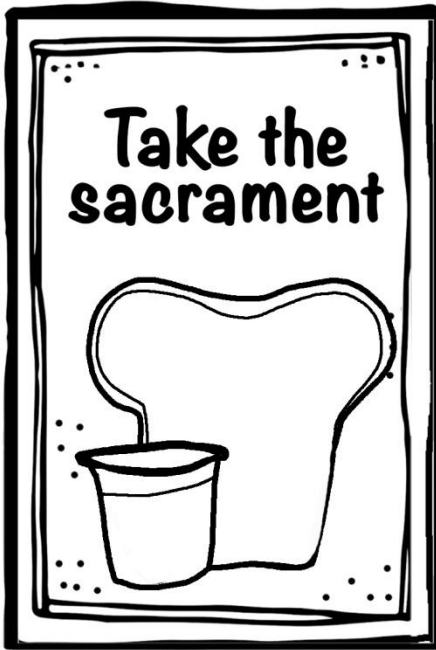
1. Forgetting – From the manual: “Share with the children an experience when you forgot something important. Ask them if they have ever forgotten something. Read to them [Helaman 7:20](#), and explain that the Nephites had chosen to forget about God. The prophet Nephi wanted them to remember God.”
  - Review things we’ve learned about Heavenly Father and Jesus. Talk about what we remember about Them and how we can be better at remembering Them each day.
2. Remembering God Bag Activity – What are some ways we can remember Heavenly Father and Jesus? Tell them we’re going to do an activity to help us talk about some specific ways we can remember Them. Cut out the cards and follow directions on pages 3 and 4 below (designed by Crystal from [theredcrystal.org](http://theredcrystal.org)).
3. Do You Remember? (from *The Ensign* Family Study Fun section) – Use some of the cards from the “Remembering God Bag Activity” to do this activity. We’ll probably use about 5 cards with our kids.
  - Read Helaman 8:19–25 together and talk about how Nephi wanted people to remember what the prophets taught.
  - Set out items that represent the gospel (scriptures, pass-along card, Church magazine, CTR ring, etc.).
  - Look at the items for one minute. Then invite someone to leave.
  - Remove one item, then invite the person to return and try to remember what is missing.
  - Play again until everyone has a turn.
  - **Discussion:** What can we do to remember important gospel lessons that bless our lives?
4. Follow the Prophet Song- Show picture of President Nelson (on page 7 below). Remind them that he is our prophet right now. How do prophets help us remember Jesus and Heavenly Father? Sing/discuss “Follow the Prophet” song. [This video](#) has a singing time type of thing that discusses the words with pictures.
5. Friend Story – Read/discuss “[Families are Blessed When They Follow the Prophet](#)” story from *The Friend*.
  - [This page](#) from *The Friend* has pictures that can be colored of the current prophet and apostles as well. This could be used to help them remember their names and look forward to hearing from them at our next conference.
  - Testify of how remembering God and Christ blesses us, and how prophets and apostles can help us remember Them.
6. Primary Activity Page- Follow the instructions from the manual for the chain activity coloring page: *Color the picture, cut it out, and cut out the slit at the bottom. Then cut slips of paper to make a paper chain. Each time you do something to remember Jesus during the week, write what you did on a slip and add a link to your chain.* [This link](#) has the full-size sheet from the manual, or you can use the smaller version on page 5 below. Page 6 also has an outline you can use to cut out paper chain pieces for this.
7. Footprint Cookies – From the manual: “Read Helaman 10:2, 11–12, and help the children understand that Nephi (the prophet in Helaman, different from the Nephi in the beginning of the BOM) obeyed God. Invite the children to act out what Nephi did. For example, ask them to walk toward one side of the room (as if they are going home), stop, turn around, and walk toward the other side of the room (as if they are returning to teach the people). Help them see that Nephi wanted to obey the Lord even though he had to do something difficult.”
  - Cookies – Make footprint cookies like the ones found in [this link](#), but use small dolls to make human footprints. Talk about what kind of direction our own footprints will go in life as we remember God and Jesus, and remind them that as we remember Them and follow the prophets, we will eventually be led back to Jesus.



Additional Ideas:

Support Articles and Activities from *The Ensign* <https://www.churchofjesuschrist.org/study/ensign/2020/08/come-follow-me-book-of-mormon-support-articles-and-activities/helaman-7-12?lang=eng>

More Great Ideas [www.theredcrystal.org](http://www.theredcrystal.org)

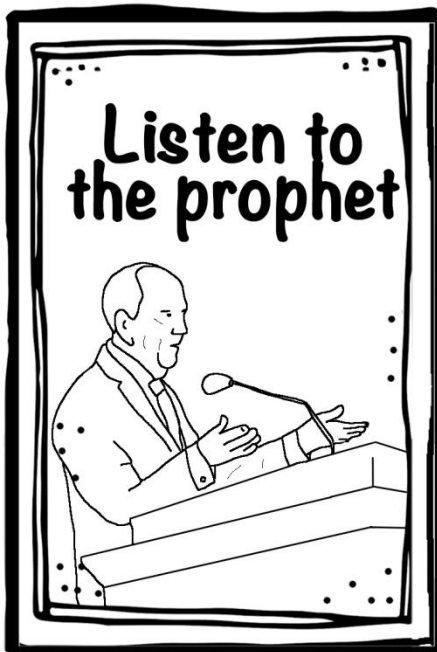


# Remember God

## Read Helaman 7:20

Come Follow Me- For Primary page 133 "The prophet Nephi wanted them to remember God. Bring pictures in a bag that represent ways the children can remember Heavenly Father and Jesus. Let the children take turns choosing a picture and sharing how we can remember God every day."



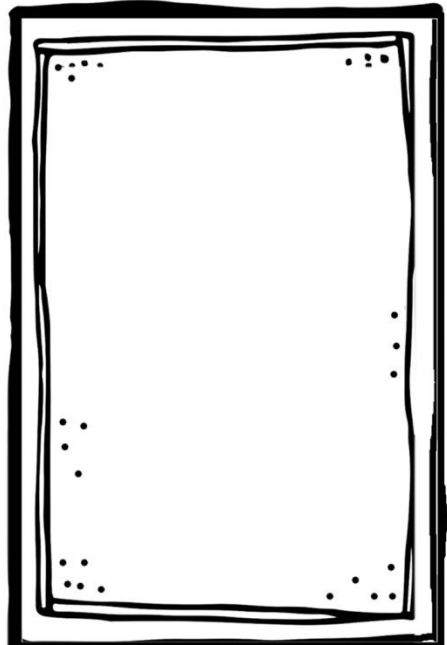
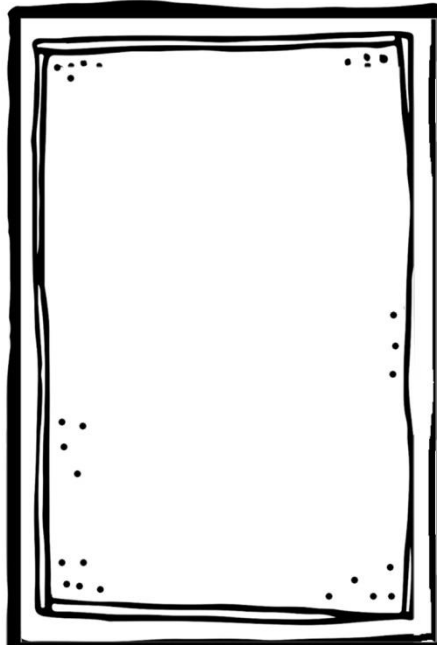
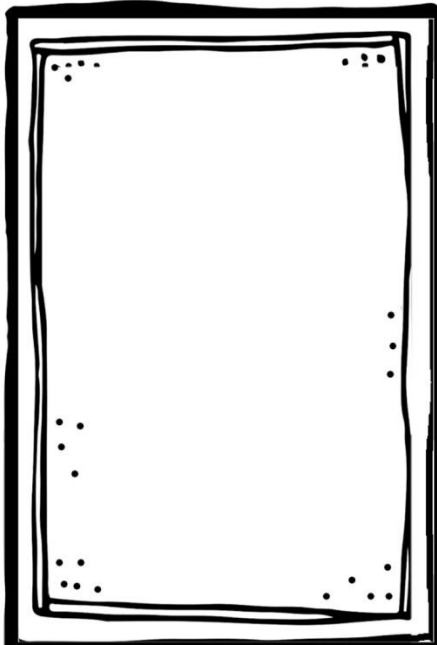


# *Remember God*

## **Read Helaman 7:20**

Come Follow Me- For Primary page 133 "The prophet Nephi wanted them to remember God. Bring pictures in a bag that represent ways the children can remember Heavenly Father and Jesus. Let the children take turns choosing a picture and sharing how we can remember God every day."

**Create your own.**



**The Lord wants me to remember Him  
(Helaman 7:20).**

Color the picture, cut it out, and cut out the slit at the bottom. Then cut strips of paper to make a paper chain. Each time you do something to remember Jesus during the week, write what you did on a slip and add a link to your chain.

