



comefollowmekid.com

October 24-30

“A New Spirit Will I Put Within You”

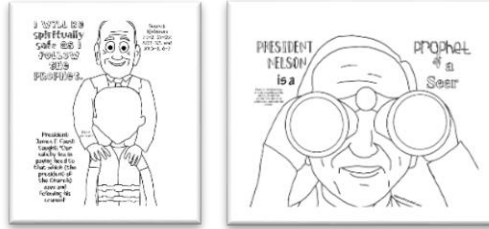
1. Watchman Picture – Look at the picture of the watchman on page 5 below. Ask what they think it is a picture of. Read, summarize, and discuss this section from [For the Strength of Youth](#):
 - *“In ancient times, a watchman stood on a wall or in a tower and looked out for dangers coming from far off, such as enemies on their way to attack a city. The watchman could then warn people so that they could prepare.*
The Lord told Ezekiel that a prophet is like a watchman standing on a tower. Because prophets have a holy calling, they are separated from the world and see things from a higher, or more heavenly, point of view. They warn people of spiritual dangers.”
 - You could also print up the watchman picture on page 5 below and let everyone write specific spiritual dangers the prophets warn us about around the picture. It could be a good idea to rewatch some of President Nelson’s talks from recent conferences and listen for spiritual dangers he’s warned us of.
2. Monsters and Candy Spiritual Danger Watchman Game – We wanted a fun Halloween type of game that also gave us a chance to understand how important prophets are and to review things prophets have taught us, so this is what we came up with. 😊

Remind them that prophets warn us of “spiritual dangers.” These are things that could hurt our spirits. Often, spiritual dangers come through things that Satan tries to make us believe that aren’t true. The false things he tries to tell us are like monsters that will eventually steal some of the joy that Heavenly Father wants us to have in our lives! Prophets can help us find and destroy false teachings! For this activity, we’re going to practice finding and destroying spiritual dangers.

Monsters and Candy Game Instructions:

- Place the circle activity pieces from pages 6-7 below around the room (there are some blank pieces to use if you want to write your own warnings/blessings from prophets). If possible, place them far enough away from everyone so that they can’t see the pictures on them without binoculars.
- Explain that some of these circles have pictures of monsters and some have pictures of candy. We want to get rid of the monsters and keep the candy.
- Let each kid take turns acting like a “watchman” by standing on a chair with a pair of binoculars.
- If they see a “monster,” they will point to it and tell everyone else it is a spiritual danger that needs to be destroyed! That piece will then need to be ripped up and thrown away.
- After all of the monsters have been found and destroyed, explain that prophets also help us see things that will bring us joy.
- Take turns choosing one of the remaining circles that has a picture of candy instead of a monster on it. These ones represent happy things the prophets have taught us that will bring blessings into our lives. After each of these positive circles have been read and discussed, ask how they make them feel. We’re planning on giving our kids a small piece of candy after each positive circle has been discussed, while reminding them that blessings come into our lives when we listen to and follow the prophets.
- Depending on the age of the kids you’re teaching, talk about how we can avoid or destroy spiritual dangers that might come our way in life. Encourage them to pray to trust prophets’ warnings of spiritual dangers and to receive their own testimonies of the things we are taught from prophets.

3. Follow the Prophet – Sing “[Follow the Prophet.](#)” If you want to have the kids color while they listen to all verses (it’s kind of long 😊), [theredcrystal](#) has some cute prophet coloring pages on [her website](#).



4. Scripture Draw – Look at picture of President Nelson (on page 8 below). Talk about how he is like a watchman to us. Do the scripture draw on page 4 below.
5. Video – Watch and discuss “[The Snail and the Watchtower](#)” video from Latter Day Kids.
6. Friend Story – Read “[Our Living Prophet](#)” and encourage everyone to listen carefully to what prophets say and pray to gain their own testimonies of what we’re taught by them.
7. Stony Heart Treat – From the manual: [Ezekiel 36:26–27](#).
Show your family some stones as you discuss what it means to have a “stony heart.” Let them suggest words that describe the “new heart” and “new spirit” the Savior gives us (see [Mosiah 3:19; 5:2](#)).
- Let everyone make a soft heart out of [edible playdough](#) or a sugar cookie recipe while discussing this. It could also be fun to dip them in chocolate while talking about how Christ can make our hearts, spirits, and lives sweeter than we can on our own.

NEW BOOK! We’ve been working hard to create a new book for 2023 Come, Follow Me with many new lessons and activities. It’s available for pre-order right now on Amazon as well as on Cedar Fort’s website (scheduled to release on November 8th). My very favorite thing about this is that it will have all of the **activity sheets ready to cut right out of the book so that you don’t have to make your own copies!** We’re really hoping to make life simpler for anyone teaching CFM to their kids next year. If you’d like to pre-order, click on the picture below. 😊



Additional Ideas:

More Great Free Ideas at www.theredcrystal.org

[Old Testament Cartoon Videos from the Church Website](#)

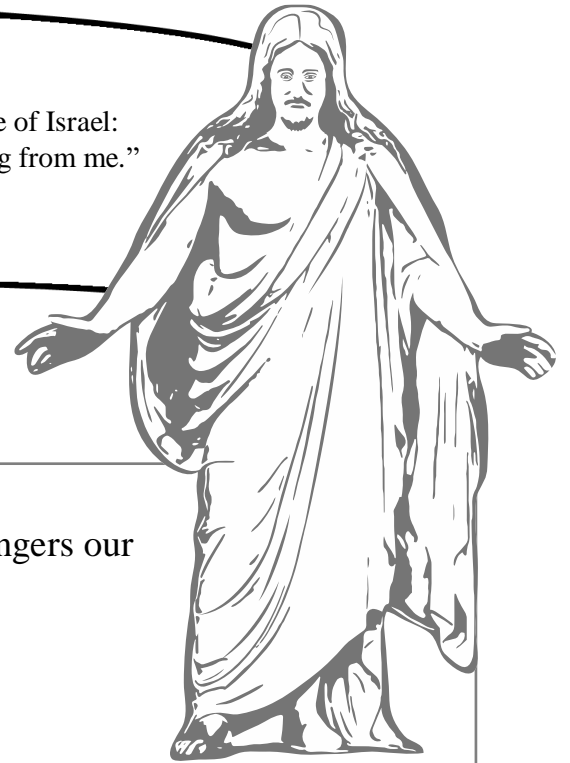
[Watchman on the Tower](#) video from church (talks about pornography)

[Watchman article](#) from For the Strength of Youth

[Our Watchman on the Tower](#) article from church

Ezekiel 3:17

“Son of man, I have made thee a watchman unto the house of Israel:
therefore hear the word at my mouth, and give them warning from me.”



Draw pictures or use words to show some spiritual dangers our prophet has warned us about.

Prophets Are Like Watchmen Who **WARN** Us of **DANGER**



MONSTERS and Candy Game

Prophets Are Our Watchmen Ezekiel 3:17



FALSE TEACHING:
Temples are a waste of money.



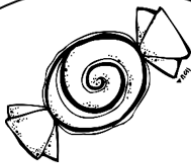
FALSE TEACHING:
God hates you when you make mistakes.



“God loves all of His children, and He understands that life is an experience for all of us. We’re not perfect. We’re going to make mistakes. He has given us His Son, Jesus Christ, to help us change and see us through mortality.

“Ultimately, we should learn to live the way He would have us live, but regardless of the speed at which we change and progress, His love for us is unchangeable because we are His children.

“The Lord Jesus Christ can help us fix anything that needs fixing in our lives through His atoning sacrifice.”
President M. Russell Ballard, Facebook, Sept. 16, 2021

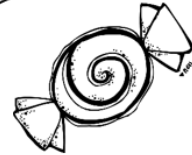


“We rejoice that more temples are being built across the world. With the dedication of each new temple, additional godly power comes into the world to strengthen us and counteracts the intensifying efforts of the adversary.”

President Russell M. Nelson, “What is True?”
October 2022 Conference



FALSE TEACHING:
**Joseph Smith did not see God.
He was not a prophet.**



“Regardless of where you live or what your circumstances are, the Lord Jesus Christ is your Savior, and God’s prophet Joseph Smith is your prophet. He was foreordained before the foundation of the earth to be the prophet of this last dispensation, when ‘nothing shall be withheld’ from the Saints. Revelation continues to flow from the Lord during this ongoing process of restoration.”

President Russell M. Nelson, “[Hear Him](#).” April 2020 general conference



Dear brothers and sisters, God is the source of all truth. The Church of Jesus Christ of Latter-day Saints embraces *all* truth that God conveys to His children, whether learned in a scientific laboratory or received by direct revelation from Him.

President Russel M. Nelson “What Is True?”
October 2022 Conference



FALSE TEACHING:
**We know more than God and
should determine our own
truths without His help.**



"As you let God prevail in your life, I promise you greater peace, confidence, joy, and yes, *rest*."

President Russell M. Nelson
"Overcome the World and Find Rest"
October 2022 Conference



FALSE TEACHING:
Power, possessions, popularity,
and worldly things are our true
source of joy.



"Dear brothers and sisters, I grieve for those who leave the Church because they feel membership requires too much of them. They have not yet discovered that making and keeping covenants actually makes life easier! Each person who makes covenants in baptismal fonts and in temples—and keeps them—has increased access to the power of Jesus Christ. Please ponder that stunning truth!"

President Russell M. Nelson
"Overcome the World and Find Rest"
October 2022 Conference



FALSE TEACHING:



FALSE TEACHING:

