



READY-TO-USE



COME, FOLLOW ME

**Hands-On
Learning**

WEEKS 14-26

Doctrine and Covenants 29-70

www.comefollowmekid.com



Printable PAGES

Feel free to print and use any or all of the following pages to aid in teaching children.

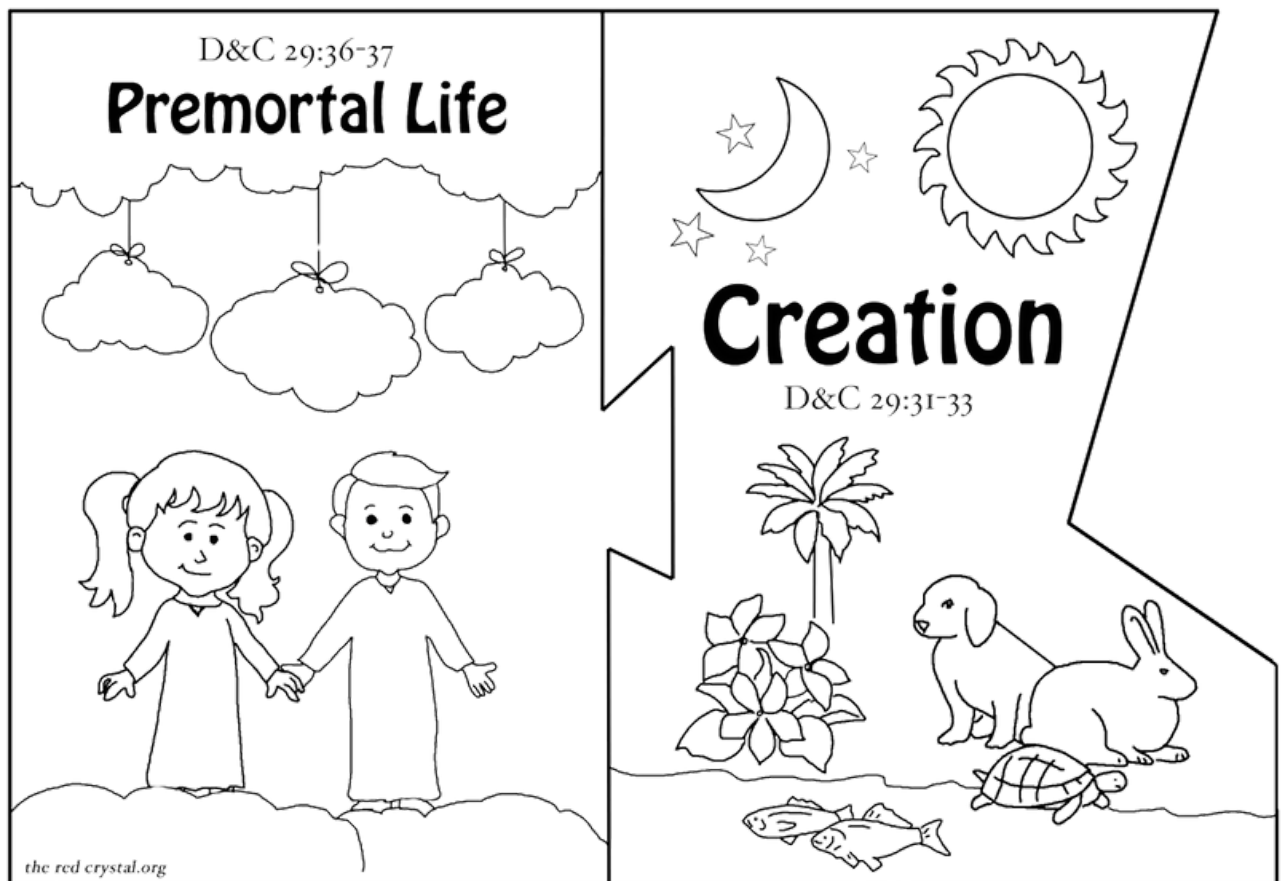
If you would like to save on ink and purchase a physical copy of a book containing all of these ready-to-use activities, please visit our website (www.comefollowmekid.com).

www.comefollowmekid.com

WEEK 14

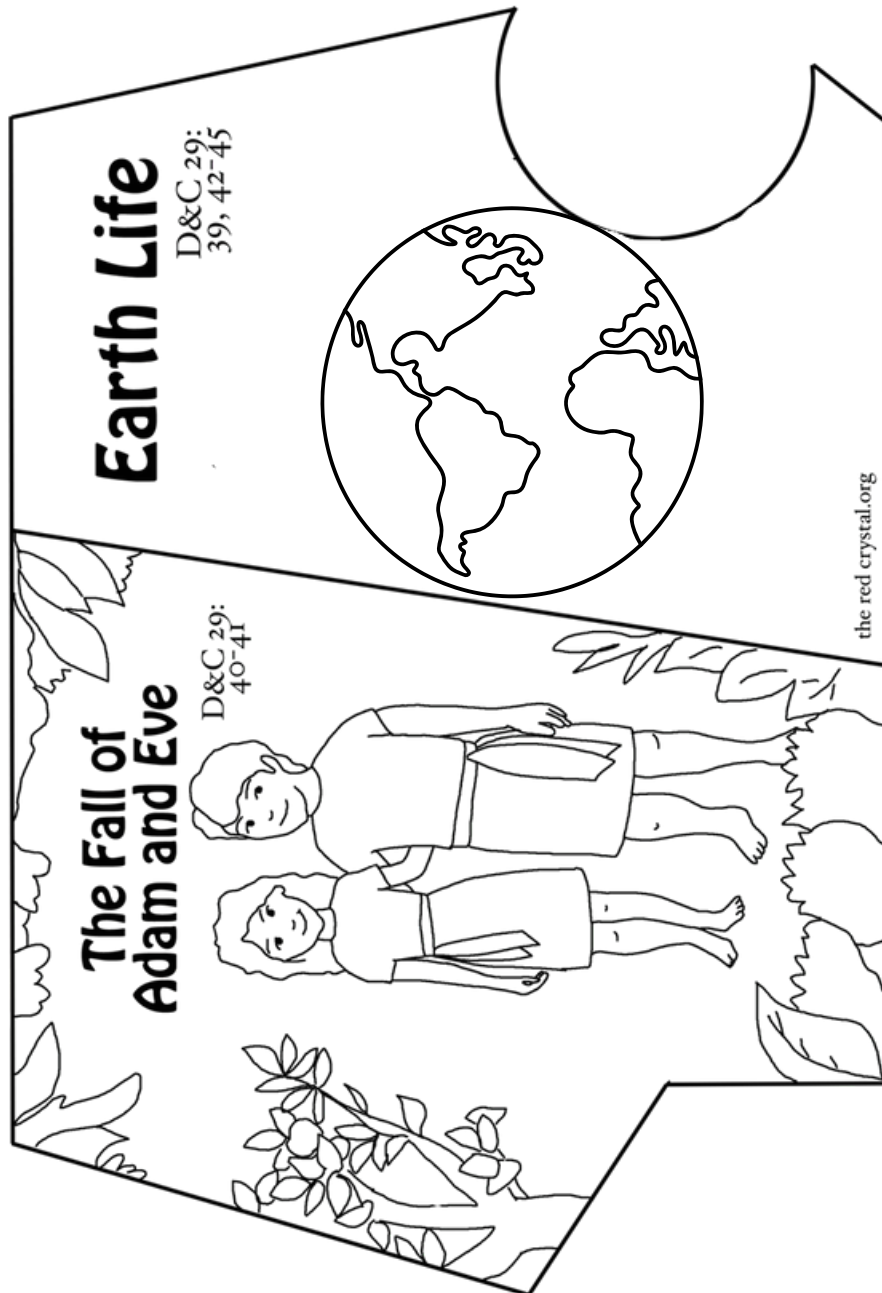
PLAN PUZZLE

Heavenly Father has an important plan for us. Cut apart the puzzle pieces on the following pages. Distribute all of the pieces to different people. Everyone will color their pieces while listening to "I Will Follow God's Plan for Me" (*Children's Songbook*, 164–165). Then have them work together to line the puzzle pieces up in the correct order. Let each person share what they know about their piece. Read/discuss/summarize the concepts and scriptures for each in as much depth as needed. Testify of the important role of Jesus Christ in this plan.



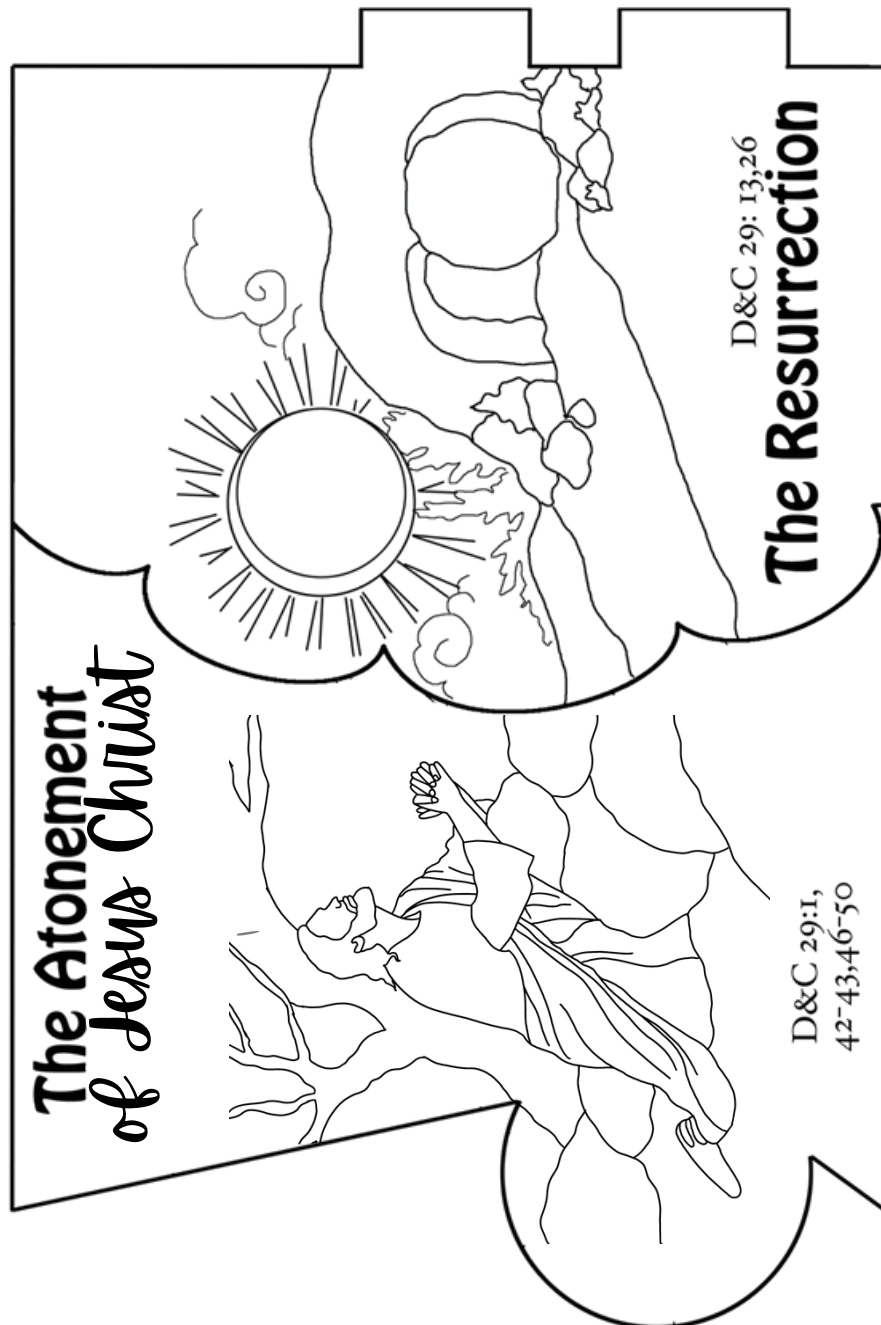
WEEK 14

PLAN PUZZLE



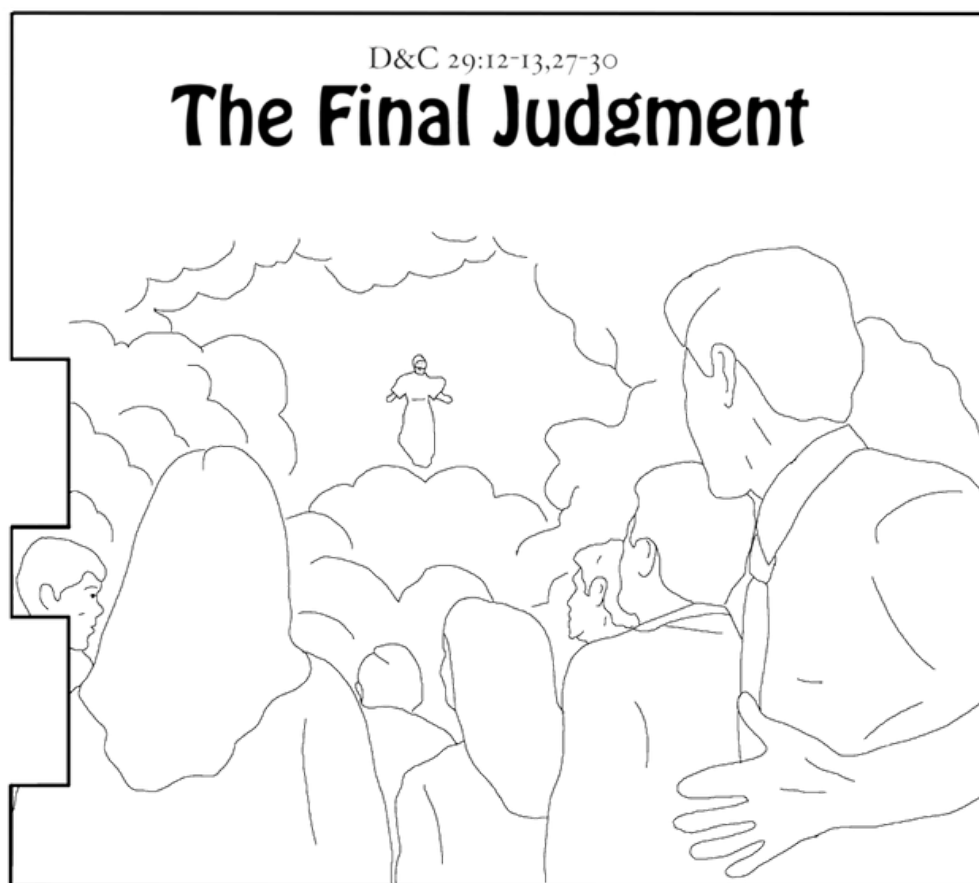
WEEK 14

PLAN PUZZLE



WEEK 14

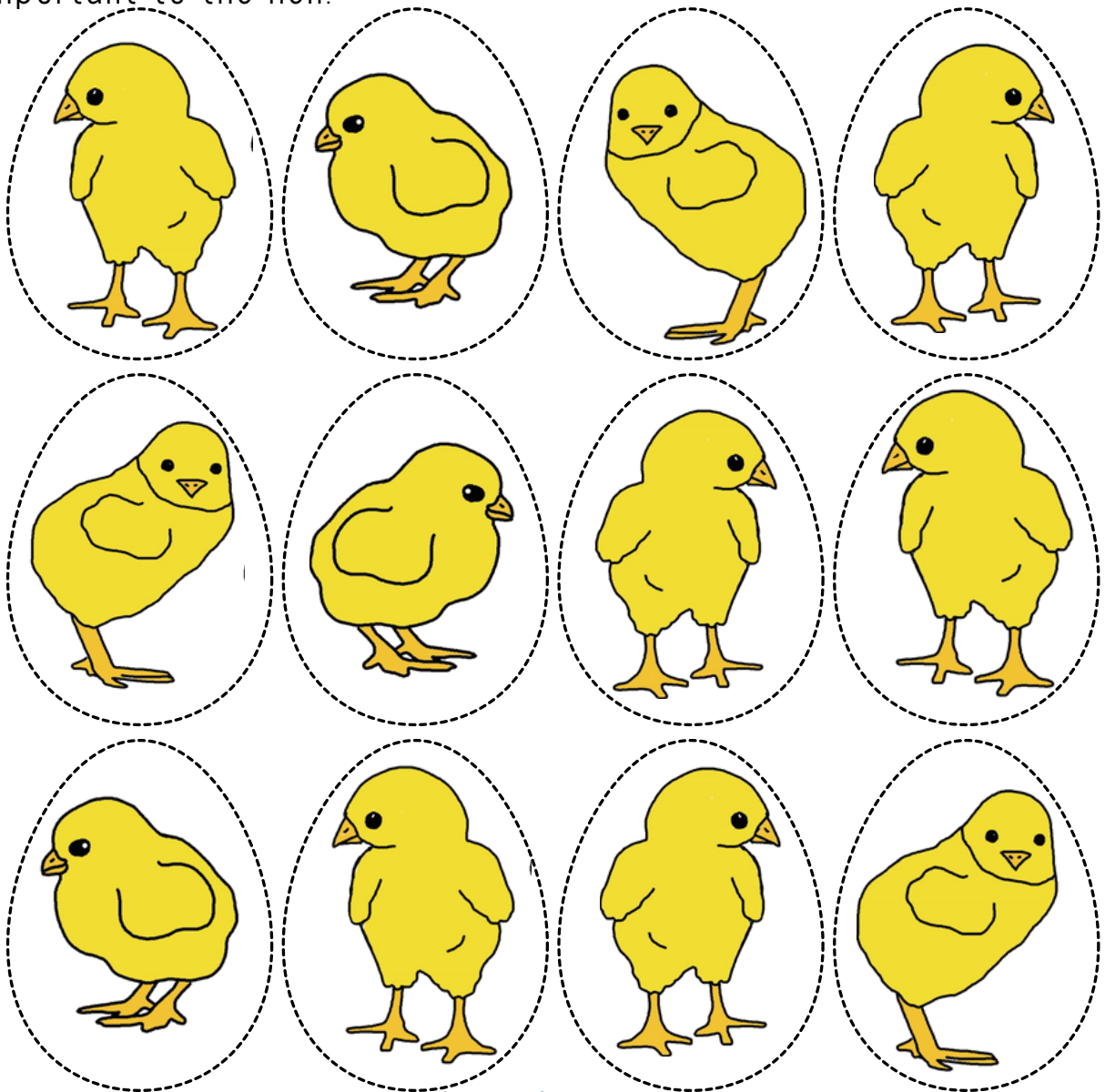
PLAN PUZZLE



WEEK 14

CHICK HIDE AND SEEK

Read and discuss Doctrine and Covenants 29:1–2. Take turns hiding and finding all of the chicks from this page. Collect the chicks in the hen basket on the following page. Talk about how each person is important to Christ, just like each chick is important to the hen.

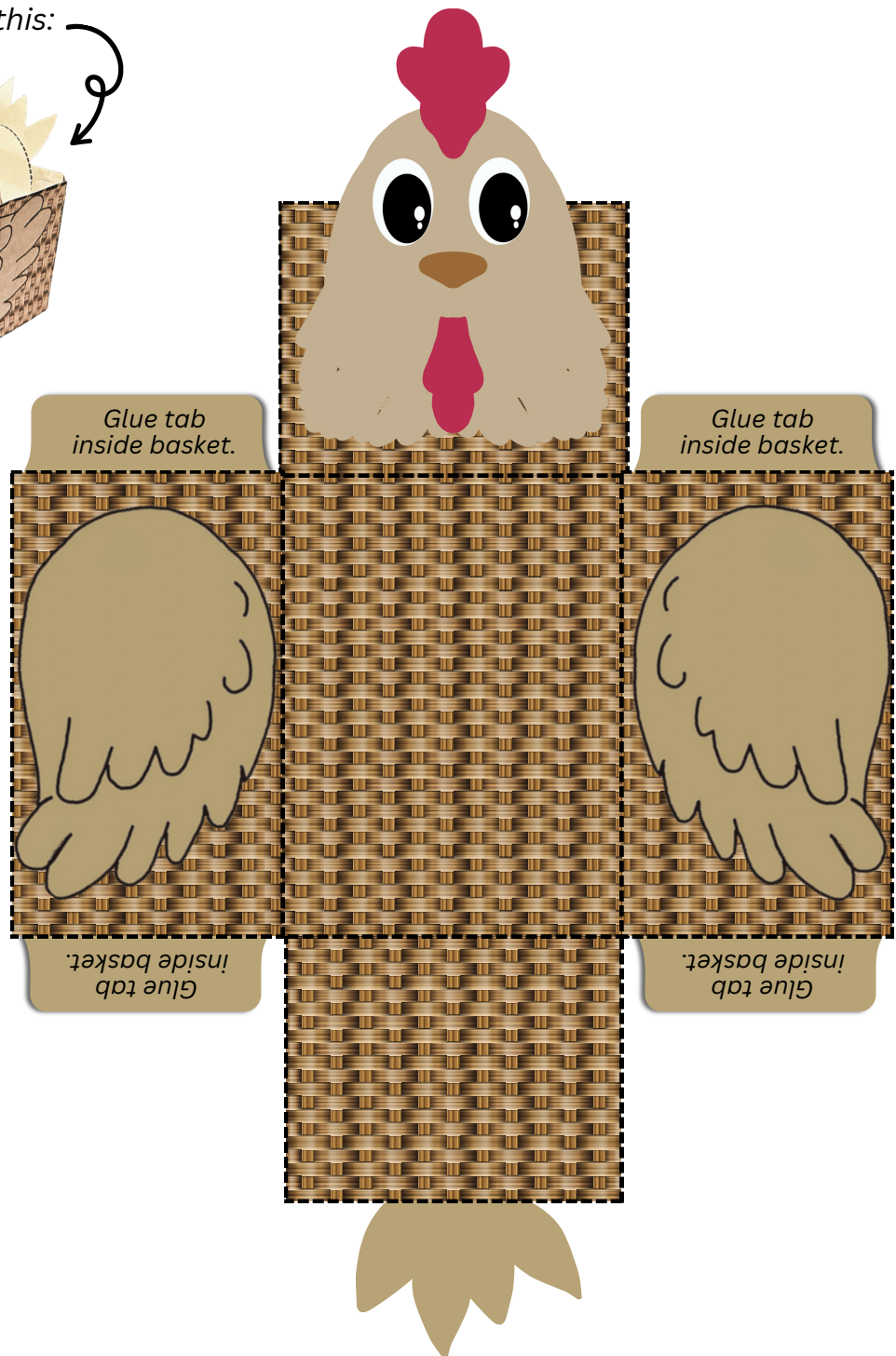


WEEK 14

Fold and glue pieces into a basket like this:



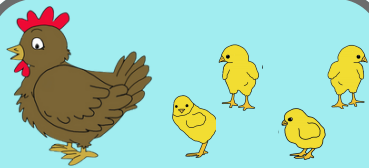
Cut out this strip and attach as a basket handle.



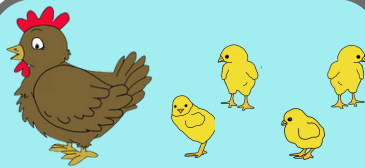
WEEK 14

GATHERING QUESTIONS

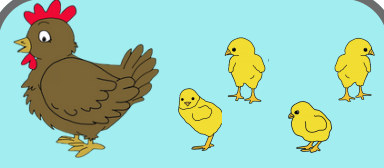
Use these question cards after reading and discussing Doctrine and Covenants 29:1–2, 7–8. Cut them out and place them in an upside-down pile. Take turns choosing one card from the pile and answering the question on it.



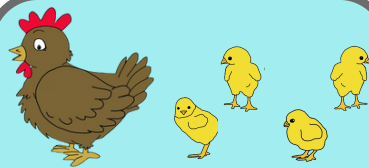
**HOW ARE WE
BLESSED WHEN
WE GATHER TO
JESUS CHRIST?**



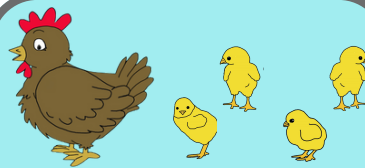
**WHO WANTS TO
PROTECT US LIKE
A HEN PROTECTS
HER CHICKS?**



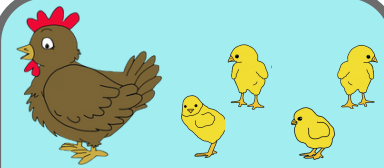
**WHAT SPIRITUAL
DANGERS CAN
THE SAVIOR
PROTECT US
FROM?**



**TRUE OR FALSE:
JESUS LOVES ME!**



**HOW CAN WE
STAY CLOSE TO
JESUS CHRIST?**



**WHAT CAN WE DO
TO HELP OTHERS
GATHER TO
JESUS CHRIST?**

WEEK 15

STORY TIME

Read the following story out loud. Ask everyone to listen carefully to hear how many different people acted like missionaries throughout the story. Then ask the questions on the following page.



EZRA THAYER



(Story summarized from "Ezra Thayer: From Skeptic to Believer" in Revelations in Context)

Ezra Thayer lived in Farmington, New York with his wife, Elizabeth, and their children. In 1830, he heard stories about Joseph Smith translating the Book of Mormon. Ezra Thayer didn't believe this could be true, so he got upset when some of his family members started to learn more about the Book of Mormon and believe in it.

Ezra's brother finally talked him into going to listen to the Smiths teach about the Book of Mormon. They traveled 12 miles to go to the Smith farm on a Sunday in early October. There were lots of other people there who also wanted to learn about the Book of Mormon.

As Ezra listened to Joseph Smith's brother, Hyrum, teaching, he was filled with "exquisite joy," and he even cried because he was so touched by Hyrum's words. He immediately knew that the Book of Mormon was true and took a copy of it home.

Some people told him that he was wrong for believing in the Book of Mormon, but he continued to tell people that he knew it was true. He shared his testimony of God and the Book of Mormon, even when it was hard to do.

After receiving his testimony of the Book of Mormon, Ezra Thayer had a dream. In the dream, a man gave him a trumpet and told him to blow it. Ezra told him that he'd never blown on a trumpet, but the man told him to try it. When Ezra put his mouth on it and blew on it, he said that "it made the most beautiful sound that I ever heard."

Ezra later learned that the Lord wanted him to lift up his voice like a trumpet to share the gospel. Ezra obeyed. He held meetings to help teach others, and he shared his beliefs with others. It wasn't easy, but he knew it was what God wanted him to do, and the Lord helped him.

WEEK 15

STORY QUESTIONS

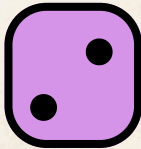
Take turns rolling a six-sided die after reading the Ezra Thayer story on the previous page. Each person will answer the question that corresponds to the number that was rolled. Keep taking turns until all questions have been discussed.



EZRA THAYER



Name at least two people from the story who acted like missionaries.



How did Ezra's feelings about the Book of Mormon change after he listened to Hyrum Smith teach about it?



How did Ezra lift up his voice like a trumpet?



In what ways can we lift up our voices like a trumpet?



How is the gospel of Jesus Christ like a "beautiful sound"?



How can the Lord help us as we try to share the gospel?

WEEK 15

GOSPEL MUSIC NOTES

Cut out the music notes. What are some truths in the gospel of Jesus Christ that might sound beautiful to someone who hasn't heard them before? Let each person write short phrases on each music note to represent these beautiful truths. Younger kids can draw simple pictures of these truths on the back of the notes.



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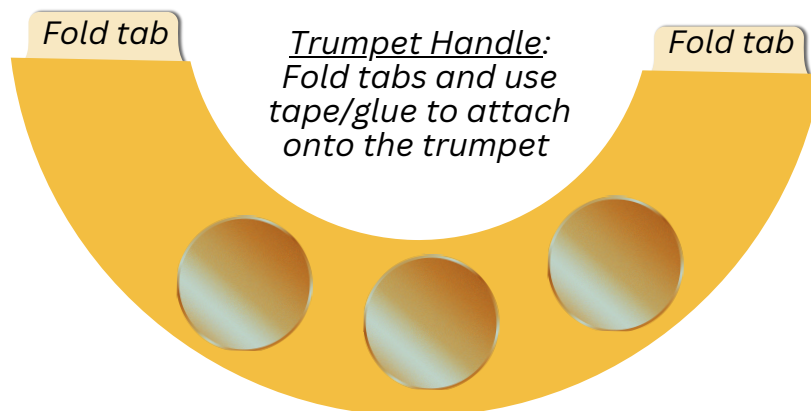
WEEK 15

GOSPEL TRUMPET

Assemble the trumpet using the pieces on this page and the following. Read and discuss D&C 33:2–3, 6–10. What kind of sounds does a trumpet make? How can we lift up our voices like a trumpet to declare the gospel? Take turns using the trumpet to share what you know about different truths we learn from the gospel of Jesus Christ. Each person could hold up a music note (from the previous page) and teach about those truths while using the trumpet.

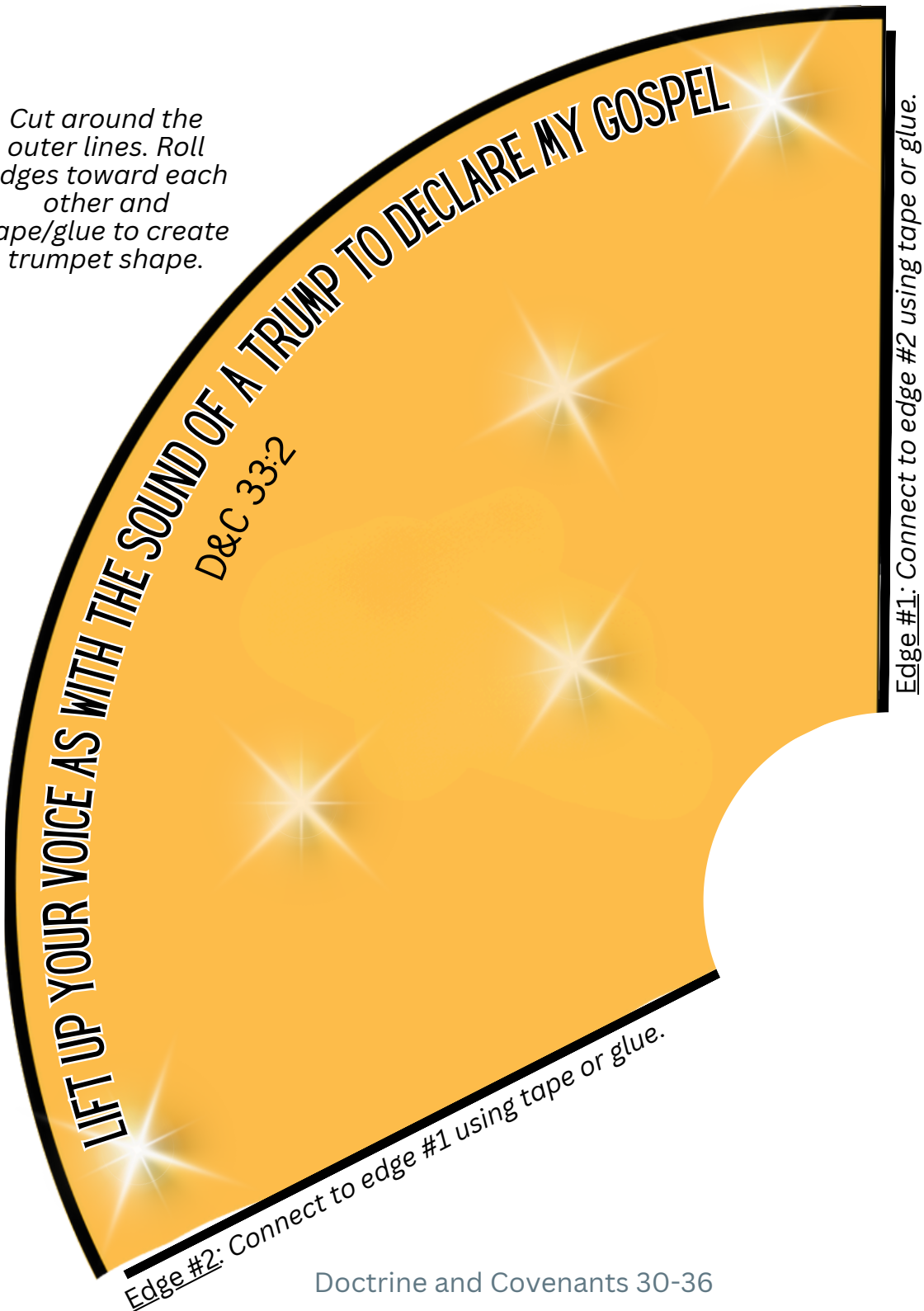
Then discuss:

- In what ways can we “lift up [our] voices as with the sound of a trump to declare [Jesus Christ’s] gospel” (D&C 33:2)?
- Who can help us be brave enough to “open our mouths” to share the gospel of Jesus Christ?
- What blessings does Jesus give us when we open our mouths and share the gospel?
- Do we have to be loud/obnoxious to share our beliefs? Remind them that loving others and being a good friend to them is an important first step to gathering people to the Lord. If we rely on the Spirit, the Lord will help make the teachings of the gospel sound beautiful to those who are ready, even if we ourselves aren’t perfect with our words.



WEEK 15

Cut around the outer lines. Roll edges toward each other and tape/glue to create trumpet shape.



WEEK 16

SCRIPTURE JELLYBEANS

Cut these out and use them to help learn about Jesus Christ, His Atonement, and His Resurrection. Depending on the needs and attention spans of the kids you teach, you can either just take turns choosing one to read and discuss, or you can tape a small bag of real jellybeans onto each one, hide them, and let everyone take turns finding one. As each is found, read and discuss the scripture reference on it.

ISAIAH 53:3-5

D&C 29:5

D&C 76:20-24

D&C 18:10-13

ALMA 7:11-13

D&C 110:1-7

WEEK 16

HE LIVES

Sing or listen to "I Know That My Redeemer Lives" (*Hymns*, no. 136). Discuss things Jesus can do for us in our lives today. Give each person a scripture circle. On the back, let them write either their own testimony, one way Christ helps them, or one way their lives are different because He lives.



And now, after the
many testimonies which
have been given of him,
this is the testimony,
last of all, which we
give of him:
That HE LIVES!

Doctrine and Covenants 76:22



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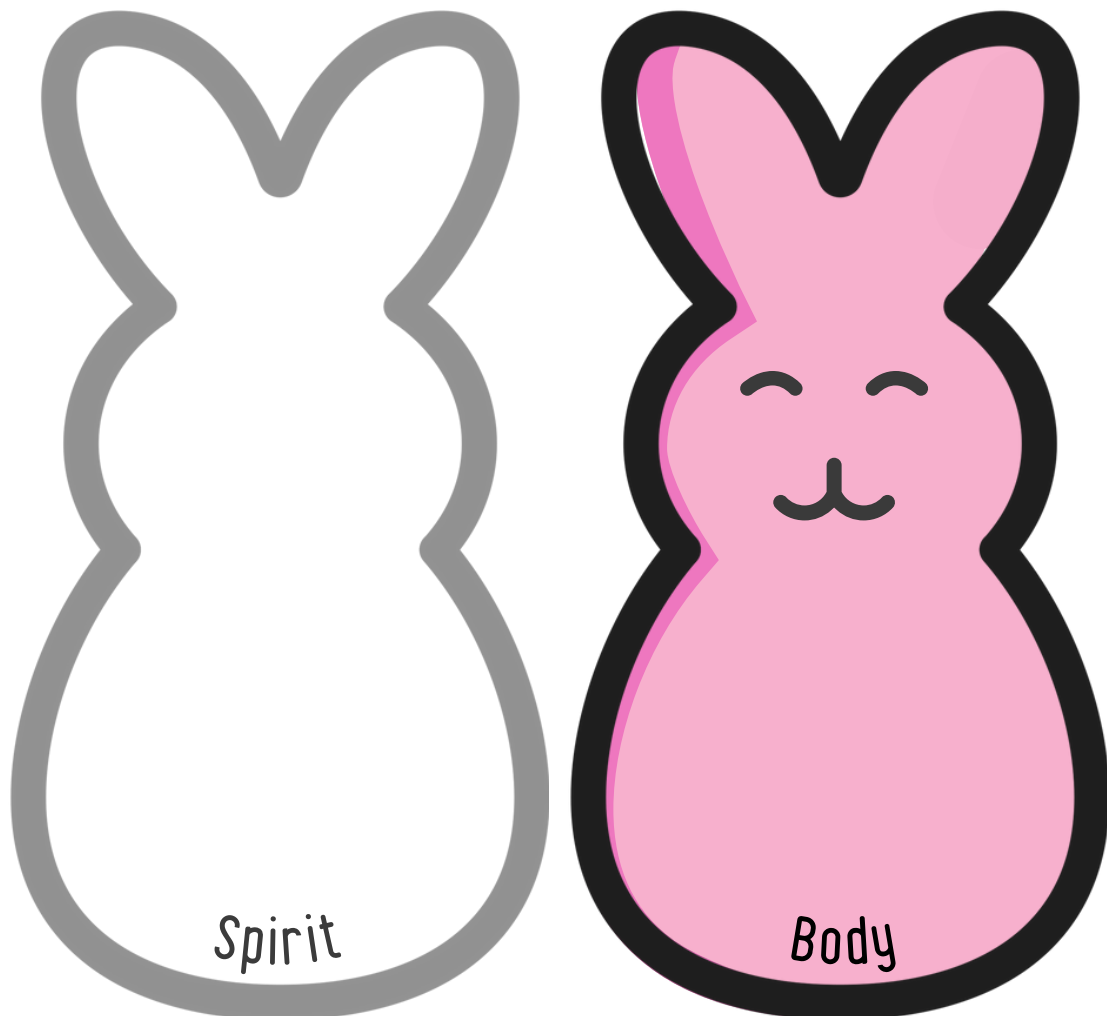
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That HE LIVES!

Doctrine and Covenants 76:22

WEEK 16

RESURRECTION

Cut out the pieces below to represent our spirits and bodies. Read and discuss Doctrine and Covenants 138:17. Then use the spirit and body pieces to model what happens when we die and when we are resurrected. Start by holding the spirit and body pieces together while discussing how we each have both a spirit and a body. When we die, our spirits and bodies separate. When we are resurrected, our spirits and bodies come back together. Remind them that Jesus Christ is the one who makes this possible.

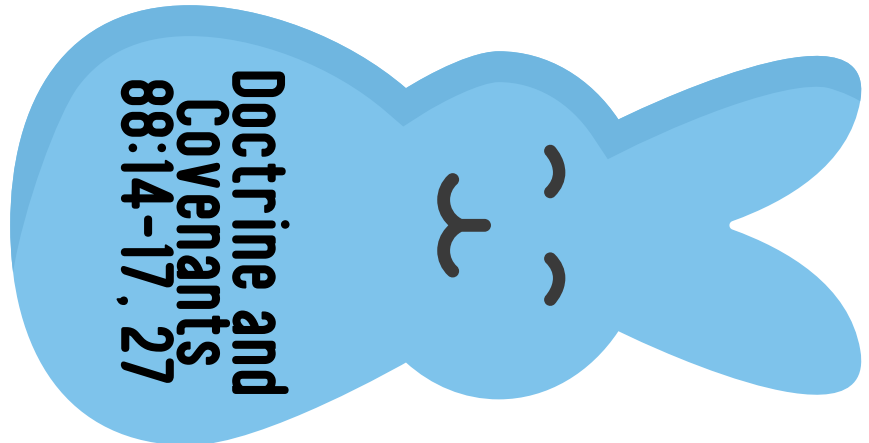
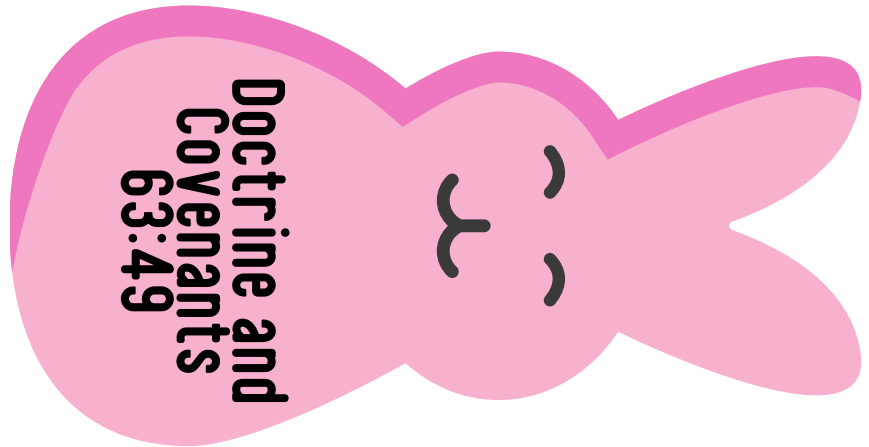


Easter

WEEK 16

RESURRECTION SCRIPTURES

Cut out the shapes. Take turns choosing a bunny and reading and discussing the verses on it.



WEEK 16

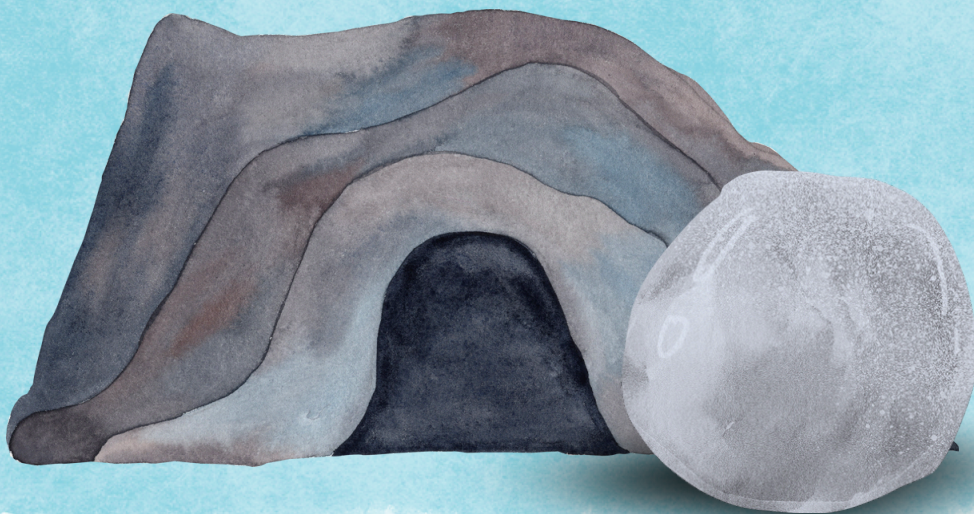
EASTER SIGN

Use this sign in the way that is most useful to you. You could let everyone take turns holding it while summarizing the story of Christ's Resurrection, display it throughout Easter week as a reminder of Him, let everyone draw other people involved in this story on another blank piece of paper and act it out, etc.



**I AM HE WHO LIVETH,
I AM HE WHO WAS SLAIN**

Doctrine and Covenants 110:4



Easter

WEEK 17

BE ONE PUZZLE

Cut along the lines on the back side. Take turns choosing one piece, reading and discussing the scripture on it, and then putting them together while discussing the importance of being one.

Extension:
After the puzzle is put together, each person can write their name on the number one. Discuss how we can all be united even though we are different people.



**AND LET EVERY MAN ESTEEM HIS BROTHER AS
HIMSELF, AND PRACTICE VIRTUE AND HOLINESS
BEFORE ME.**

Doctrine and Covenants 38:24

**AND AGAIN I SAY UNTO YOU, LET EVERY MAN ESTEEM
HIS BROTHER AS HIMSELF.**

Doctrine and Covenants 38:25

**BEHOLD, THIS I HAVE GIVEN UNTO YOU AS A
PARABLE, AND IT IS EVEN AS I AM. I SAY UNTO YOU,
BE ONE; AND IF YE ARE NOT ONE YE ARE NOT MINE.**

Doctrine and Covenants 38:27

**THEREFORE ALL THINGS WHATSOEVER YE WOULD
THAT MEN SHOULD DO TO YOU, DO YE EVEN SO TO
THEM: FOR THIS IS THE LAW AND THE PROPHETS.**

Matthew 7:12

WEEK 17

BE ONE PLAN

Cut out the chart. Write ways your family/class will work to be more united. Then let everyone sign their names at the bottom.

BE ONE





Behold, this I have given unto you as a parable, and it is even as I am. I say unto you, be one; and if ye are not one ye are not mine. D&C 38:27



WEEK 17

KIND NOTES

To help create more unity with those around you, write kind notes to them. If doing this with your own family, you could also have everyone write their name on a square, fold them and put them in a bowl, and draw names out of the bowl without looking. Challenge each family member to do secret acts of kindness for that person throughout the week.





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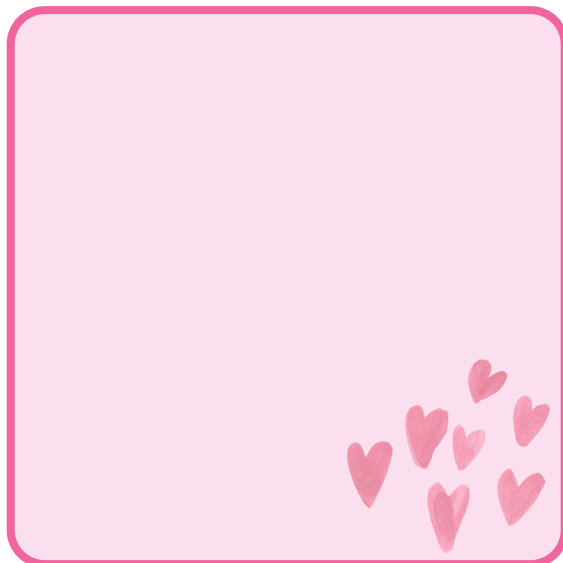



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WEEK 18

DISCIPLE OF CHRIST

Cut out the scripture card below. Read Doctrine and Covenants 41:5 and have everyone listen for the missing word. When they hear it, they will write it on the blanks. Discuss what it means to be a disciple of Christ. On the back of the scripture card, let everyone take turns writing ways we can be better disciples of Christ. Based on idea from the *Come, Follow Me* manual.

He that receiveth my law and
doeth it, the same is my

_____ ;

and he that saith he
receiveth it and doeth it not,
the same is not my

_____, and shall be
cast out from among you.

Doctrine and Covenants 41:5

WEEK 18

OBEDIENCE GAME

Discuss what it means to “hearken and hear” (Doctrine and Covenants 42:2). Give children simple tasks to do (jump up and down 5 times, sit on a chair, twirl in a circle, give someone a high-five, etc.). If they hearken, hear, and obey quickly, they earn a letter. Continue until they have all of the letters to spell “OBEDIENCE.” Remind them that obedience to righteous principles helps us be happy.



WEEK 18

YE DO IT UNTO ME

Cut this picture out and display it. Inside the picture frame, everyone will write short phrases describing people they have served/how they served them. Remind them that we are serving Jesus Christ when we serve others around us.

If doing this at home with your own family, you can display the picture on a wall and let everyone write on it as they serve others throughout the week.

**FOR INASMUCH AS YE DO IT UNTO THE
LEAST OF THESE, YE DO IT UNTO ME.**

Doctrine and Covenants 42:38



WEEK 19

HOPEFUL PROMISES

Doctrine and Covenants section 45 contains many hopeful promises that can help us be excited about the Savior's Second Coming. Depending on the needs of the kids you teach, use these cards in the way that you think will best help them look forward to the Second Coming rather than fear it. You could hide them in the room and take turns finding one to discuss, put them inside balloons to pop open, tape them around a picture of Jesus Christ, or any other creative idea you can come up with!

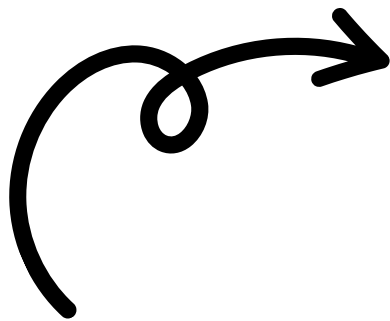
| | | |
|---|--|--|
|  <p>D&C 45:55</p> <p>And Satan shall be bound, that he shall have no place in the hearts of the children of men.</p> | <p>D&C 45:51-52</p> <p>51 And then shall the Jews look upon me and say: What are these wounds in thine hands and in thy feet?</p> <p>52 Then shall they know that I am the Lord: for I will say unto them: These wounds are the wounds with which I was wounded in the house of my friends. I am he who was lifted up. I am Jesus that was crucified. I am the Son of God.</p> |  <p>D&C 45:44-45</p> <p>44 And then they shall look for me, and, behold, I will come: and they shall see me in the clouds of heaven, clothed with power and great glory: with all the holy angels: and he that watches not for me shall be cut off.</p> <p>45 But before the arm of the Lord shall fall, an angel shall sound his trump, and the saints that have slept shall come forth to meet me in the cloud.</p> |
|  <p>D&C 45:66-71</p> <p>66 And it shall be called the New Jerusalem, a land of peace, a city of refuge, a place of safety for the saints of the Most High God:</p> <p>67 And the glory of the Lord shall be there, and the terror of the Lord also shall be there, insomuch that the wicked will not come unto it, and it shall be called Zion.</p> <p>68 And it shall come to pass among the wicked, that every man that will not take his sword against his neighbor must needs flee unto Zion for safety.</p> <p>69 And there shall be gathered unto it out of every nation under heaven: and it shall be the only people that shall not be at war one with another.</p> <p>70 And it shall be said among the wicked: Let us not go up to battle against Zion, for the inhabitants of Zion are terrible: wherefore we cannot stand.</p> <p>71 And it shall come to pass that the righteous shall be gathered out from among all nations, and shall come to Zion, singing with songs of everlasting joy.</p> | <p>D&C 45:58-59</p> <p>58 And the earth shall be given unto them for an inheritance: and they shall multiply and wax strong, and their children shall grow up without sin unto salvation.</p> <p>59 For the Lord shall be in their midst, and his glory shall be upon them, and he will be their king and their lawgiver.</p> | |

WEEK 19

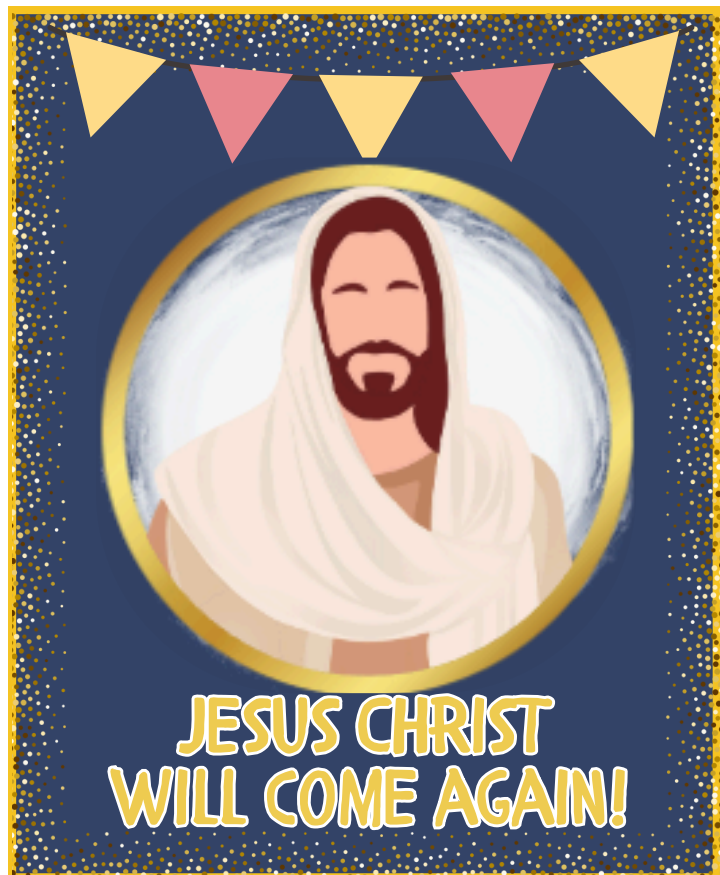
CELEBRATION

This activity is something that families can do together. Have some kind of celebration, however simple or big you want it to be (punch, treats, milk and cookies, family game/movie with popcorn, etc.). Display a picture of Jesus and remind them that when He comes again, it will be a happy time for us if we're prepared. Remind them that Jesus Christ is our advocate (our friend). He loves us and wants us to be blessed in our lives now as well as when He comes again. D&C 45:3–5 says that Christ is the one who wants us to "come unto [Him] and have everlasting life." He tells Heavenly Father that He wants us to be there with Him. Testify of the importance of preparing for Jesus to come again and remind them of how much He loves us all.

The activities on the following pages could be used as part of this celebration.



Display this picture to help everyone remember that the Second Coming of Jesus Christ can be a happy time for us!



WEEK 19

I Can “Stand in Holy Places”

Supplies Needed: Balloons, Markers

- D&C 45:32 says, “But my disciples shall stand in holy places, and shall not be moved.” This means we should choose the right at all times, no matter what is happening.
- One person will name a good choice they might make (to go to church, read the scriptures, go to the temple, love others, pray, etc.). Use a marker to write or draw a picture of that choice on a balloon.
- That person will hold their balloon, set a timer for one minute, and see if they can stand in one spot with their “good choice balloon” without moving while everyone else throws balloons at them to try to get them to move!
- Is it always easy to choose the right? Role-play how you might respond to the following situations:
 - *A friend tries to get you to stay home from church.
 - *Someone asks if you want to drink something you know you shouldn’t drink.
 - *Your family is going on a walk around the temple. You love going to the temple, but if you go, you’ll miss your favorite T.V. show.
 - *A friend tries to talk you into going somewhere you know you’re not supposed to go to.

To simplify, paper can be used instead of balloons.

WEEK 19

To simplify, paper can be used instead of balloons.

Hot Potato (Removing Debris)

Supplies Needed: Balloons, Markers

- President Nelson said that as he has watched the ongoing renovation of the Salt Lake Temple from his office window, he has thought about “the need for each of us to remove, with the Savior’s help, the old debris in our lives.” He said doing this will enable us to become more worthy and help prepare the world for the Second Coming of the Lord.
- Each person will hold a balloon while everyone sits in a circle. Mark an “X” on two of the balloons. Draw smiles on the rest of them.
- Play the music to “When He Comes Again” while passing all of the balloons around the circle. When it gets to the end of a verse, everyone holding a smiley face balloon will name one positive thing they can do to help prepare them for the Savior’s Second Coming (study scriptures, try to live like Christ, go to church, love and serve others, etc.). Draw a picture of that thing on the balloon.
- The people with the “x” balloons will each name one thing that we might need to take OUT of our lives (saying mean words to others, judging others, watching certain movies/T.V shows, etc.).
- Repeat the game for at least 2 rounds. Add drawings to balloons each time.
- After the last round, choose someone brave to pop the “X” balloons and throw the pieces away!

WEEK 19

Preparing for a Visit

Supplies Needed: None

- How do you feel when you know that someone special is coming to visit you (like a grandparent or friend)? How do you prepare for the visit?
- Look at a picture of the Savior and read D&C 45:44-45. How do you feel about the Savior coming again?
- What can we do to prepare for the Savior's Second Coming?
- Take turns acting out one thing you might do to prepare for the Savior's Second Coming. Everyone else try to guess what is being acted out.



**Questions are from the Come, Follow Me manual.*

Doctrine and Covenants 45

WEEK 19

The Holy Ghost Leads Us

Supplies Needed: balloons, small candy prizes, random not-so-good items that will fit inside balloons, blindfold

- D&C 45:57 teaches that if we're wise, we'll take "the Holy Spirit for [our] guide." The Holy Ghost can help us know what is good and true. It can protect us from being deceived by Satan's tricks.
- Everyone will blow up three balloons. Before blowing them up, put small candy prizes inside two of the balloons. In the third balloon, put a random not so-good item (crumpled up piece of paper, small rocks, old dried-up carrots, etc.). You might want to use a marker to mark which ones are good.
- Place all of the balloons in a pile in the middle of the room.
- Blindfold one person. Designate one of the other people to act as the Holy Ghost.
- The blindfolded person will choose two balloons from the pile that they get to keep. The person acting as the Holy Ghost will guide that person by whispering directions to help them find the good balloons. Everyone else can try to trick them into choosing one of the not-so-good balloons.
- Give everyone a turn to choose balloons.
- What good truths can the Holy Ghost help us find? How do these truths help us prepare for the Second Coming?

Another option could be to use small gift boxes or bags instead of balloons.

WEEK 20

ALL ARE WELCOME

- Read D&C 46:5 and discuss how everyone is welcome at church. Jesus Christ loves all people and wants them all to learn of Him. How can we be more welcoming to people at church?
- Designate one area of the room to represent the church.
- Cut out the “welcome” banner and put it up where the “church” is.
- Let the kids take turns being “welcomers.”
- One kid will pretend to be a new visitor to the church.
- The “welcomer” kid will role-play saying “Welcome!” to that person and then showing ways they can help them feel welcome at church (sit by them, show them where to go, etc.).
- Let each kid practice welcoming other “visitors.”
- Stuffed animals/dolls could also be used as the “visitors” if doing this with younger kids.



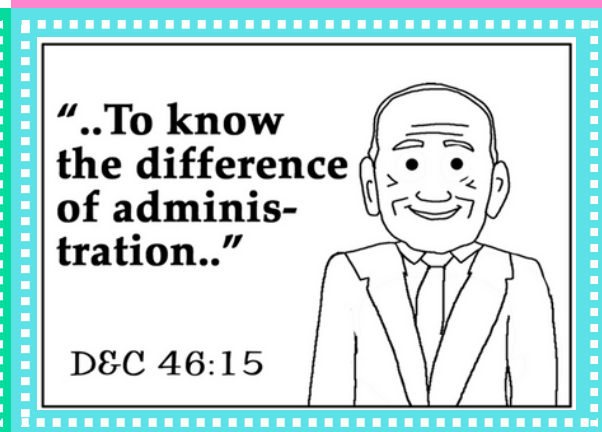
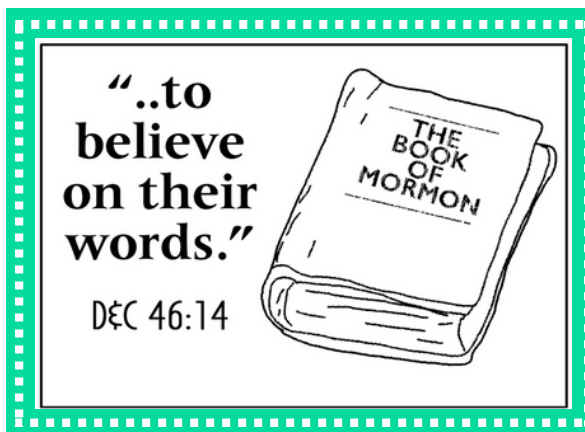
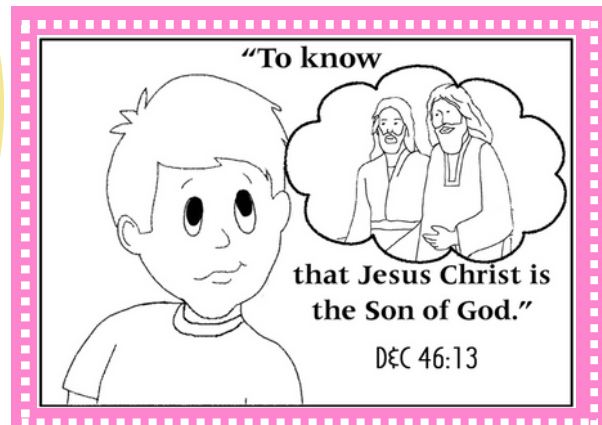
WEEK 20

SPIRITUAL GIFTS

Tape the circle label onto the outside of a small gift bag. Cut out the rectangle spiritual gift cards and place them inside the bag. Let everyone take turns pulling one out of the bag, reading the scripture, and discussing it in as much depth as needed. Discuss how each gift could be used to help others.



*Tape the circle label onto the outside of a gift bag.
Place the spiritual gift rectangles inside the bag.*



Extension idea: If doing this with older kids, you could assign each kid a different spiritual gift to teach others about.

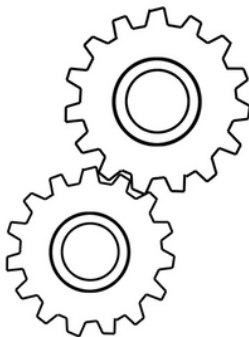
Doctrine and Covenants 46-48

WEEK 20

SPIRITUAL GIFTS

“...to know
the
diversities
of
operations,
whether
they be of
God,”

D&C 46:16



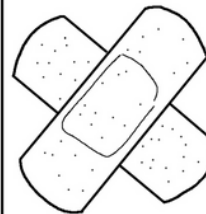
“...to some is
given by the
Spirit of God,
the word of
wisdom.”

D&C 46:17



“..to
another is
given the
word of
knowledge
..”

D&C 46:18

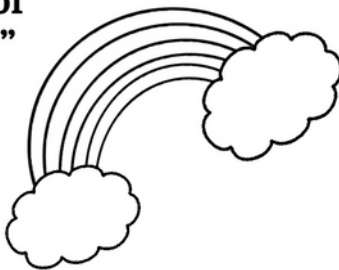


**Gift of
healing**

D&C 46:19-20

“...the
working of
miracles.”

D&C
46:21



**Gift of
tongues**

D&C
46:24-25



the red crystal.org

Doctrine and Covenants 46-48

WEEK 20

KEEPING A REGULAR HISTORY

Read Doctrine and Covenants 47:1, 3 out loud and have everyone listen carefully to hear what the Lord wanted John Whitmer to do. Discuss the importance of recording history. Give each person a column of journal prompts. Encourage them to answer these questions in their journals throughout the week. Younger kids could draw their responses to the prompts. (Idea and some questions are from the *Come, Follow Me* manual).

What happened this week that you would like your grandchildren to know about?

What happened this week that you would like your grandchildren to know about?

What happened this week that you would like your grandchildren to know about?

What happened this week that you would like your grandchildren to know about?

How did you see the Lord's hand in your life this week?

How did you see the Lord's hand in your life this week?

How did you see the Lord's hand in your life this week?

How did you see the Lord's hand in your life this week?

What is something important that you have learned from the scriptures?

What is something important that you have learned from the scriptures?

What is something important that you have learned from the scriptures?

What is something important that you have learned from the scriptures?

Share your testimony of Jesus Christ.

Share your testimony of Jesus Christ.

Share your testimony of Jesus Christ.

Share your testimony of Jesus Christ.

What are you good at?

What are you good at?

What are you good at?

What are you good at?

Describe a time you helped someone.

Describe a time you helped someone.

Describe a time you helped someone.

Describe a time you helped someone.

WEEK 20

KEEPING A REGULAR HISTORY

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What are you good at?

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Describe a time you helped someone.

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Describe a time you helped someone.

WEEK 21

SCRIPTURE HOP D&C 50:44

Cut apart the scripture strips on the following page and spread them out far enough in a room so that the kids will need to hop from one strip to another. Make sure to keep them in the correct order.

Have them stand by the first one and help them say the top line out loud. Explain what it means. Then have them jump to the next one and do the same thing until they've jumped on each of them, said them out loud, and discussed them one at a time.

Then have them start back at the beginning and practice saying the phrases from the verse in order, while hopping from strip to strip again. Try going a little faster each time. Repeat as many times as wanted.

These can also be used as flash cards for memorizing the verse or taped onto the wall to practice throughout the week.

After doing the scripture hop, you can let people write ways Jesus Christ is like a shepherd or a rock on these pictures.



WEEK 21

SCRIPTURE HOP D&C 50:44



WHEREFORE, I AM
IN YOUR MIDST,



AND I AM THE
GOOD SHEPHERD,



AND THE STONE OF ISRAEL.



HE THAT BUILDETH UPON
THIS ROCK



SHALL NEVER FALL.

WEEK 21

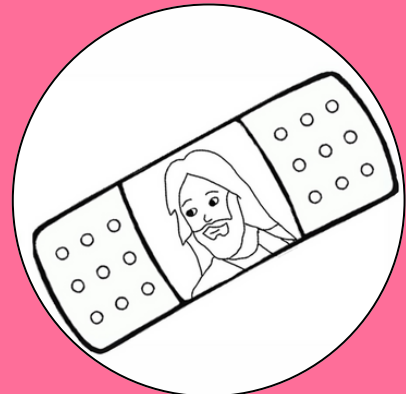
FOLLOWING JESUS CHRIST

Cut out the pictures below and tape them onto different walls in the room. Read Doctrine and Covenants 49:12–14 out loud and ask them to listen carefully. As they hear you read about the different things shown in the pictures, they can move to stand by that picture. You can also use these to practice saying the fourth article of faith.

FAITH IN JESUS CHRIST



REPENTANCE



BAPTISM



HOLY GHOST





WEEK 21

GLOWSTICK GAME

Turn the lights off or go into a dark room. Shine a flashlight while talking about the difference between light and dark and why light is important. Read and discuss Doctrine and Covenants 50:23–25 as well as this paragraph from “Walk in God’s light” in *For the Strength of Youth: A Guide for Making Choices*:

“You make better choices when you can see things clearly. That’s why light is so important: light makes it easier to see the right path. Heavenly Father has given you access to heavenly light—the gift of the Holy Ghost—to help you see clearly what is good and bad, right and wrong.”

Instructions for Glowstick Game:

- Give each person a glowstick bracelet to wear to represent the light that is already inside of them.
- Discuss how we can get additional spiritual light in our lives through the Holy Ghost.
- Cut apart the cards on the following pages and place face-down in a pile. Kids will be able to add more glowsticks to themselves with each card that is drawn.
- Everyone will take turns pulling one card out of the pile. If answered correctly/role-played in a way that represents light, that person can get another piece of light (glowstick bracelet).
- Go in a dark room and help them see how each little piece of light adds up to help increase the total amount of light.

Glowstick bracelets work well for this activity, but you could also use tealights, glow-in-the-dark stars, or any other small lights. If you want to simplify, just draw a circle on a poster/piece of paper and have each person draw little lines coming out of the sun to represent the pieces of light. Each time they earn another “piece of light” in the game, they could draw another line around the sun.

WEEK 21



How can you receive God's light from the scriptures?



Role-play being a good example to your friends when they are making wrong choices.



How can going to church help you receive God's light?



Role-play how you might respond if you come across a video that feels inappropriate.



Name one thing you can do to receive more of God's light.



Name a song that helps you feel the Holy Ghost. How do you feel when you hear it?



How can the Holy Ghost help us make good choices?



Act out one thing you can do to chase away darkness in your life.



What feelings might we get from the Holy Ghost?



Act out one thing you can do that can bring heavenly light into your life.



True or False: Heavenly Father and Jesus love me.



Name 3 things you can do this week to help you feel the Holy Ghost.

WEEK 21



Why is spiritual light important in our lives?



Summarize what Doctrine and Covenants 50:23-25 teaches you.



How can personal prayer help you receive God's light?



Who can help you be brave enough to make good choices when it feels hard to do?



Share an example of a time when you chose the right.



True or False: Heavenly Father wants me to feel heavenly light in my life.



Name one thing you will do to receive more of God's light.



Name one thing you will do to receive more of God's light.



Name one thing you will do to receive more of God's light.



Name one thing you will do to receive more of God's light.



Name one thing you will do to receive more of God's light.



Name one thing you will do to receive more of God's light.

WEEK 21

MARRIAGE AND FAMILY

Display this picture while discussing why marriage and family are important. You could let each person take turns holding it while explaining the importance of marriage and family to everyone else.

Marriage is
ordained
of God.

D&C 49:15



WEEK 22

HONEST ANDRÉ

Read and discuss Doctrine and Covenants 51:9. Cut the puppet pieces apart. Glue them onto a paper bag with the face on the top part of the bag and the mouth tucked slightly underneath the upper flap. Take turns using the puppet to show how Honest André could respond to scenarios honestly.

André is at a restaurant and has a cup for water. He didn't pay for soda, but he'd much rather fill his cup up with Sprite than water. What should he do?

André finds a backpack at the park. Nobody is around.
It looks like there is a lot of money in the bag.

André's mom asks if his chores are done so they can do something fun. There is one small chore left that he needs to do, but he thinks he could get away with lying about it.

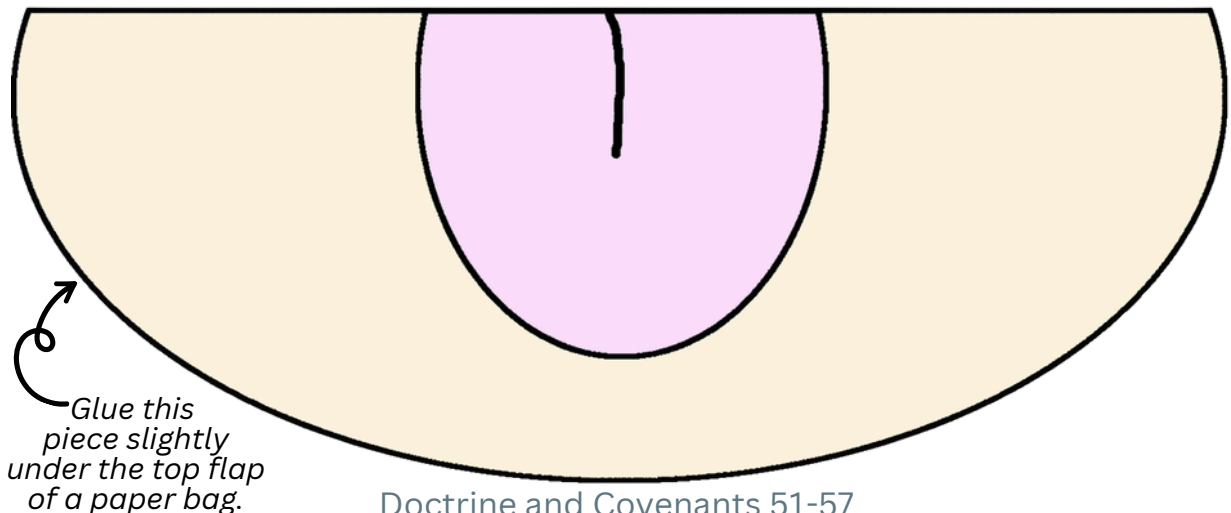
André took his sibling's favorite toy, but he knows he'll get in trouble if anyone finds out. His sibling is asking where that toy is now. What should he do?

André is at school and can't remember the answer to a problem on his test. The girl next to him is really smart, and he is tempted to peek at her answer.

André is taking a test at school. The kid next to him asks him to give him the answer to a problem he is stuck on. What should he do?

André's friends want to sneak into a movie theater without paying.
What should he do?

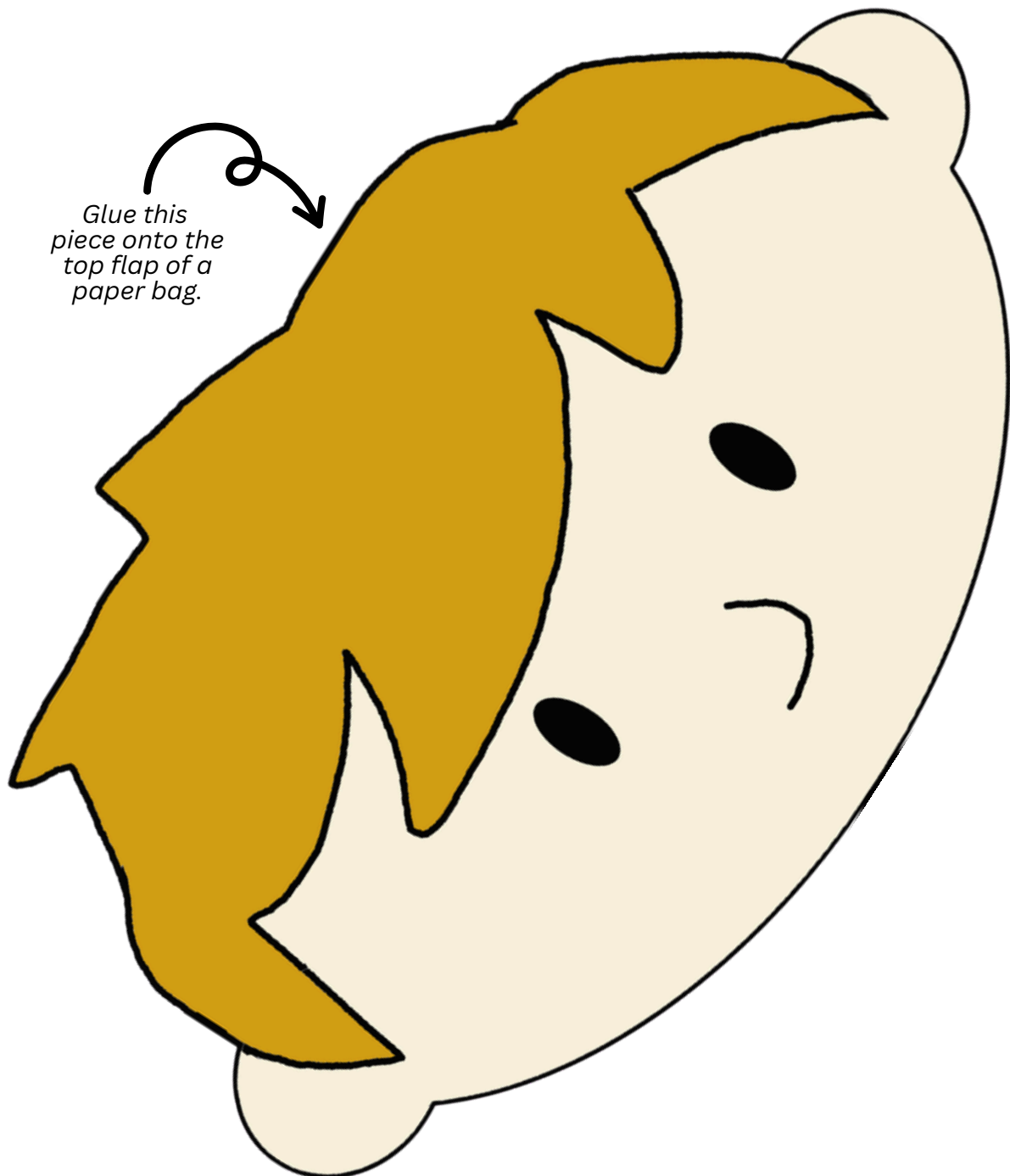
André does not want to eat the vegetables that were served with dinner. He knows he needs to eat them in order to get dessert, but he's tempted to hide them in the garbage.



Doctrine and Covenants 51-57

WEEK 22

HONEST ANDRÉ



Doctrine and Covenants 51-57

WEEK 22

KEEPING COVENANTS

Cut out this sign and set it up somewhere in the room to represent Ohio. Discuss what happened to the Saints who came to live on Lemman Copley's land as described in the heading to Doctrine and Covenants section 54. Then follow these directions from the *Come, Follow Me* manual: *"Your children could pretend to be a member of the Church who has arrived in Ohio. How would they have felt after Lemman broke his covenant? What does this teach us about keeping our covenants or promises? Read together Doctrine and Covenants 54:6 to discover blessings for people who keep their covenants."*



Doctrine and Covenants 51-57

WEEK 22

THE HOLY GHOST

Cut out the pictures on this page. Turn them upside-down and let each person take turns flipping them over. As each one is turned over, ask what they think it is describing. Then sing "The Holy Ghost" (Children's Songbook, 105). Have them hold up each picture as they hear the words in the song. Discuss how we can receive the gift of the Holy Ghost by the laying on of hands when we are confirmed as described in Doctrine and Covenants 52:10; 53:3; 55:1.

*When Christ was on the earth,
He promised he would send
The Holy Ghost to comfort us,
Our true, eternal friend.
The Holy Spirit whispers
With a still small voice.
He testifies of God and Christ
And makes our hearts rejoice.*

COMFORT



Our true, eternal
FRIEND

whispers

TESTIFIES



of God and Christ

makes our hearts
REJOICE



WEEK 23

ANIMAL ATTITUDES

D&C 58:26 teaches that we should try to take the initiative to do good things on our own. If we wait to do good things because someone else makes us do them, we're like a "slothful" servant. What does it mean to be slothful? Are sloths slow or fast? Take turns stating good things we might do. Have some fun practicing doing them with different attitudes by rolling the animal die on the next page and showing what it would look like to do those good things like the animal that is rolled on the die (washing the dishes like a happy monkey, helping someone who's hurt like a speedy cheetah, etc.). Talk about ways we can choose to do good without being "slothful."

For behold, it is not meet that I should
command in all things; for he that is
compelled in all things, the same is a
slothful and not a wise servant;
wherefore he receiveth no reward.



Doctrine and Covenants 58:26

WEEK 23

ANIMAL ATTITUDES ACTIVITY





WEEK 23

CHOICES I'VE MADE

Heavenly Father loves us so much that He gives us the ability to make our own choices. Each person will draw or write one choice they've made. On the back side of their card, they will write or draw what happened as a result of that choice. Read and discuss Doctrine and Covenants 58:26–28. What are some choices we could make that might “bring to pass much righteousness”? What kind of reward might Heavenly Father give us for doing good?

A CHOICE I'VE MADE:

A CHOICE I'VE MADE:

A CHOICE I'VE MADE:

A CHOICE I'VE MADE:

A fun way to start the discussion about choices could be to set out different choices of treats or snacks. Let each person choose which snack they want. Talk about how some decisions, like what snack we choose, don't just have one right answer. Other decisions, like whether or not we decide to follow the word of wisdom (don't drink alcohol, smoke, etc.) are more clear-cut as far as what will make us happier. Choosing an orange popsicle might make us just as happy as choosing a blue popsicle. But choosing to follow God's commandments will always make us happier than choosing to disobey. Help them differentiate between different types of decisions.

**WHAT HAPPENED
BECAUSE OF IT:**

**WHAT HAPPENED
BECAUSE OF IT:**

**WHAT HAPPENED
BECAUSE OF IT:**

**WHAT HAPPENED
BECAUSE OF IT:**



WEEK 23

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**WHAT HAPPENED
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BECAUSE OF IT:**

WEEK 23

POWER TO DO GOOD

Doctrine and Covenants 58:27–28 teaches us that we can “bring to pass much righteousness; for the power is in [us]”. Let everyone make a superhero pose while saying, “The power is in me!” Talk about how we can use our power to do good things.

Cut out the “POWER!” sign on the following page and make it wearable by punching holes in the top corners and threading yarn or ribbon through the holes to make a necklace.

Ask questions about choices they could make in certain situations. Have them role-play how they could respond in ways that show they have “POWER!” Some possible situations that could be used for this are below. Remind them that Christ is the one who helps us and gives us power to make good choices and do good things.

*Mom and Dad asked you to clean up your toys so the family can begin scripture study. Show what you can do!

*You have a big bag of candy. Your friends look like they would really like some. Show what you can do!

*You’re really tired, but you haven’t said your prayers yet. Show what you can do!

*Your friends are teasing the new girl at school. Show what you can do!

*Your primary teacher is teaching your class, but your friend has a hilarious toy. Show what you can do!

*Some of your friends are using bad words and making you feel uncomfortable. Show what you can do!

*Your sister took one of your favorite things and you are feeling very mad. Show what you can do!

*Your friend gave you a treat, but your sister didn’t get one and is feeling left out. Show what you can do!

*Your parent had a long day at work and is feeling tired. Show what you can do!

*Your friend is sad because he just found out he has to move to a new home soon. Show what you can do!

*Dad wants to mow the lawn, but he needs help picking toys up in the yard. Show what you can do!

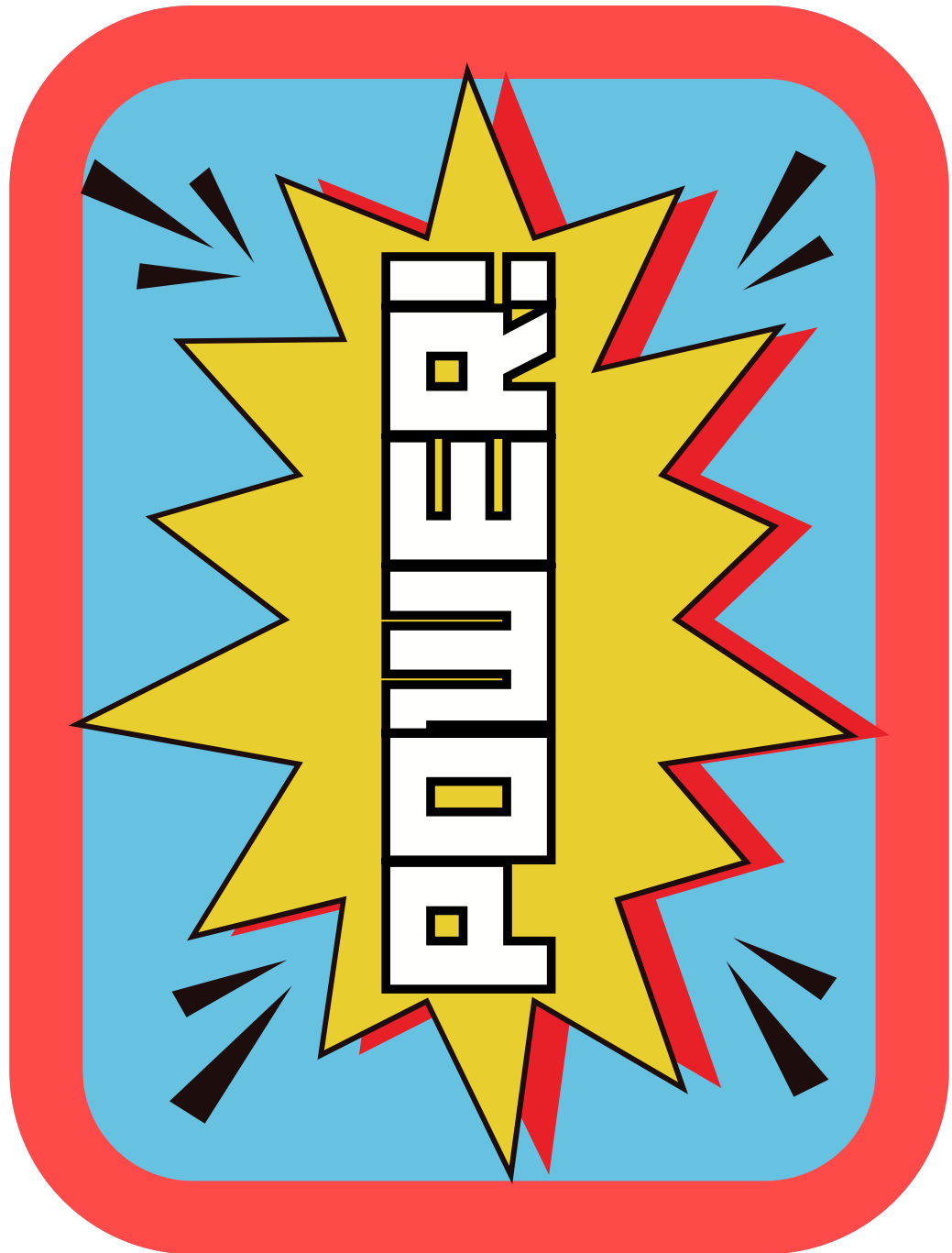
*You’re supposed to clean your room, but it would be so easy just to shove your toys and dirty clothes under your bed. Show what you can do!

*A neighbor is having a hard time carrying their groceries into their house. Show what you can do!

WEEK 23

POWER TO DO GOOD

You can also turn a pillowcase or blanket into a cape for each child to wear while acting out how they could respond to different situations like a righteous superhero.





WEEK 23

SABBATH DAY

On the paper slips, let everyone write or draw things we could do on the Sabbath that would help us feel closer to Heavenly Father and Jesus Christ. Put the slips in a bowl. Let everyone take turns pulling one of the slips out of the bowl and acting it out to see if others can guess what it is. Read and discuss Doctrine and Covenants 59:9–12.

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WEEK 24

JESUS PICTURE GALLERY

Part 1: Pictures

The scriptures teach us many things about Jesus Christ. Let each person choose a picture frame from the following pages. They will draw a picture that goes along with the scripture at the top of the frame. If doing this with a larger group, you can have some people work together. There is also a blank frame that can be used by someone who would like to choose a different scripture verse from this week's *Come, Follow Me* study.

When everyone is done creating their pictures, let them share theirs and then display them on the wall. Talk about how important Jesus Christ is, and how important it is to study the scriptures so we can learn more about Him and feel closer to Him.

Part 2: Sharing Testimonies

Keep the pictures displayed to help set a reverent atmosphere. Read Doctrine and Covenants 62:3. Point out what happens when we share our testimonies.

Nevertheless, ye are blessed, for the testimony which ye have borne is recorded in heaven for the angels to look upon; and they rejoice over you, and your sins are forgiven you.

Doctrine and Covenants 62:3

Discuss ways we can invite Jesus Christ into our lives and ways we can recognize that He is in our midst. Share testimonies of Christ. Testify that He is real and watching over us.

WEEK 24

“I AM IN YOUR MIDST”
DOCTRINE AND COVENANTS 61:36

WEEK 24

“ALL FLESH IS IN MINE HAND”
DOCTRINE AND COVENANTS 61:6

WEEK 24

**“I AM ABLE TO
MAKE YOU HOLY”**
DOCTRINE AND COVENANTS 60:7

WEEK 24

**“I AM WITH THE
FAITHFUL ALWAYS”**
DOCTRINE AND COVENANTS 62:9

WEEK 24



Doctrine and Covenants 60-63

WEEK 24

REVERENCE PICTURES

Let each person describe something that is special to them, such as a favorite toy or book. Have them pretend to hold it and show how they take care of it and protect it. Ask what things are special (or sacred) to Heavenly Father. How should we speak of these things? How should we treat them? Read and discuss Doctrine and Covenants 63:64.

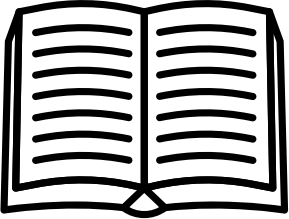
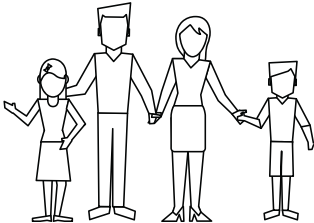
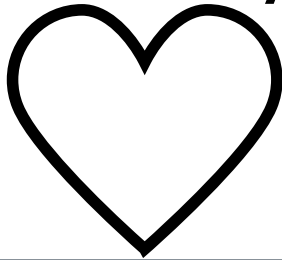

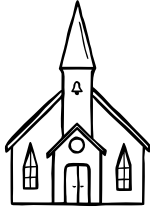

Cut out the pictures on the following page. Place them all on a small pillow and tell them we're going to do a challenge! We're going to see if we can treat the pictures of these topics so carefully that they all stay on the pillow while we pass them around. Sit in a circle and listen to/sing "Reverence is Love" (*Children's Songbook*, no. 31) while passing the pillow with pictures around gently and carefully.

Next, spread the pictures out on the floor/table so they can all be seen. Listen to "Reverence is Love" again. Encourage the kids to look at these pictures reverently and really think about their importance to us while the music is playing. When the song is done, have everyone take turns choosing one picture that they feel is important. Take turns letting everyone explain why the item in their picture is special. How can they treat it with care and respect?



WEEK 24

REVERENCE PICTURES

| | | |
|---|--|---|
| Scriptures  | Family  | Testimony  |
| Sacrament  | Church Building  | Primary  |
| Prophets  | The Earth  | Temples  |
| The Lord's Name  | My Body  | |



WEEK 25

FORGIVENESS CANDY HUNT

Read and discuss Doctrine and Covenants 64:7–10. Discuss what forgiveness means. Then read and discuss this excerpt from the 2015 *Friend* magazine:

“Forgiving others is hard sometimes, and it might not make you feel better right away. Forgiving someone doesn’t mean that what he or she did is OK, and it won’t always make the problem go away. So why should we forgive? One reason is that Heavenly Father forgives us and has asked us to forgive others (see Matthew 6:12). It also helps us feel less upset and more peaceful.”

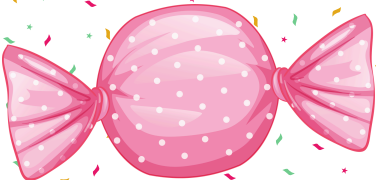








(“Family Fun Time: Forgiveness,” *The Friend*, March 2015)

Candy Hunt Instructions: Cut out the cards on the following page and hide them around the room. Have everyone say the phrase, “Forgiveness is sweet!” Tell everyone they’re going to go on a “sweet forgiveness candy hunt” to find ideas for helping us forgive others. Take turns looking for them. As each is found, read the method, talk about times when that method might help them, and let them practice using it.

Rocks: If you want to add a little more to this activity, read “Pockets Full of Rocks” (*The Friend*, February 2014, 24–25) before doing the candy hunt. Fill a backpack with rocks. Let each person take turns wearing it while they look for the cards. As each card is found, they can swap a rock out for a piece of candy. Discuss how the peace we feel when we forgive others is a good, sweet feeling. Letting go of the anger we have toward someone (dropping heavy items/rocks) makes it possible for us to get new blessings of peace and happiness (represented by the candy).

WEEK 25

FORGIVENESS CANDY HUNT

| | | |
|--|---|--|
| <p>Take a deep breath and let it out slowly. Then repeat.</p>  | <p>Try to think about why the other person might have done what he or she did.</p>  | <p>Walk away and come back when you're not so angry.</p>  |
| <p>Tell the other person how you feel about what he or she did. Speak calmly, without yelling.</p>  | <p>Say, "I forgive you."</p>  | <p>Do something kind for the person you're upset with.</p>  |
| <p>Remember that there are times when you need to be forgiven.</p>  | <p>Pray for help to forgive when it's hard.</p>  | <p>Remember that sometimes the person you forgive might not be sorry. But we can forgive anyway.</p>  |

Source: "Family Fun Time: Forgiveness," *The Friend*, March 2015

WEEK 25

FORGIVENESS ROLE PLAY

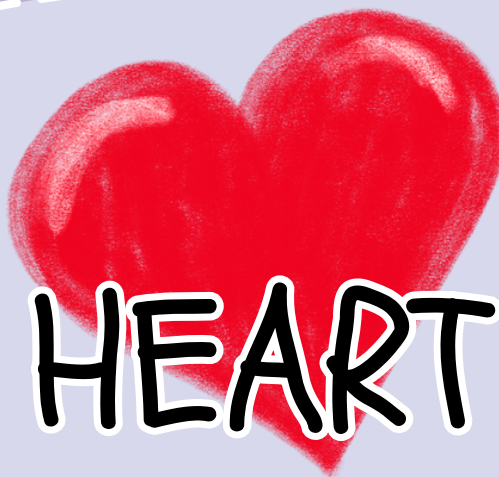
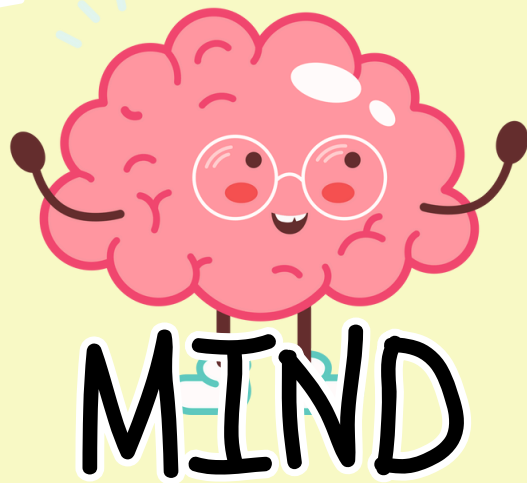
Spread the scenario cards around the room. Play a song, such as "Help Me, Dear Father" (*Children's Songbook*, 99), while everyone walks around the cards. Stop the music at random times. When the music stops, each person will read the scenario they are closest to and role-play how they could respond in a forgiving way.

| | |
|---|--|
| A SIBLING BORROWED SOMETHING OF YOURS WITHOUT ASKING FOR PERMISSION. | A KID AT SCHOOL MADE FUN OF YOU. YOU TOLD THEM THAT IT MADE YOU FEEL BAD, BUT THEY SAID THEY DON'T CARE. |
| YOUR FRIEND BROKE SOMETHING OF YOURS. THEY APOLOGIZE TO YOU. | YOU'VE JUST SPENT A LONG TIME CLEANING YOUR ROOM. YOUR COUSINS MESSSED IT UP WHEN THEY WERE VISITING. |
| YOU WERE WORKING ON A PROJECT WITH A GROUP. ONE GROUP MEMBER DID NOT DO THE PART THEY SAID THEY WOULD DO. | YOU WERE DRAWING A PICTURE, AND YOUR YOUNGER SIBLING CAME UP AND DREW SCRIBBLES ALL OVER IT. |
| SOMEONE MADE A JOKE ABOUT YOU THAT THEY THOUGHT WAS FUNNY, BUT IT HURT YOUR FEELINGS. | A STUDENT TOOK YOUR PENCIL OFF OF YOUR DESK WHEN YOU WEREN'T LOOKING. |
| SOMEONE ACCIDENTALLY BUMPED INTO YOU WHEN THEY WERE WALKING PAST YOU. THEY DID NOT APOLOGIZE. | A NEIGHBOR FRIEND IS USING YOUR SCOOTER OUTSIDE, AND THEY ARE BEING ROUGH WITH IT. |

WEEK 25

WILLING HEART AND MIND

Read Doctrine and Covenants 64:34 out loud. Have them hold up the corresponding signs when they hear the words “mind” or “heart.” Then let everyone take turns holding each sign while sharing ways we can give our hearts and minds to the Savior.



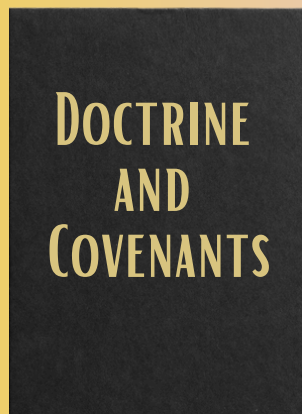
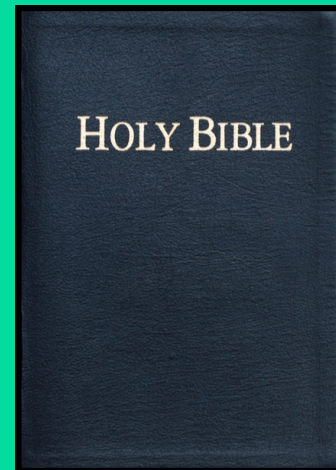
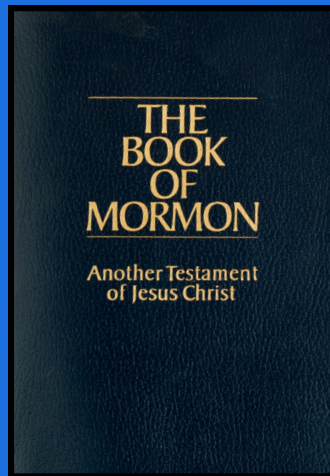
WEEK 26

SCRIPTURES

Use these pictures to aid in a discussion about the different types of scriptures we have. Remind them that all of these teach us about Jesus.

Extension Ideas:

- Play 4 corners. Put each picture in different corners of the room. Whoever is in the corner that gets called will share what they know about that book, what that book teaches us about Jesus Christ, or share a favorite verse from that book.
- Tape each picture onto a larger piece of paper or poster. Let everyone write/draw what they know about that book or a favorite story or verse from that book.
- Assign different people to be "experts" on different books. They will research their book and teach everyone else about it.



WEEK 26

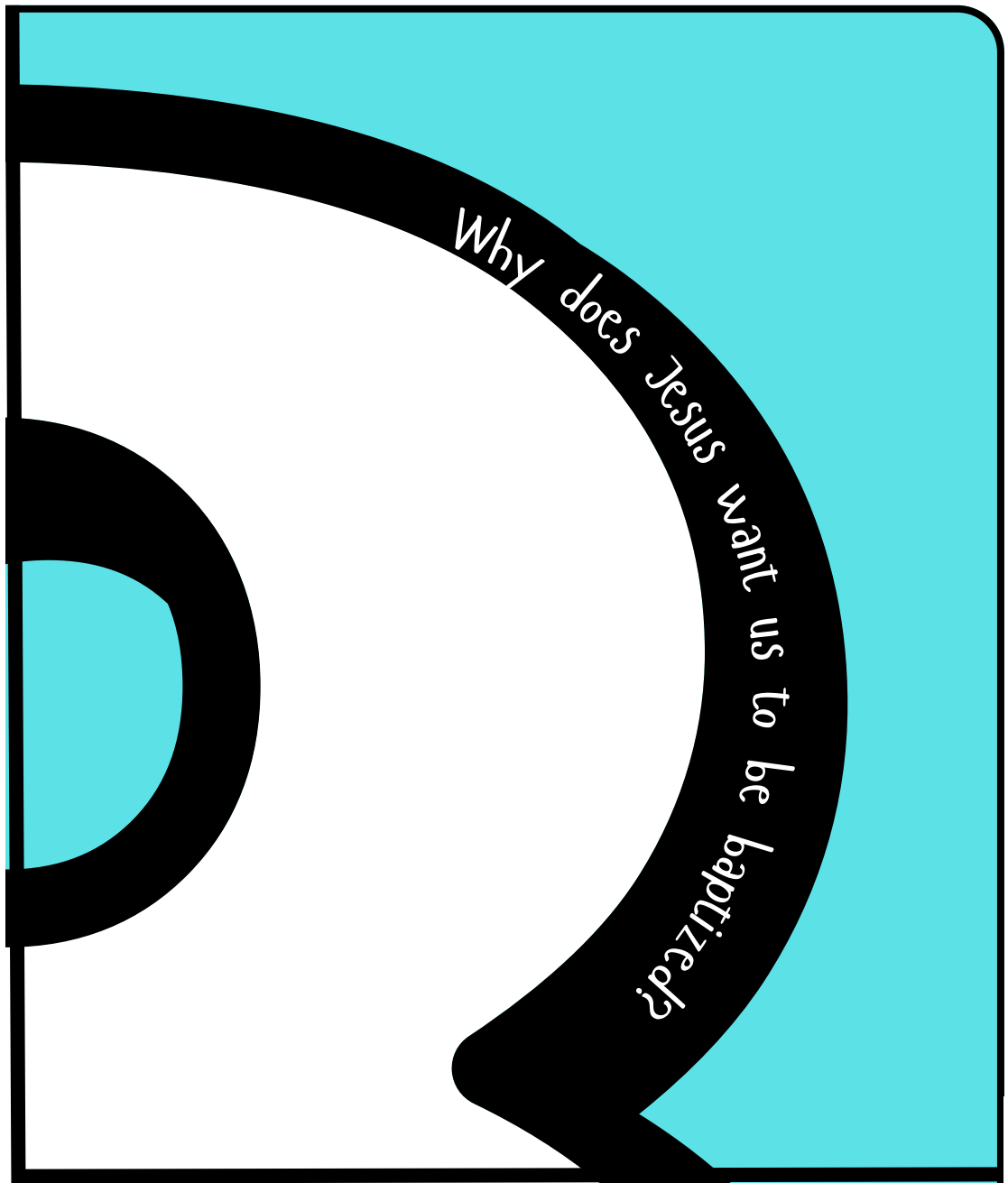
BAPTISM

How old do we need to be in order to get baptized? Read Doctrine and Covenants 68:27. Write or draw the answers to each question on each piece of the "8" puzzle. Then tape them together.

What covenants do we make when we're baptized?

WEEK 26

BAPTISM



Doctrine and Covenants 67-70

WEEK 26

BAPTISM

What is confirmation?

Doctrine and Covenants 67-70

WEEK 26

BAPTISM



WEEK 26

TRUE AND FAITHFUL

Doctrine and Covenants 69:1 mentions being “true and faithful.” Use the signs below in the way that you feel is best for the kids you teach. You could:

- Let everyone take turns holding the signs while sharing one way they’ve been true and faithful, one person they know who is true and faithful, and how the Savior is true and faithful.
- Tape them onto posters and write/draw ways we can be true and faithful, people we know who are true and faithful, and ways the Savior is true and faithful.
- Or any other creative idea you have!

I can be true and faithful.

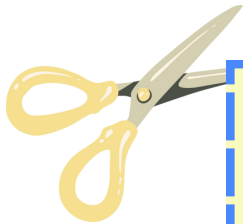
I can be with people who are true and faithful.

The Savior is true and faithful.

thank you

Thank you to Crystal from
theredcrystal.org for her help in
creating many of the illustrations
for these activities!

Thank you to Hannah and Lucy
for many great activity ideas!



READY-TO-USE



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