



COME, FOLLOW ME

Hands-On
Learning

WEEKS 14-26

Old Testament

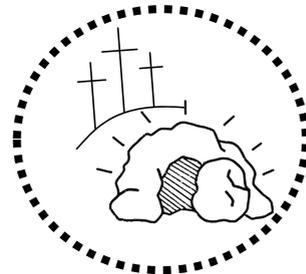
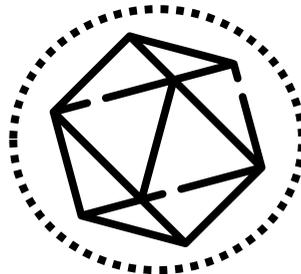
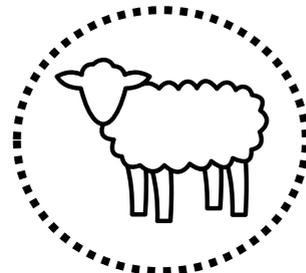
www.comefollowmekid.com

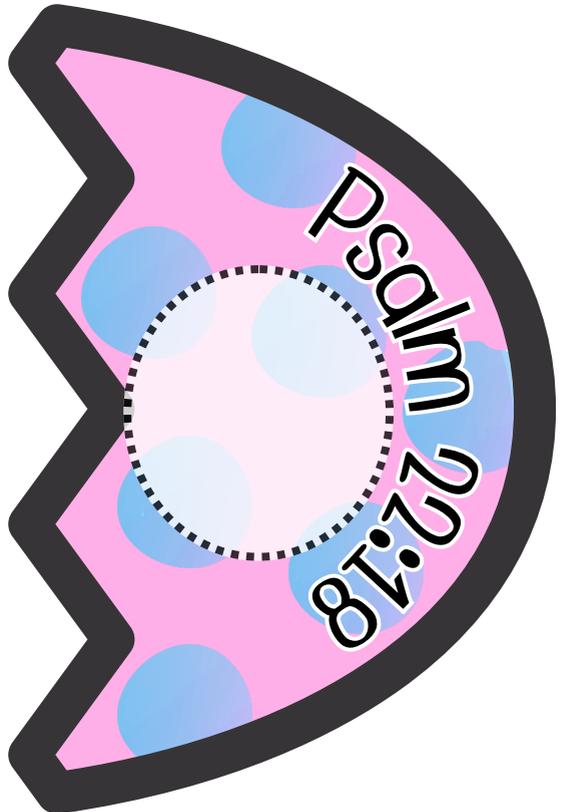
WEEK 14

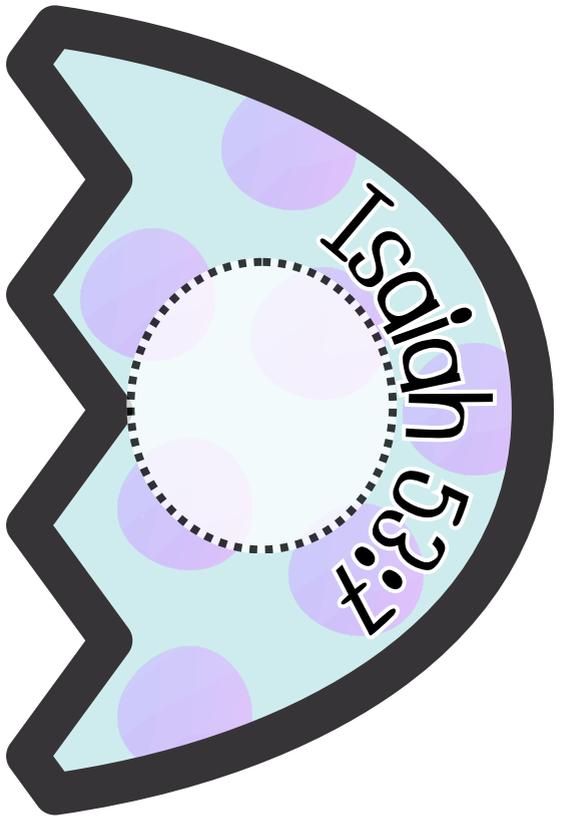
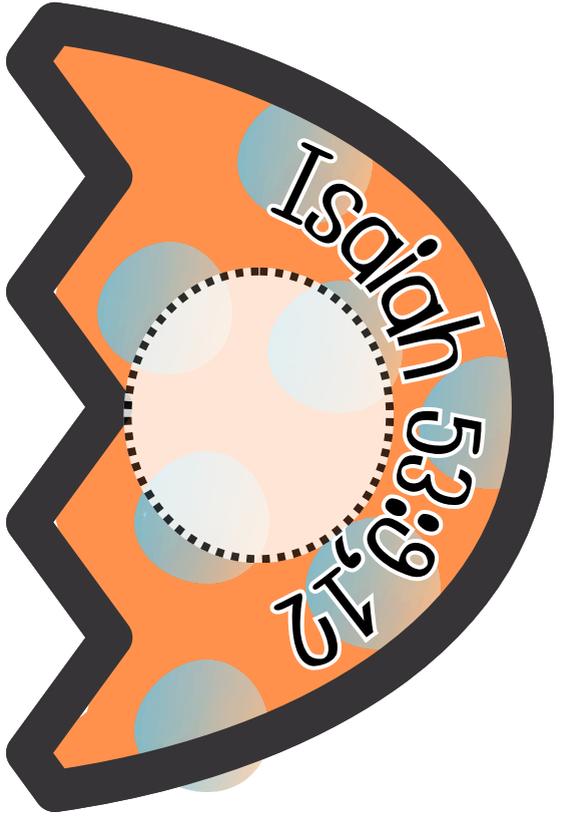
EASTER SCRIPTURES

The Old Testament contains many prophecies regarding the Savior's Atonement. Cut apart the egg halves from the following pages and hide them around the room. Take turns finding egg halves with matching colors. As each match is found, read and discuss the Old Testament passages on the bottom of the egg and compare these to the New Testament verses on the top part of the egg. Discuss how both ancient prophets and modern prophets testify of Jesus Christ.

After the egg matches have been found and the scripture verses on them have been read and discussed, figure out which picture matches what those verses teach. Glue the correct corresponding picture onto each egg.





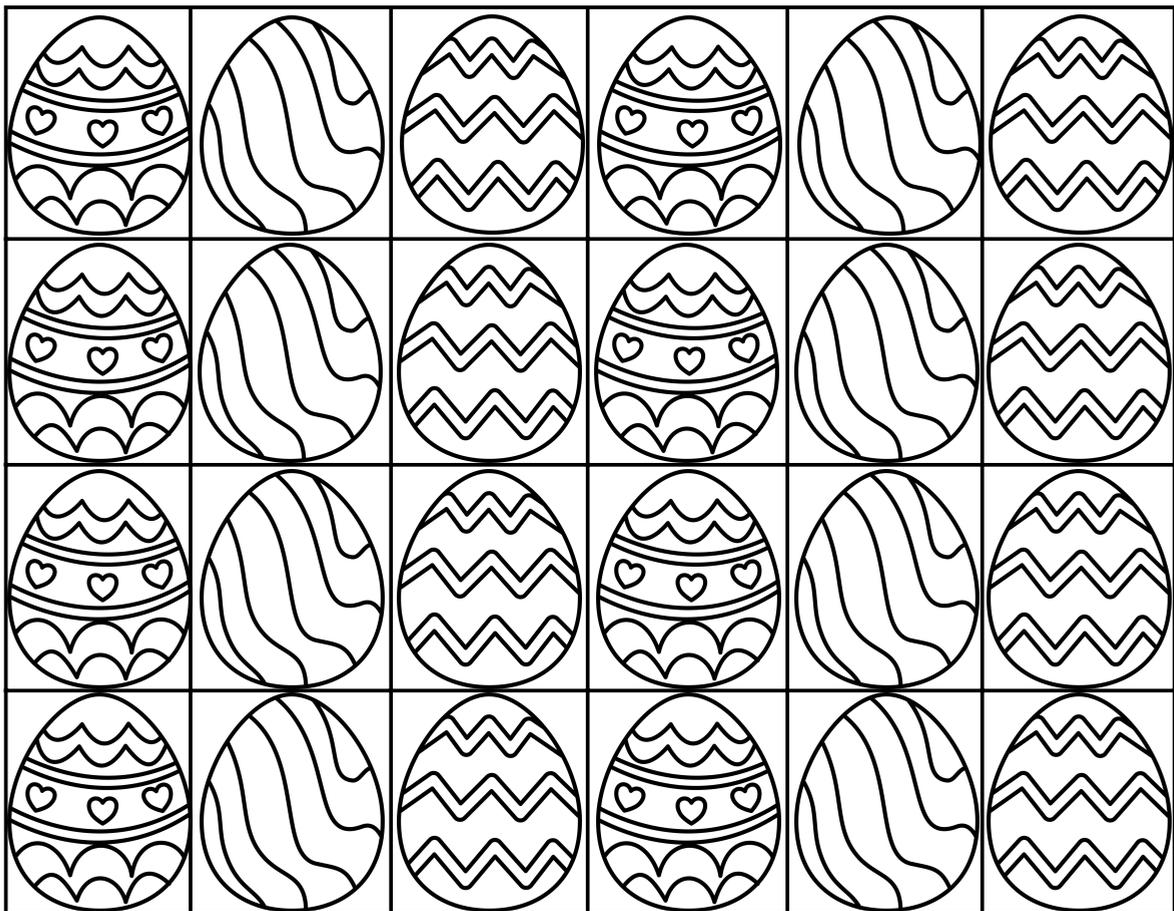


WEEK 14

CONFERENCE EASTER EGGS

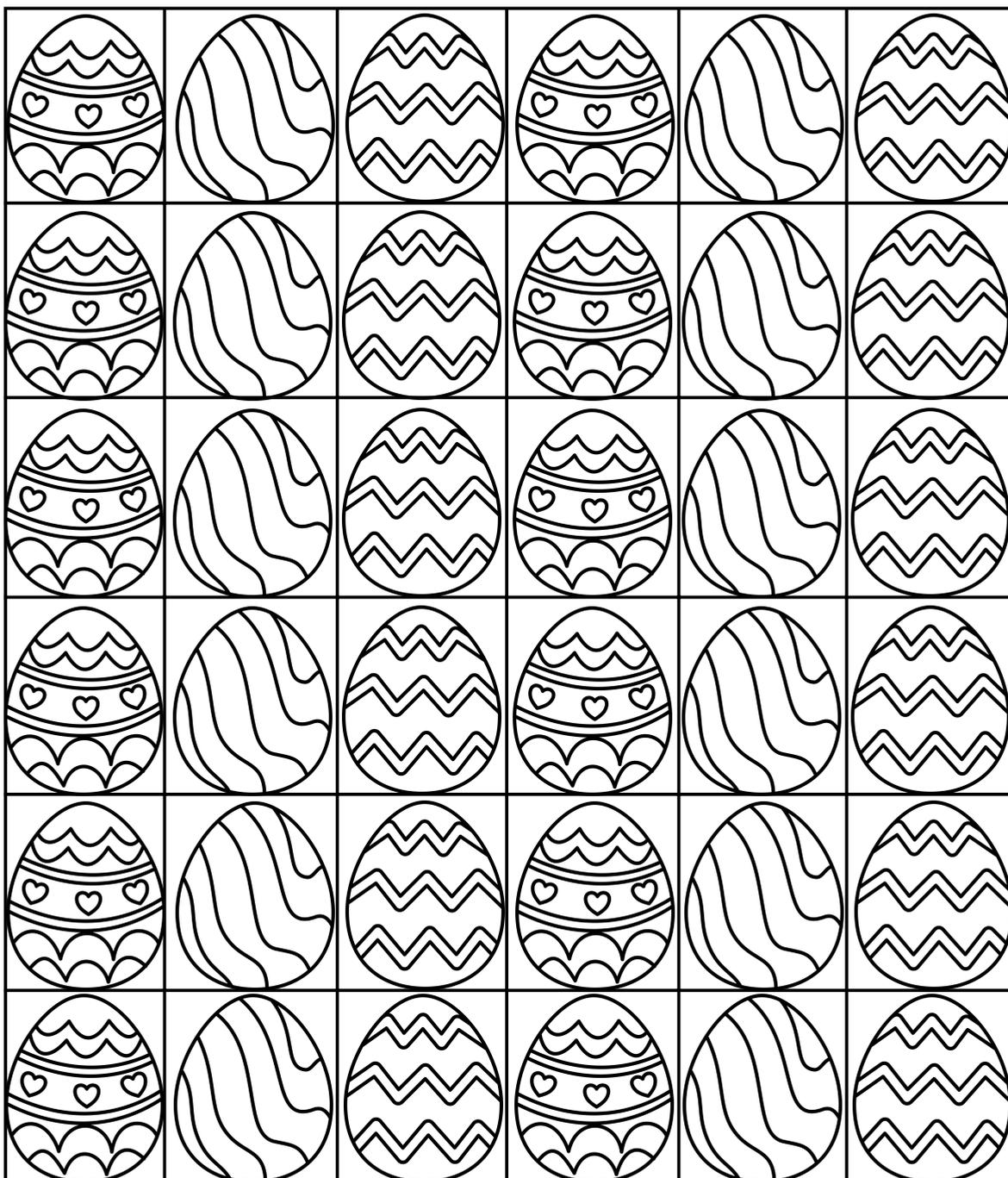
Assemble the Easter basket. Look at the pictures on the sides of the basket and discuss why we celebrate Easter. Cut apart the eggs on the following pages. During General Conference, color the eggs and listen carefully for times when speakers talk about Easter, Jesus Christ, His Atonement, or His Resurrection. Place a colored egg in the basket each time one of those is referenced.

**Older kids can write a word or short phrase on the back of each egg representing what the speaker said.*



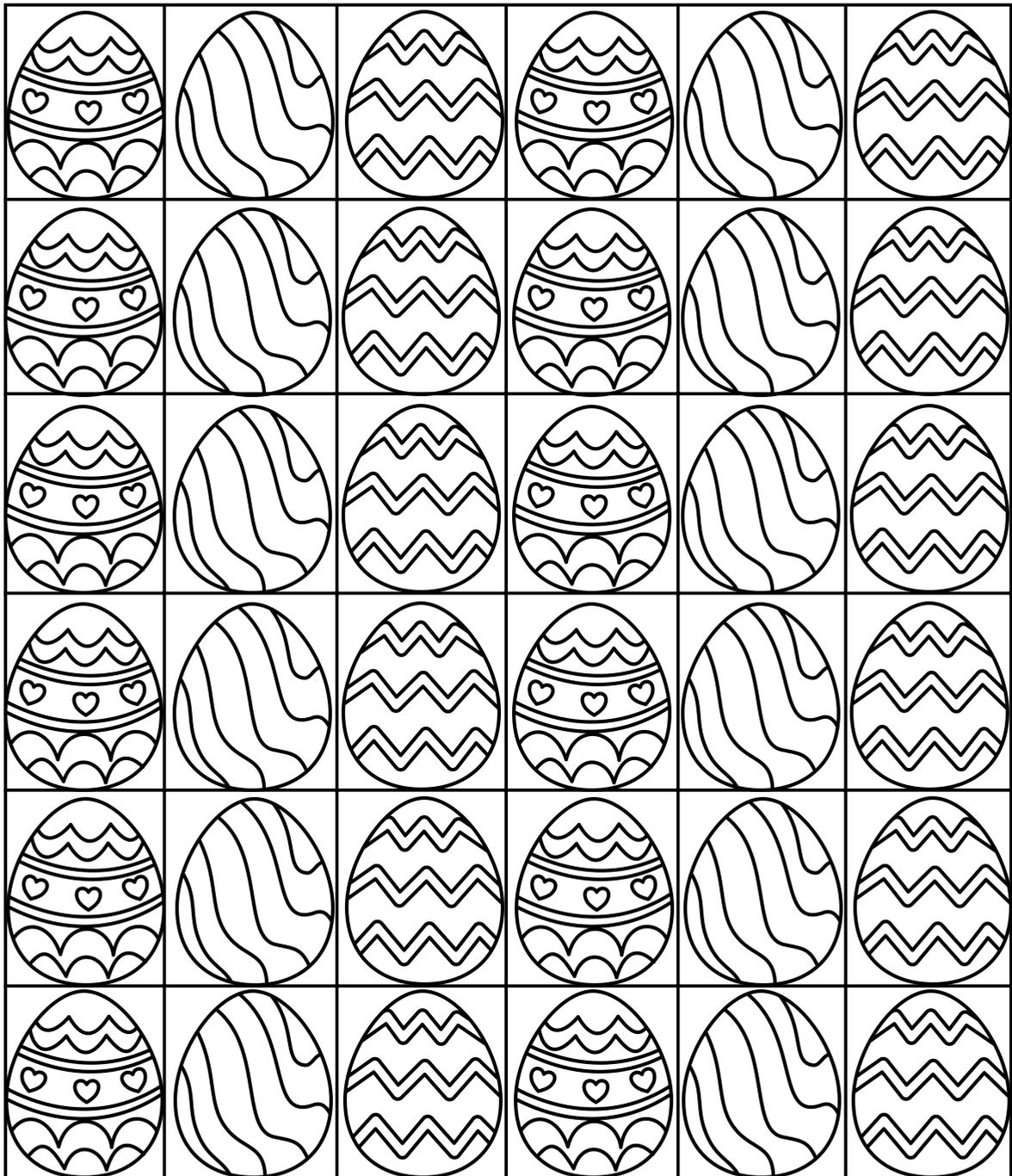
WEEK 14

CONFERENCE EASTER EGGS



WEEK 14

CONFERENCE EASTER EGGS

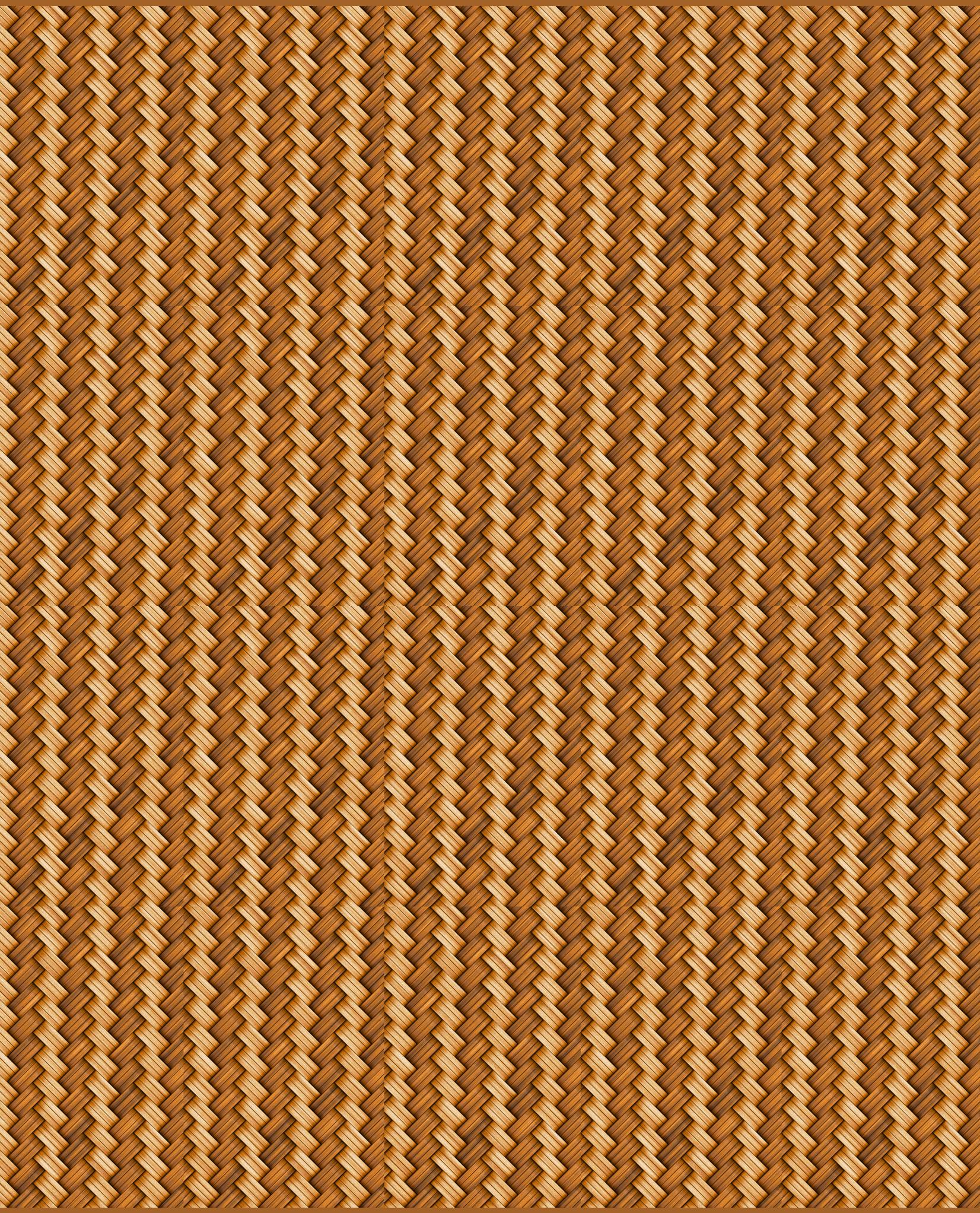


WEEK 14

CONFERENCE EASTER EGGS



Easter



WEEK 14

JESUS SCRIPTURES

Cut out the circles below. Take turns reading the scriptures on them. Once each has been read and discussed, glue it onto the chart on the following page. Remind them of how much Jesus and Heavenly Father love them and want to help each of them!

ISAIAH
53:4-12

ALMA
7:11-13

D&C
19:16-19

Extension:

Give everyone one of these reminder cards. You can tape it onto an Easter treat,

encourage them to tape it onto a mirror in their home,

glue it onto a blank piece of paper and let them draw a picture of themselves on that paper, etc.

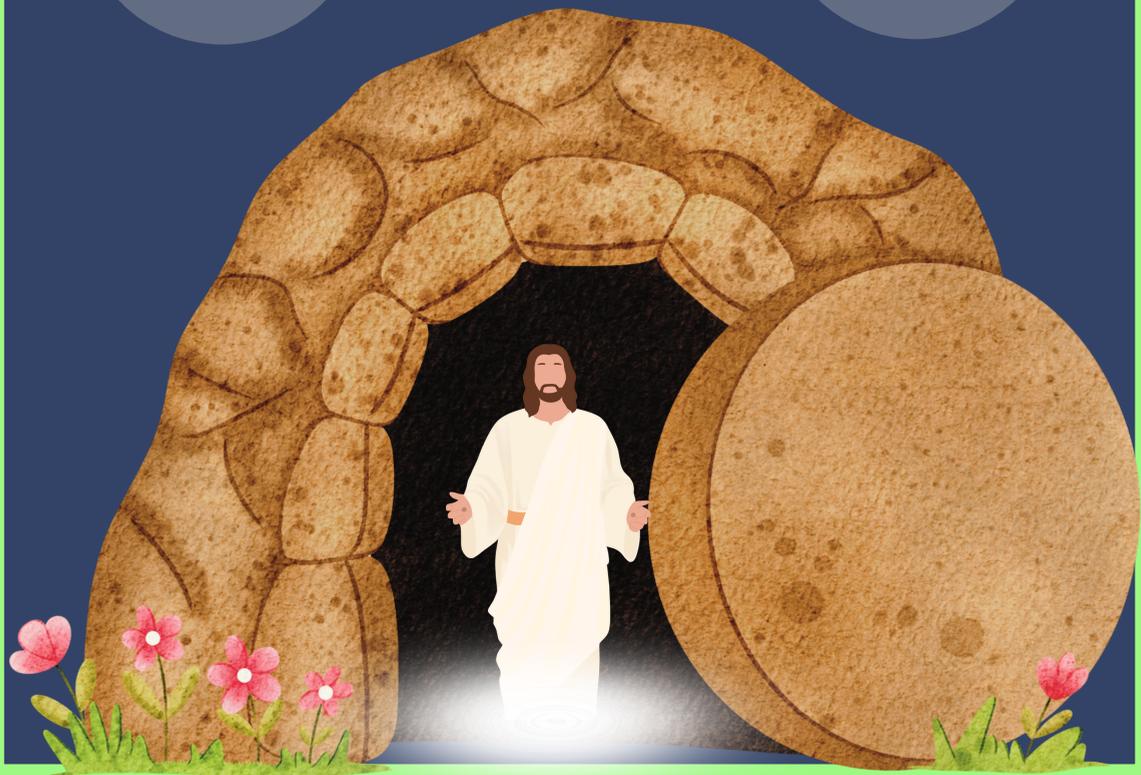


JESUS SUFFERED, DIED, AND WAS RESURRECTED FOR ME!

WEEK 14

JESUS SCRIPTURES

JESUS SUFFERED, DIED, AND
WAS RESURRECTED FOR *ME!*



Easter

WEEK 15

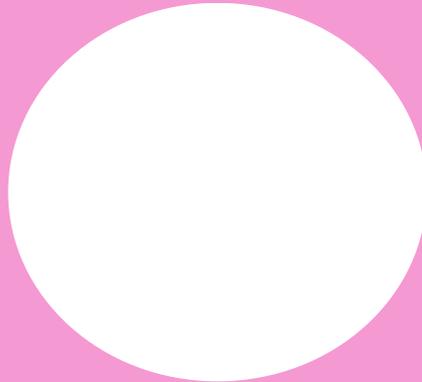
PLAGUE DRAWINGS

Cut out the cards on this page and the next. Assign cards to everyone. Inside the white oval on their card, they will draw a picture representing the plague described in those verses. Take turns sharing what each person drew.

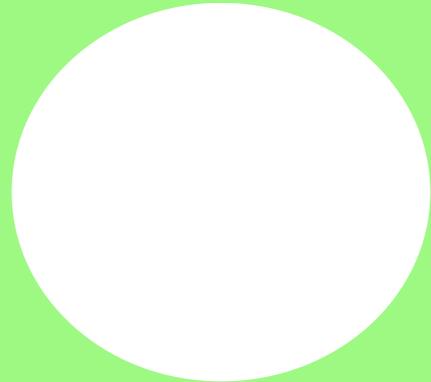
After all pictures and verses have been shared and discussed, line the 10 plagues up in order. Look at the words written on the back of the cards ("there is none like the Lord in all the earth"—Exodus 9:14). Testify of the Lord's power and remind them that He can help them in their lives when they have faith in Him.

If doing this with younger kids, you can just read the verses together or give a summary of which plague each one represents. Take turns choosing a kid to draw a quick picture after discussing the verses for each.

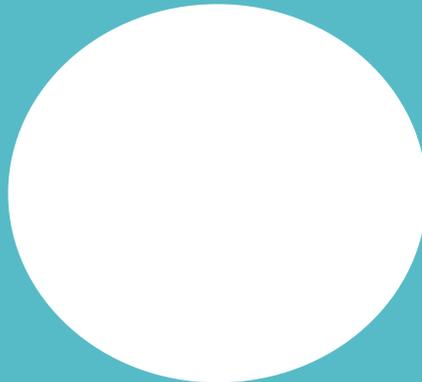
EXODUS 7:17-18



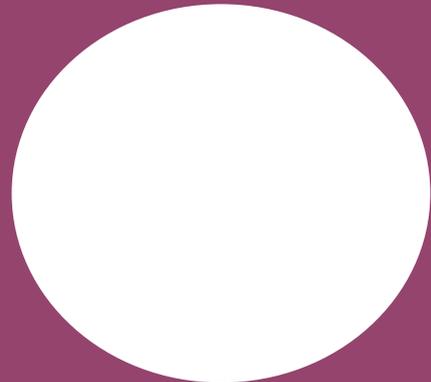
EXODUS 8:1-4



EXODUS 8:16-17



EXODUS 8:20-22

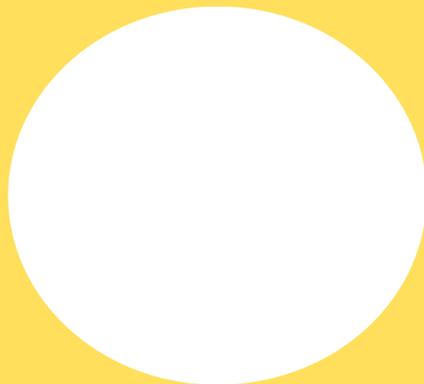


IS THERE

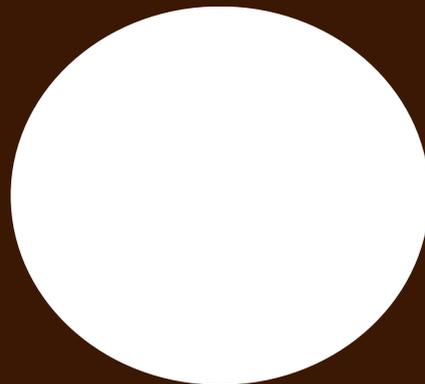
LIKE NONE

WEEK 15

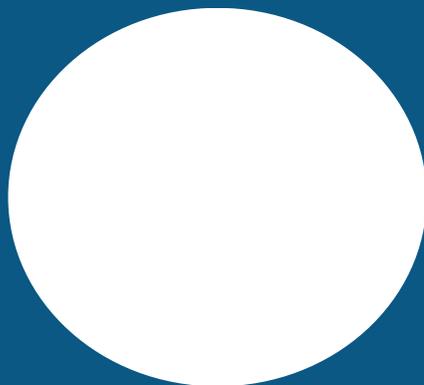
EXODUS 9:1-6



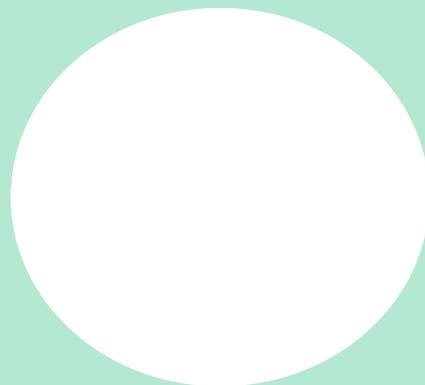
EXODUS 9:8-9



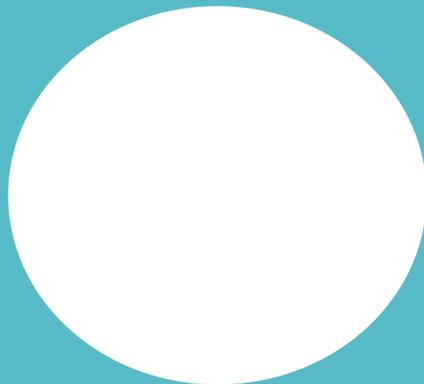
EXODUS 9:22-23



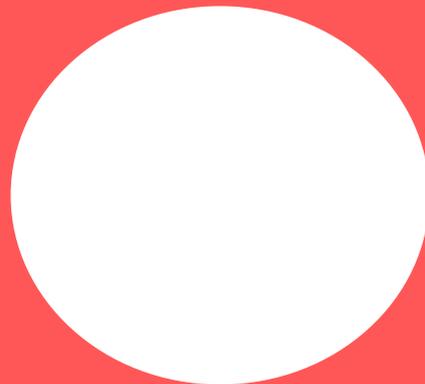
EXODUS 10:4-5



EXODUS 10:21-22



EXODUS 11:4-7



LORD

THE

ALL

IN

EARTH

THE

WEEK 15

REMEMBERING JESUS

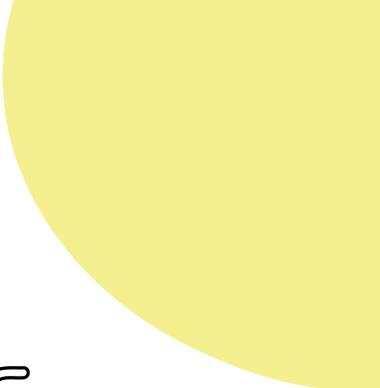
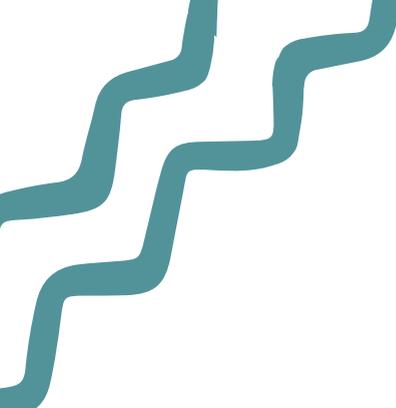
On each square, write or draw one way you can remember Jesus Christ's Atonement or one thing you know about Jesus Christ and His Atonement. Place them around a doorway while talking about how the Israelites put lamb's blood on their doorposts to represent His sacrifice for us, and it kept them safe. How are we kept safe as we remember Christ's Atonement for us and apply the power from it in our lives? **Idea from Come, Follow Me manual*

The 2022 *Come, Follow Me Old Testament* manual suggests, "You could also eat some of the foods from the Passover, such as unleavened bread (crackers or tortillas) or bitter herbs (parsley or horseradish), and discuss how the Passover helps us remember how God delivered His people. For example, the unleavened bread reminded them that there was not time for their bread to rise before they fled from captivity. The bitter herbs reminded them of the bitterness of captivity."

After placing the pictures around the doorway, eat crackers/tortillas/bitter herbs while reading parts of Exodus 12. It could help add to the atmosphere if you turn the lights out and just use candlelight to read. Testify of Christ's importance to us and how He saves us from death and sin.

I can remember
JESUS CHRIST'S ATONEMENT

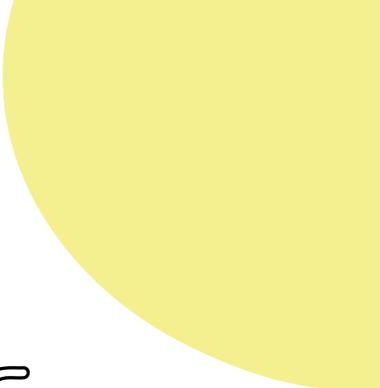
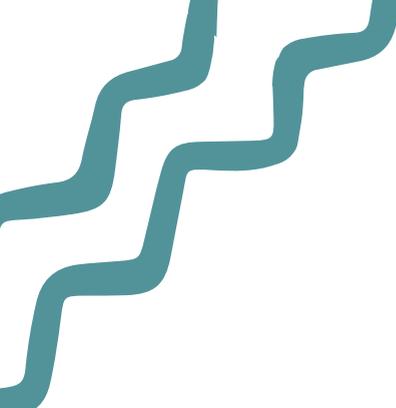
I can remember
JESUS CHRIST'S ATONEMENT



WEEK 15

REMEMBERING JESUS

I can remember
JESUS CHRIST'S ATONEMENT



WEEK 15

REMEMBERING JESUS

I can remember
JESUS CHRIST'S ATONEMENT

WEEK 15

SOFT HEART MATCHING GAME

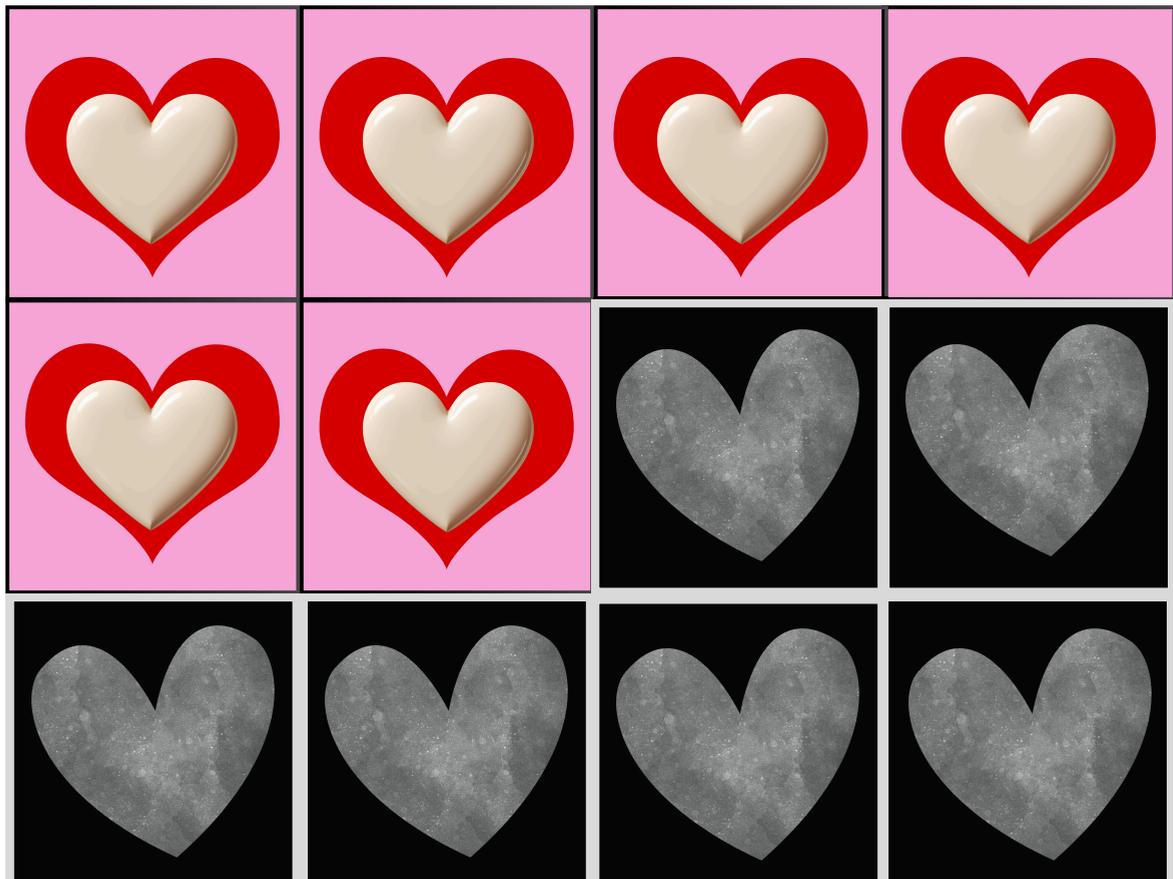
Cut apart the hearts and place them face-down. Take turns choosing two cards. If no match is found on that turn, flip them upside-down again. If a soft heart or hard heart match is found, keep it and follow these instructions:



Soft Heart Match: Whoever found it will state one way they can show that they are trying to have a soft heart. They then get to hold the soft heart sign from the following page until the next person finds a match.

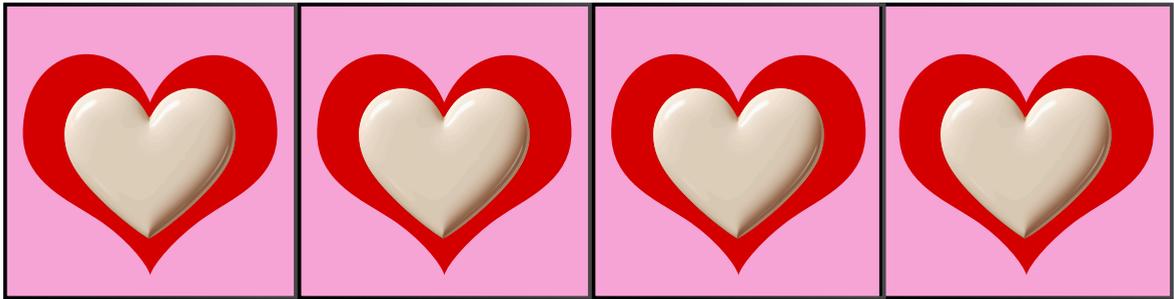


Hard Heart Match: When a hard heart match is found, read and discuss one of the hard heart quote cards.

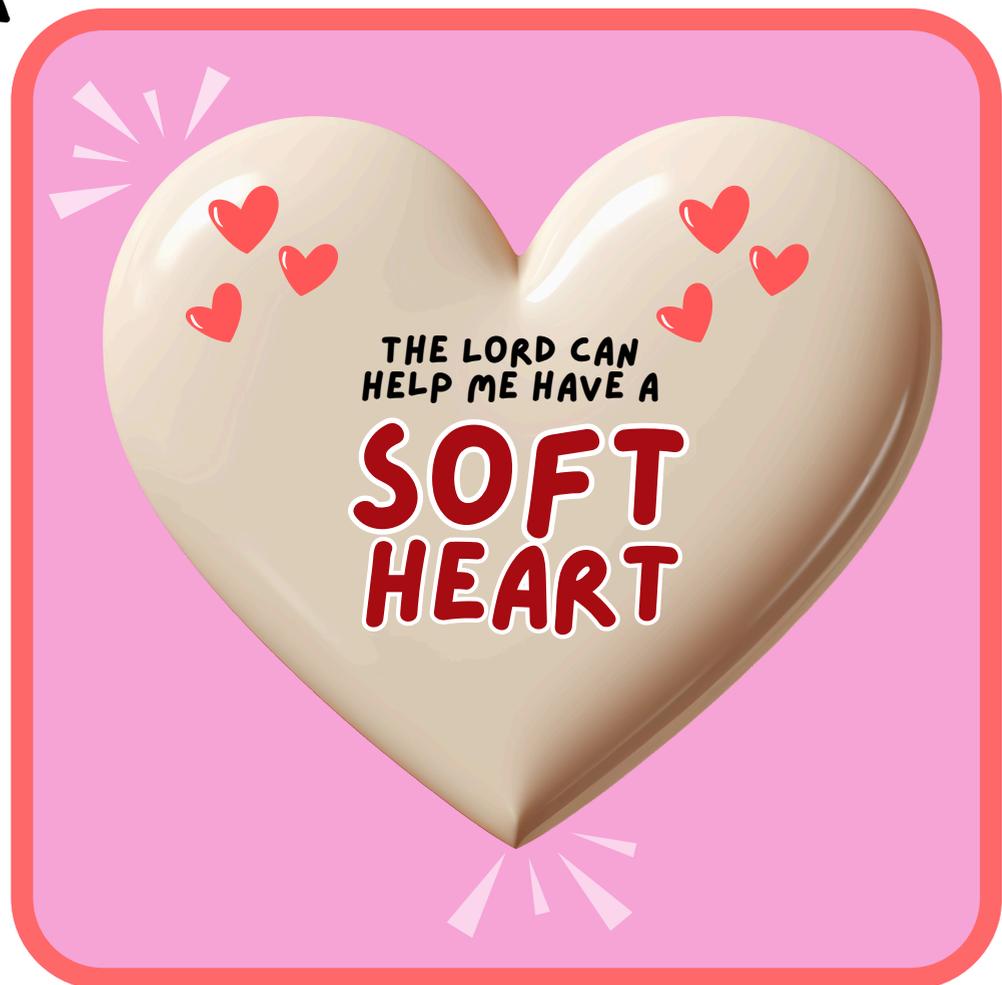


WEEK 15

SOFT HEART MATCHING GAME



Soft Heart Sign:
When someone finds a soft heart match, they get to hold onto this sign. It could be fun to attach this onto a soft pillow or a bag of soft snacks, such as marshmallows, that people can enjoy when they get a match. If attaching a treat, it would be a good idea to let everyone share ways they can have soft hearts after the game is done so they each have a chance to earn a treat.



WEEK 15

SOFT HEART MATCHING GAME

Hard Heart Quote Cards: Discuss one at a time as each hard heart match is found.



When we harden our hearts, we are blinded, and good things cannot come into our hearts or our minds. We become stubborn and begin to place more focus on worldly desires, closing our hearts to the things of God. We choose to focus solely on our own thoughts while not accepting the opinions and guidance of others. We choose to not open our hearts to the things of God but instead to the influence of the things of the world and the adversary.



When our hearts are hardened, we resist the influence of the Holy Ghost. We are “slow to remember the Lord,” and over time we become “past feeling” His words.



In what ways did Pharaoh respond with a hard heart to the plagues?

Exodus 8:28-32

28 And Pharaoh said, I will let you go, that ye may sacrifice to the Lord your God in the wilderness; only ye shall not go very far away: entreat for me.

29 And Moses said, Behold, I go out from thee, and I will entreat the Lord that the swarms of *flies* may depart from Pharaoh, from his servants, and from his people, to morrow: but let not Pharaoh deal deceitfully any more in not letting the people go to sacrifice to the Lord.

30 And Moses went out from Pharaoh, and entreated the Lord.

31 And the Lord did according to the word of Moses; and he removed the swarms of *flies* from Pharaoh, from his servants, and from his people; there remained not one.

32 And Pharaoh hardened his heart at this time also, neither would he let the people go.

Exodus 9:7

7 And Pharaoh sent, and, behold, there was not one of the cattle of the Israelites dead. And the heart of Pharaoh was hardened, and he did not let the people go.

Quotes on first two cards are from “Harden Not Your Heart” (Christopher H. Kim, Liahona, May 2025)

Exodus 7-13

WEEK 16

BITTER MADE SWEET

Cut the strips apart and scramble them. Work together to put them in order (Exodus 15:22–25). Discuss how the Lord can change things that in our lives which feel “bitter” to “sweet.”

Extension:

Let everyone taste a drop of lemon juice. Discuss how sour it tastes and how, if you were really thirsty, you wouldn't want to drink a huge cup of this alone. Similarly, Moses and his people were really thirsty. The only water they found was bitter, so it wasn't good to drink. After discussing how the Lord made the waters of Marah sweet for them, make some lemonade:

- Mix one cup of sugar with one cup of lemon juice.
- Add five cups of water. Stir to dissolve the sugar.
- Add ice and enjoy!

**So Moses brought Israel from the Red sea,
and they went out into the wilderness of Shur;**

**and they went three days in the wilderness,
and found no water.**

**And when they came to Marah,
they could not drink of the waters of Marah,**

for they were bitter:

therefore the name of it was called Marah.

**And the people murmured against Moses,
saying, What shall we drink?**

And he cried unto the Lord;

and the Lord shewed him a tree,

which when he had cast into the waters,

the waters were made sweet:

**there he made for them a statute
and an ordinance,**

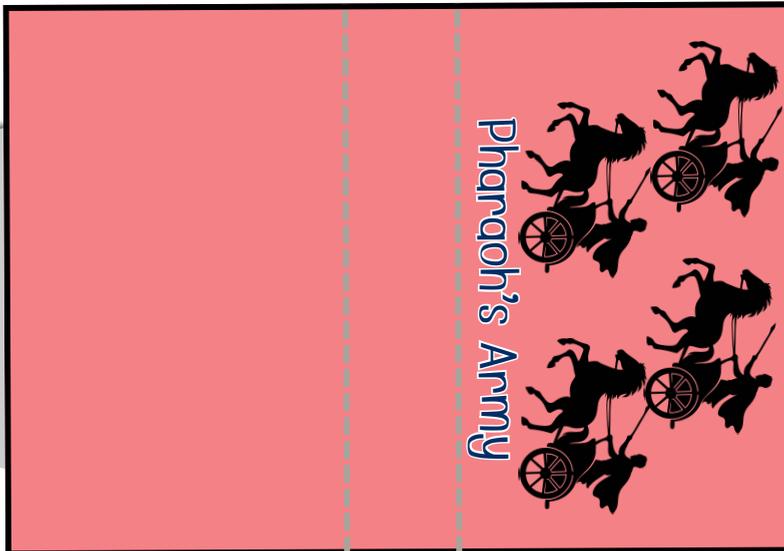
and there he proved them,

WEEK 16

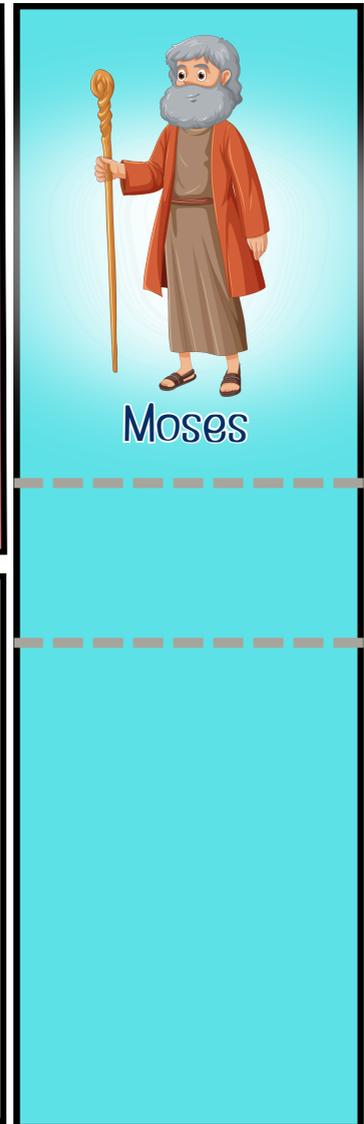
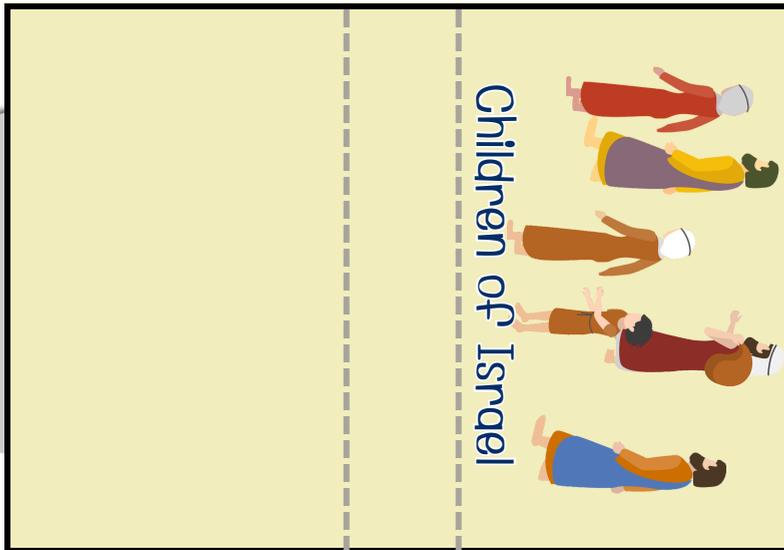
MOSES AND THE RED SEA

Use the pieces on this page and the next to retell the story of the Lord showing His power when He parted the Red Sea to save the children of Israel (Exodus 14:5–22).

GLUE THIS TAB BEHIND
THE TOP FLAP.



GLUE THIS TAB BEHIND
THE TOP FLAP.



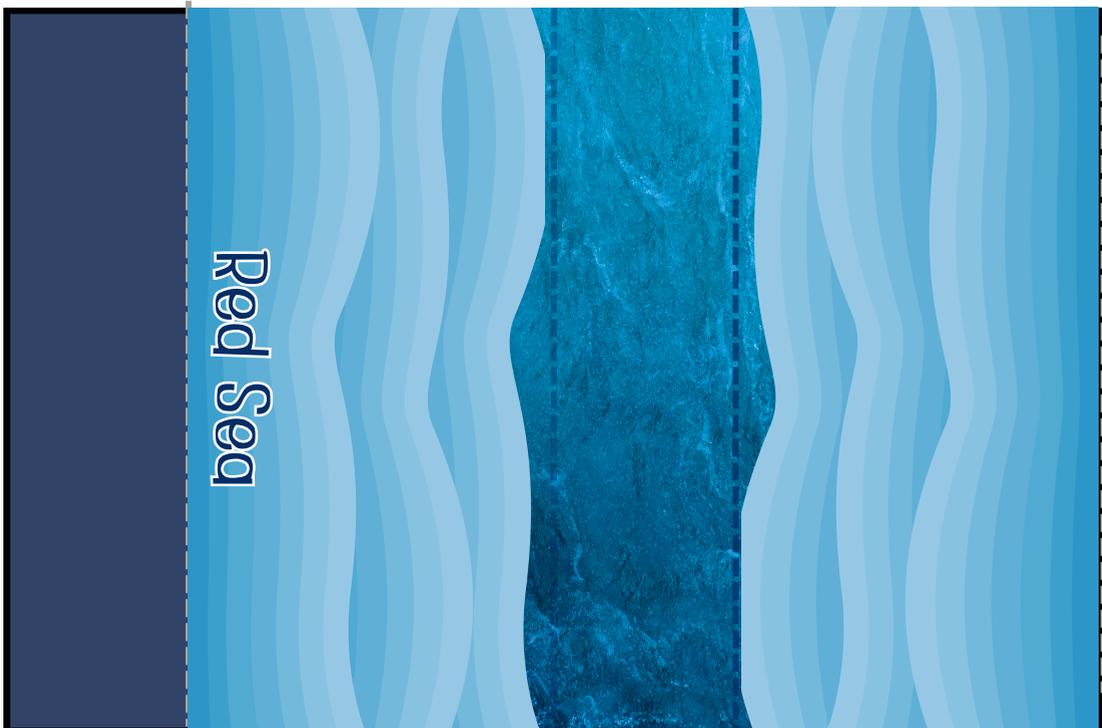
GLUE THIS TAB BEHIND
THE TOP FLAP.

WEEK 16



Glue this tab to the bottom flap to make the Red Sea stand up.

Set these up next to each other to begin with. Pull them to opposite sides to represent the parting of the Red Sea.



Glue this tab to the bottom flap to make the Red Sea stand up.

WEEK 16

ACTING OUT THE STORY

Everyone will choose a card and then act out that part of the story of Moses and the parting of the Red Sea (Exodus 14:5-22). Add whatever props or costumes you have available to make it fun. The *Come, Follow Me* manual suggests setting up chairs or blankets for the Red Sea and moving them to represent the parting of the Red Sea.



Moses 14:13-14

13 And Moses said unto the people, Fear ye not, stand still, and see the salvation of the Lord, which he will shew to you to day: for the Egyptians whom ye have seen to day, ye shall see them again no more for ever.

14 The Lord shall fight for you, and ye shall hold your peace.



WEEK 16

THE HOLY GHOST AND MOSES

What does the Holy Ghost have to do with the story of Moses? Read and discuss the scripture verses below. Share why the Holy Ghost is important. What kind of help can we receive from the Holy Ghost in our lives? Flip chart to the back side and write/draw ways the Holy Ghost might speak to us and help us.

 **DOCTRINE AND COVENANTS** 
8:2-3

Yea, behold, I will tell you in your mind and in your heart, by the Holy Ghost, which shall come upon you and which shall dwell in your heart.

Now, behold, this is the spirit of revelation; behold, this is the spirit by which **MOSES** brought the children of Israel through the Red Sea on dry ground.





THE HOLY
GHOST CAN
SPEAK TO ME
AND HELP ME



WEEK 16

GOD TAKES CARE OF US

Display these pictures and explain that each represents one way the Lord took care of the Israelites. Cut apart the scripture cards on the following page and have them take turns choosing one to discuss. After reading the scripture verses for each and discussing, ask them to find the picture that represents this part of the story.

If you want to add an edible twist to this, you can use treats/food to represent each of these things instead of the pictures. Some ideas of what you could use for each are:

Rocks:

Pop Rocks
Chocolate Rocks
Rock Candy Suckers

Bread Called Manna:

Donut Holes
Small Rolls
Pieces of Bread

Water Made Sweet:

Sprite
Kool-Aid
Capri Suns
Any Sweet Drink

Quails:

Peeps Chick
Marshmallows

SWEET DRINK



QUAILS



BREAD



ROCK



WEEK 16

GOD TAKES CARE OF US

EXODUS 15:22-27

- After reading these verses, talk about the difference between bitter and sweet.
- How was the Lord able to turn bitter water into a SWEET DRINK?
- How can the Lord make bitter things in our life sweet? What are some ways we can “hearken to the voice of the Lord” like these verses talk about?

EXODUS 16:13

- When the children of Israel complained about being hungry, the Lord sent them BIRDS called quails for meat.
- What are some things the Lord has given you in your life that you need?
- Sit in a circle and take turns listing things the Lord has given us. See how many times you can go around the circle without repeating what others have said.

EXODUS 16:16-26

- The Lord gave the Israelites BREAD from heaven called manna. It tasted like honey. This showed them that they could trust Him.
- Just like they needed this bread each day, we need Christ in our lives each day to help our spirits stay strong.
- What are some things we can do to help us feel Christ’s power and love in our lives each day?

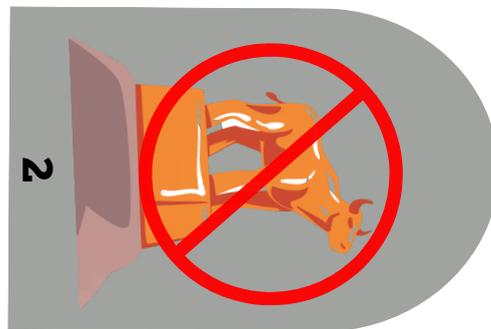
EXODUS 17:1-7

- When the children of Israel were in the wilderness, they got very thirsty. Jehovah (Jesus Christ) told Moses to strike a ROCK. When he did, water gushed out of the rock for them to drink. This helped show the Israelites that the Lord was among them.
- Share ways we can recognize the Lord in our lives, even when we are going through hard things.

WEEK 17

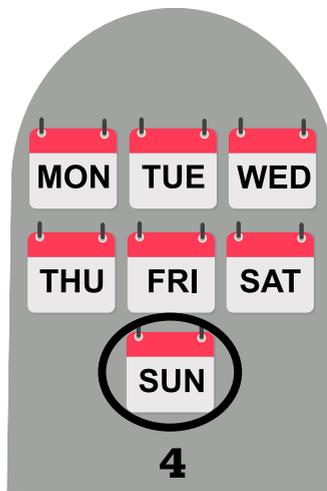
KEEP THE COMMANDMENTS

Set out all of the tablets that have pictures on them. Ask if they can guess which commandment any of them represent. Play the music to "Keep the Commandments" (Children's Songbook, 146–47). For older kids, see if they can match all of the pictures to the written commandments before the song is done. Glue the pictures onto the back sides of the written commandments. Then spend time talking about each commandment one at a time. For younger kids, let each of them take turns choosing a picture and finding the matching number tablet. Then discuss each commandment in as much depth as needed for the kids you're teaching. Discuss how much more blessed we can be if we keep the commandments.



Extension Idea:

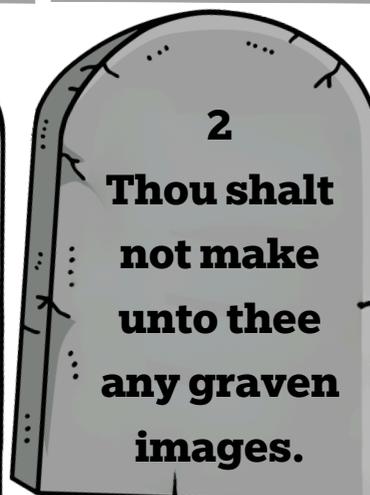
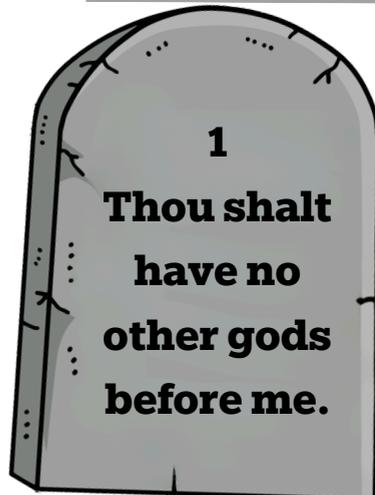
Kids can use these pieces to act out going up on the mountain like Moses and receiving the commandments on stone tablets. Remind them that these came from the Lord because He loves us and knows that blessings can come to us as we follow the commandments.



WEEK 17

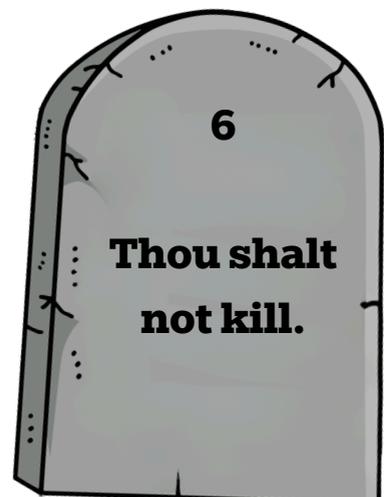
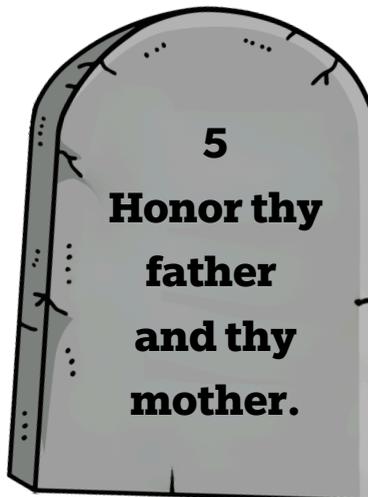
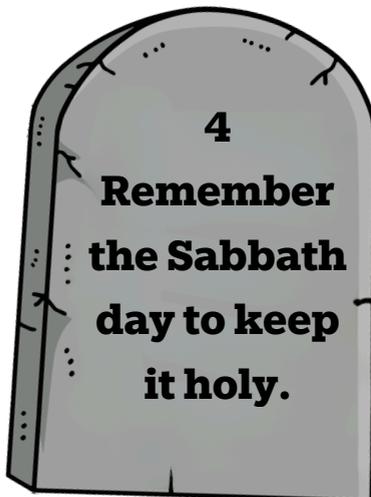
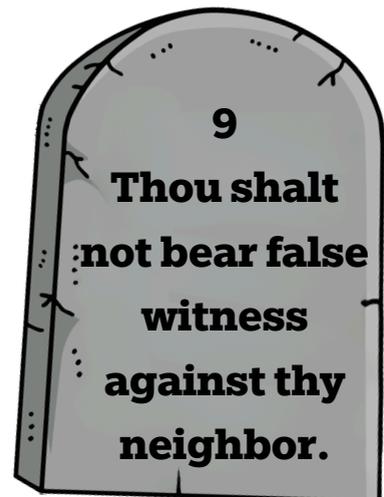
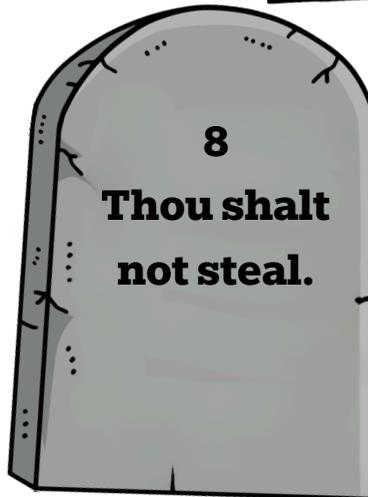
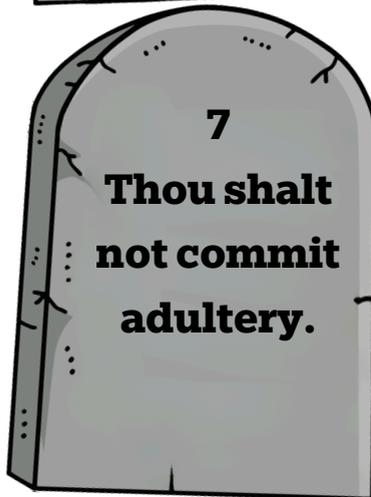
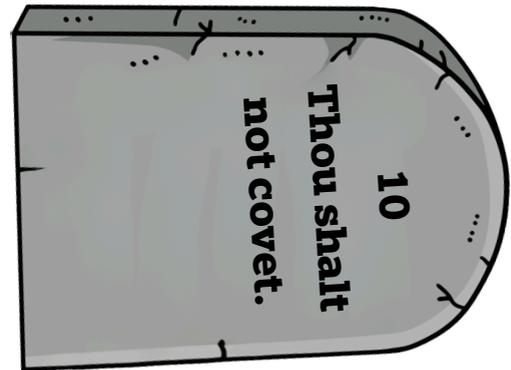
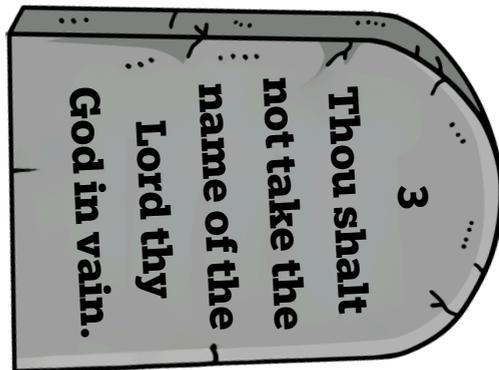
KEEP THE COMMANDMENTS

**If doing this with your own family, you could also choose one or two commandments to focus on each day throughout the week. Have in-depth discussions about what they mean and how they apply to us.*



WEEK 17

KEEP THE COMMANDMENTS



ACTIVITIES FOR REMAINING
WEEKS WILL BE ADDED SOON

