



COME, FOLLOW ME

Hands-On
Learning

WEEKS 14-26

Old Testament

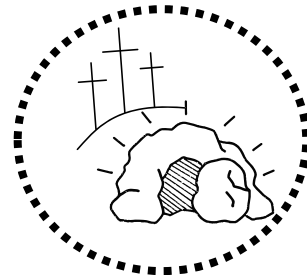
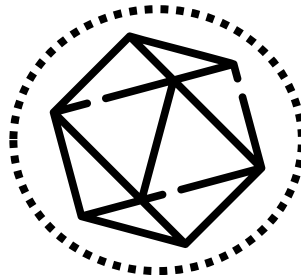
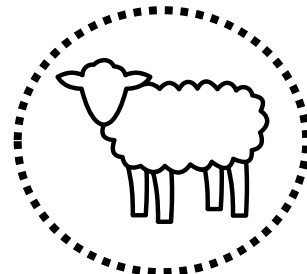
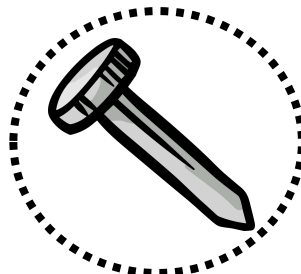
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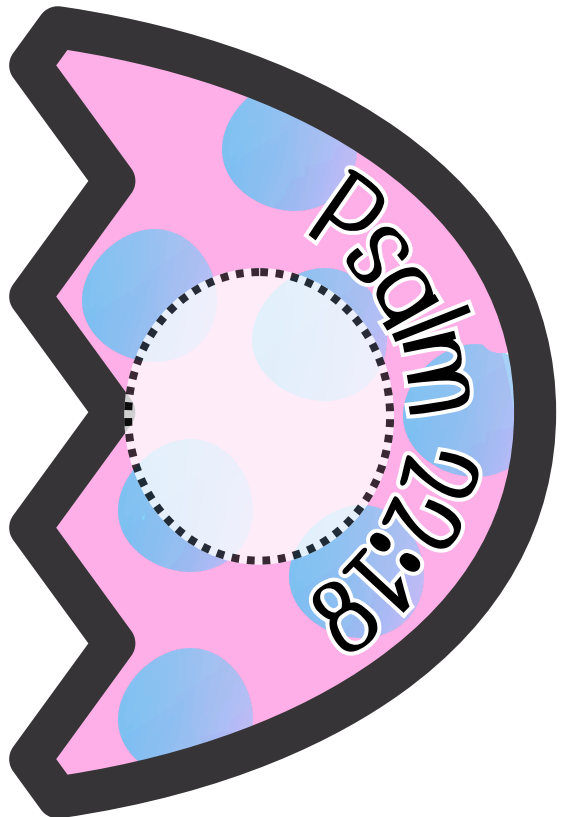
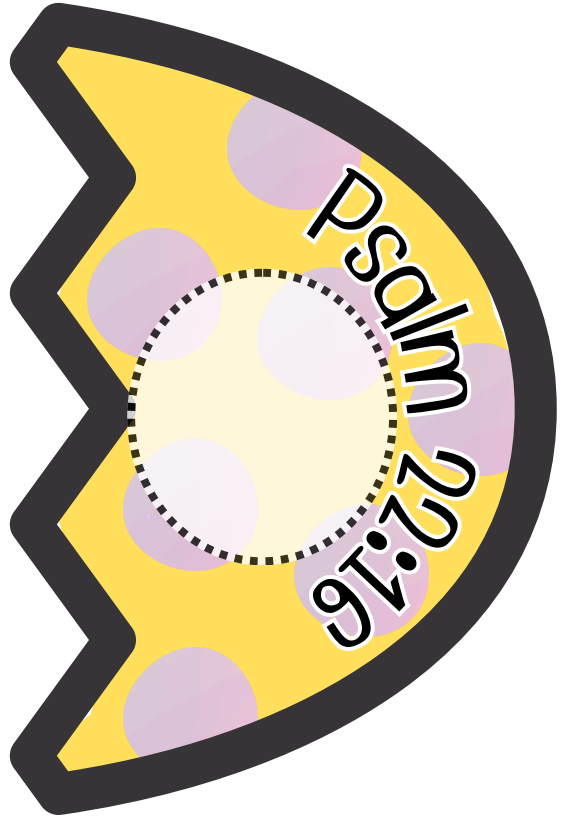
WEEK 14

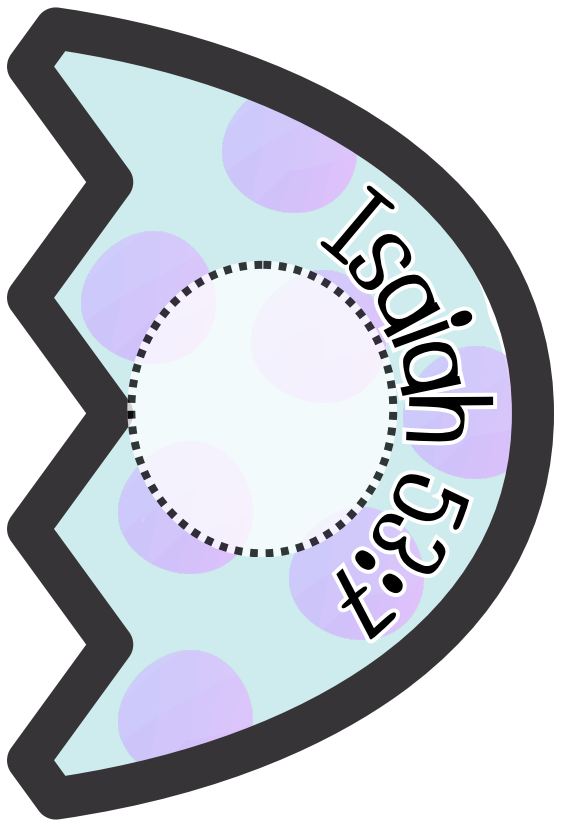
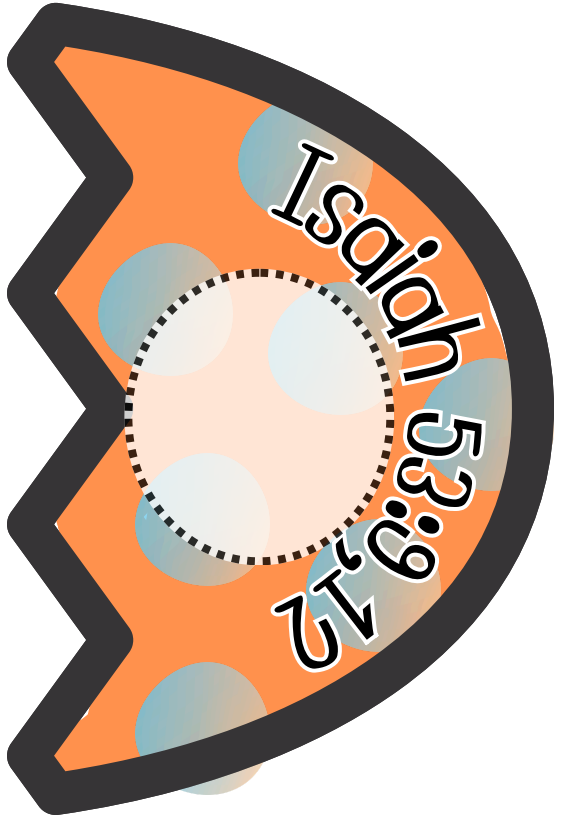
EASTER SCRIPTURES

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.





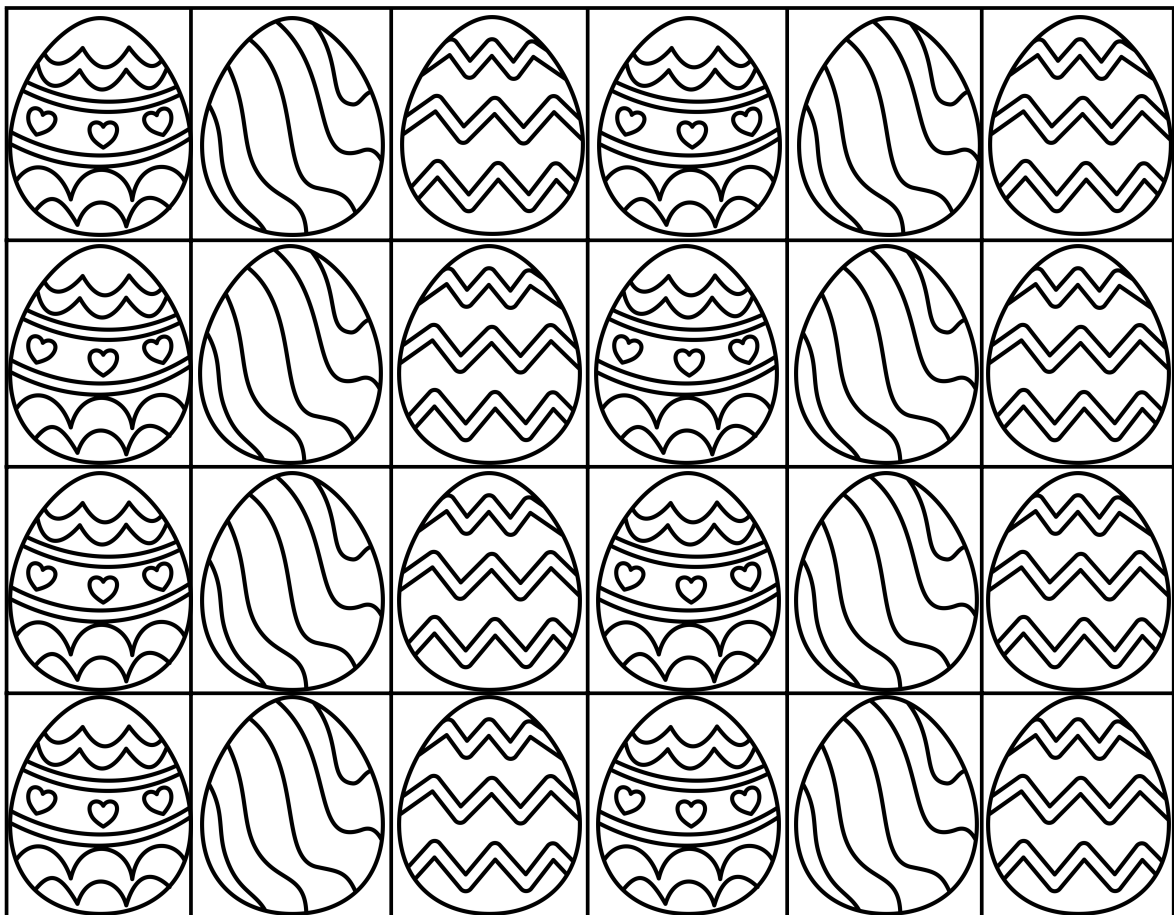


WEEK 14

CONFERENCE EASTER EGGS

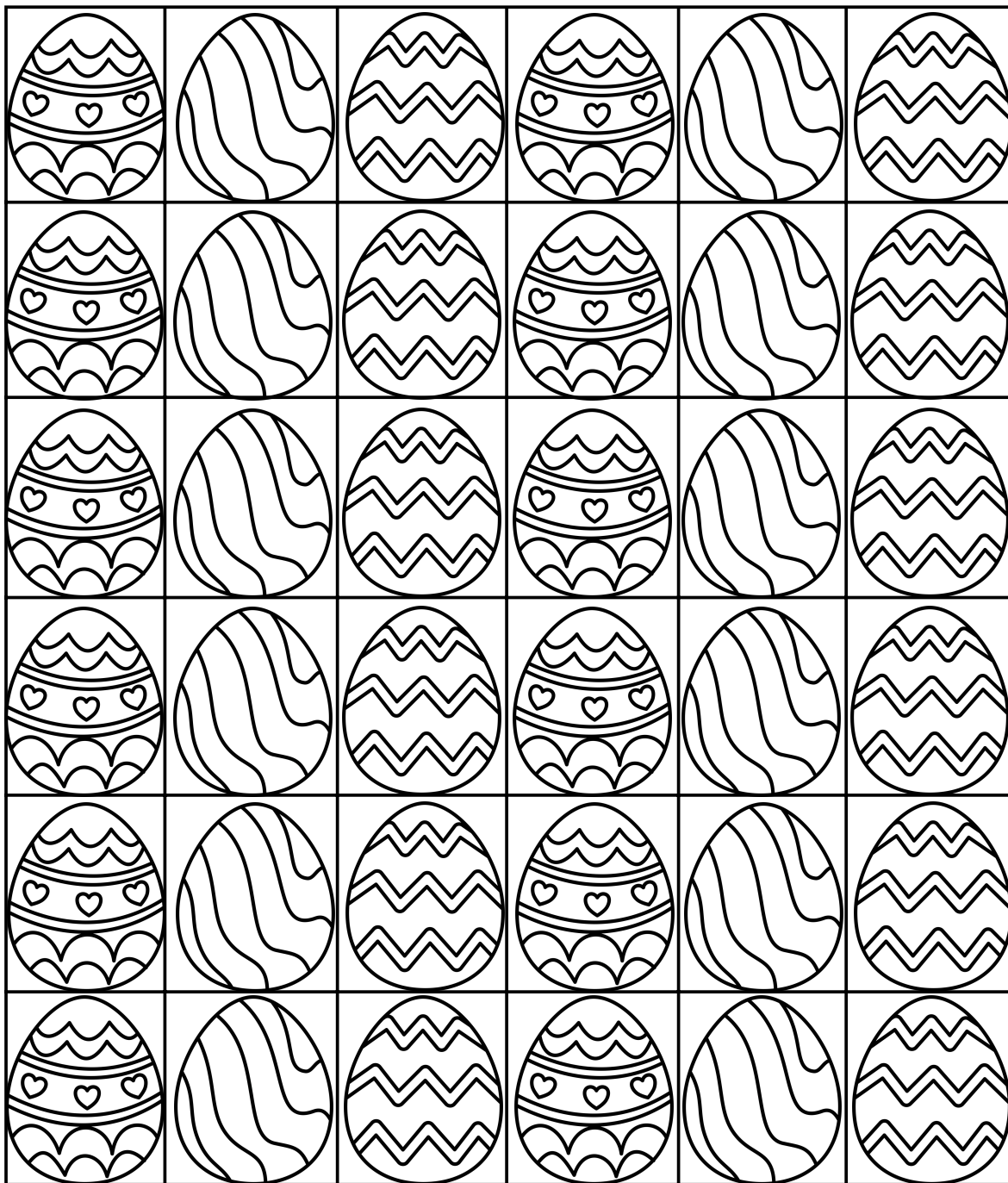
Assemble the Easter basket. Look at the pictures on the sides of the basket and discuss why we celebrate Easter. Cut apart the eggs on the following pages. During General Conference, color the eggs and listen carefully for times when speakers talk about Easter, Jesus Christ, His Atonement, or His Resurrection. 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.*



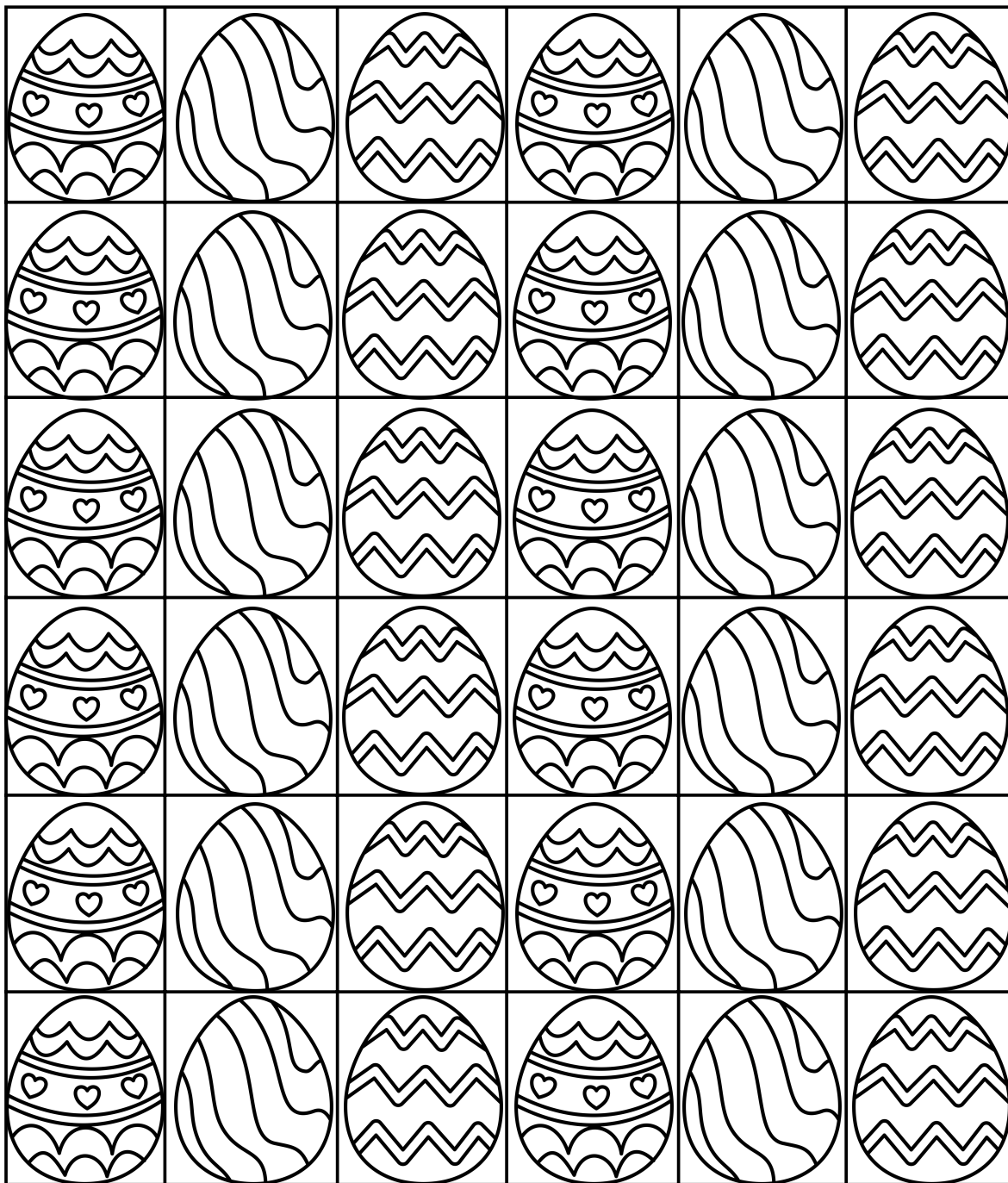
WEEK 14

CONFERENCE EASTER EGGS



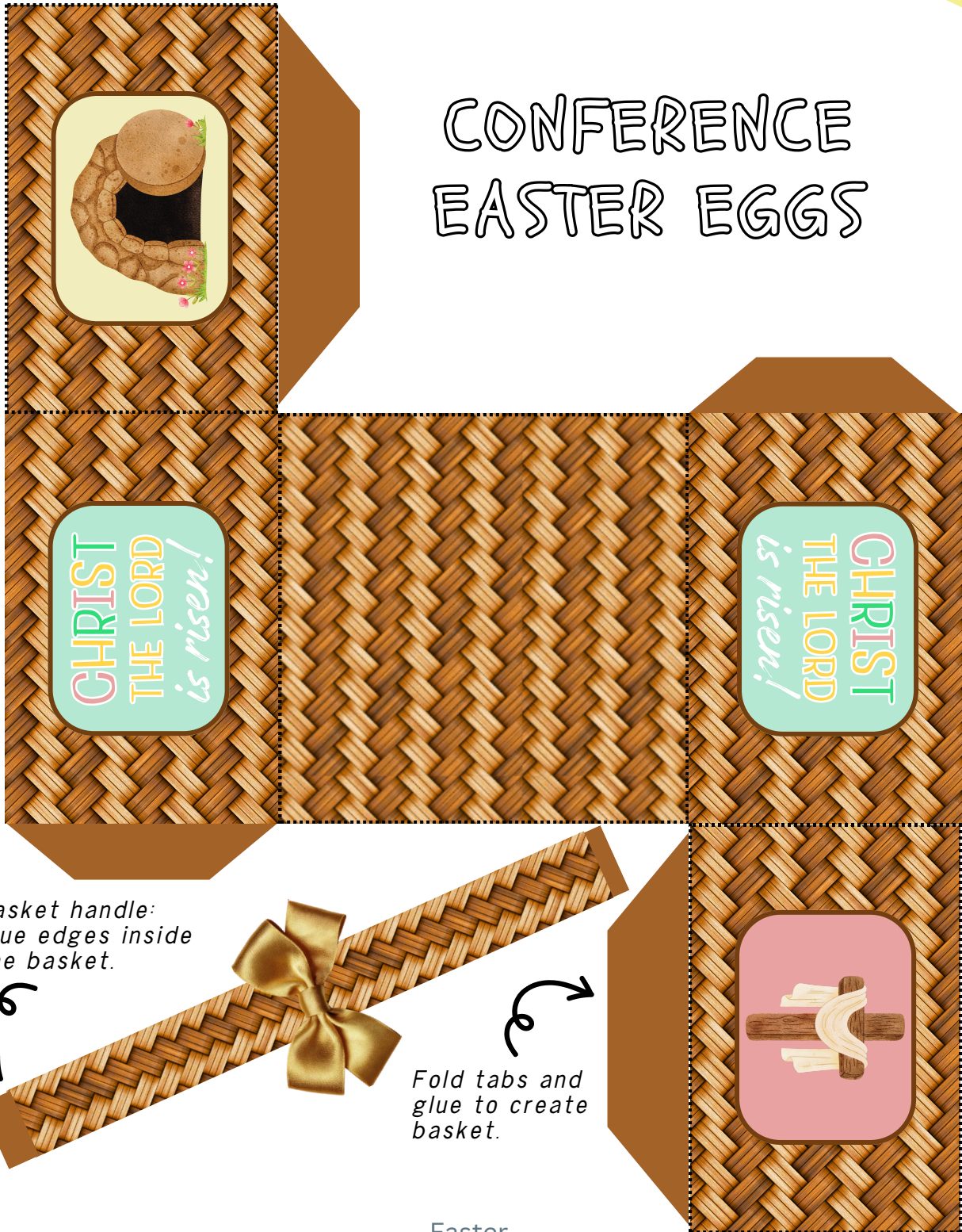
WEEK 14

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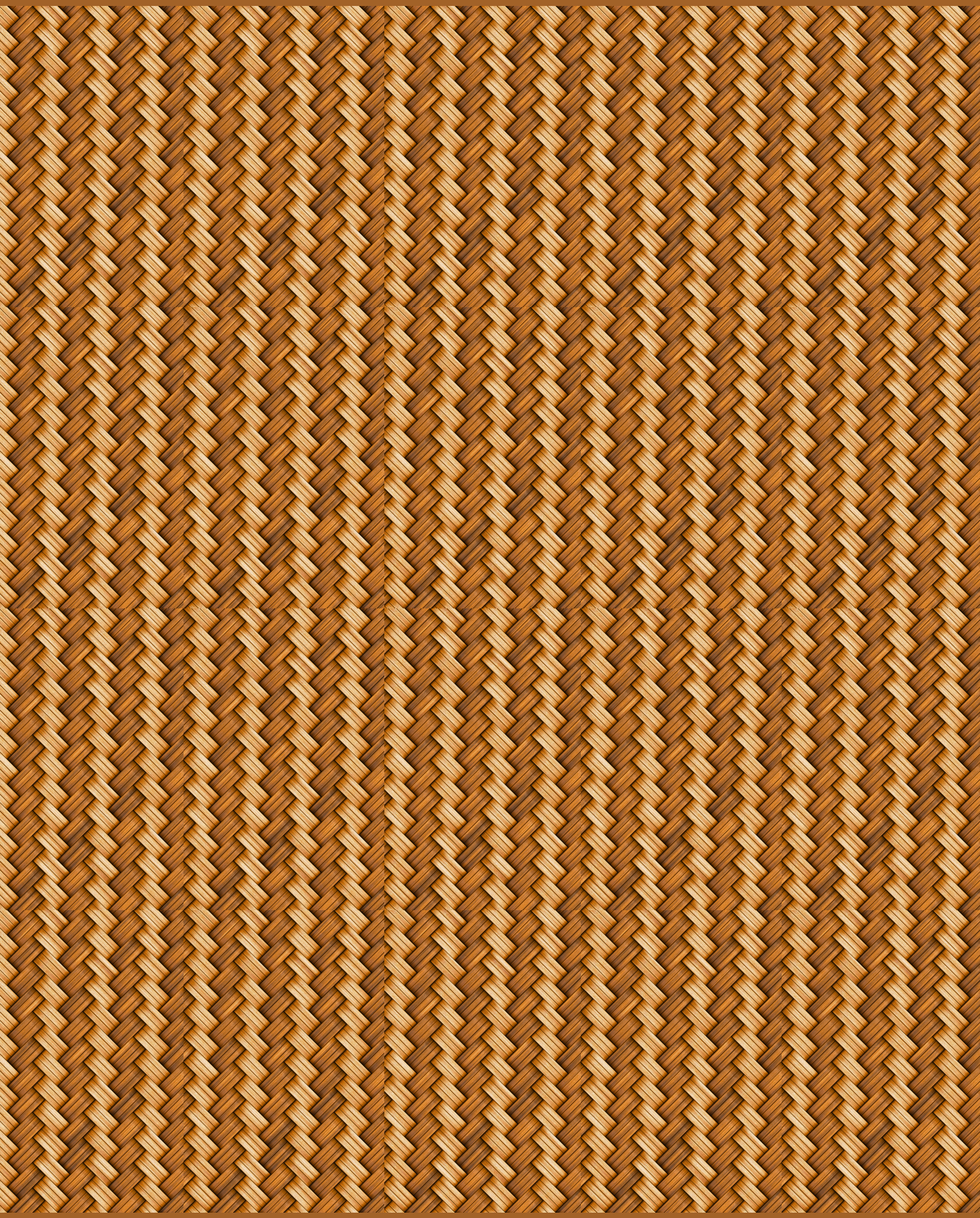


WEEK 14

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.

6

JESUS SUFFERED, DIED, AND WAS RESURRECTED FOR ME!

JESUS SUFFERED, DIED, AND WAS RESURRECTED FOR ME!

JESUS SUFFERED, DIED, AND WAS RESURRECTED FOR ME!

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WEEK 14

JESUS SCRIPTURES

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



Easter

WEEK 15

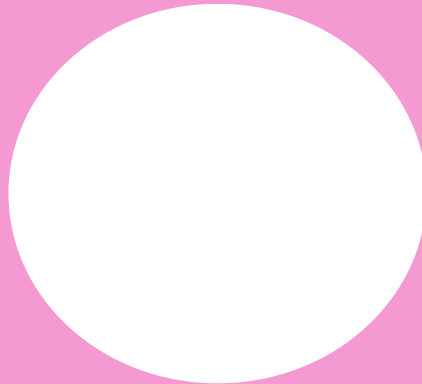
PLAGUE DRAWINGS

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.

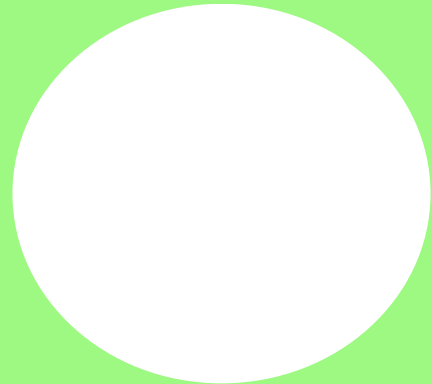
After all pictures and verses have been shared and discussed, line the 10 plagues up in order. Look at the words written on the back of the cards ("there is none like the Lord in all the earth"—Exodus 9:14). Testify of the Lord's power and remind them that He can help them in their lives when they have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

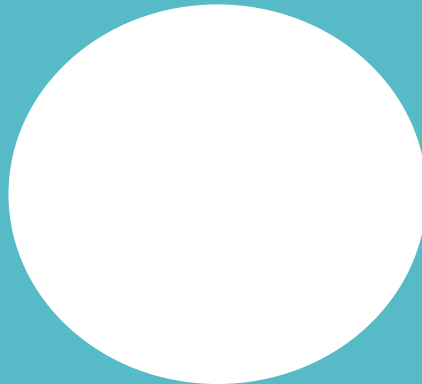
EXODUS 7:17-18



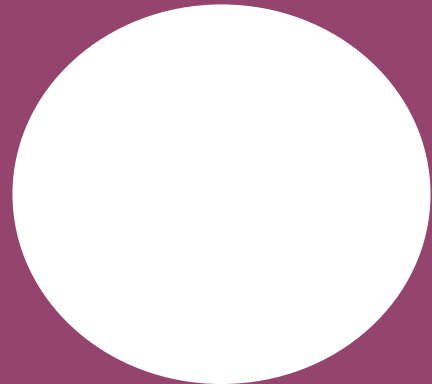
EXODUS 8:1-4



EXODUS 8:16-17



EXODUS 8:20-22

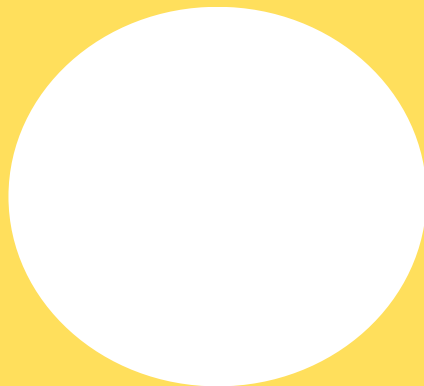


IS THERE

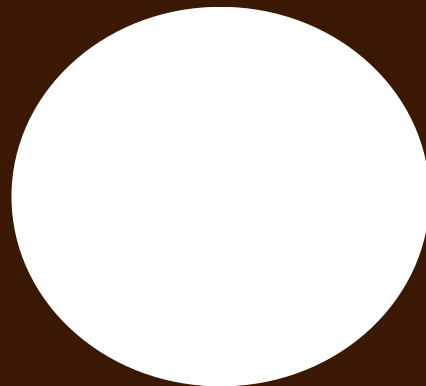
LIKE NONE

WEEK 15

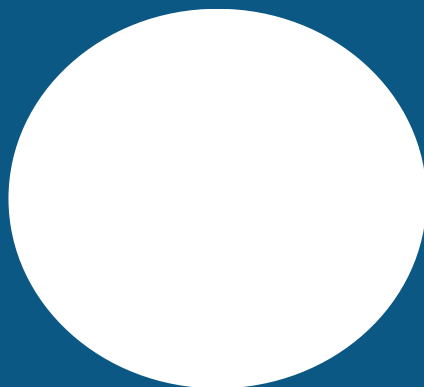
EXODUS 9:1-6



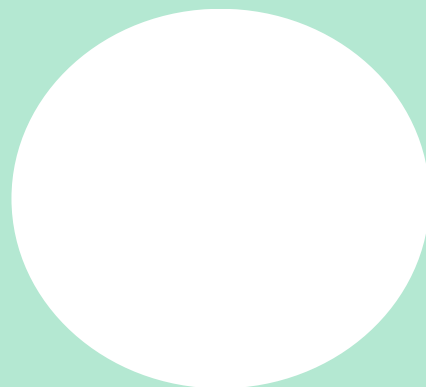
EXODUS 9:8-9



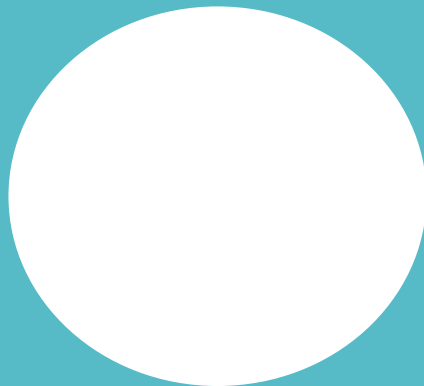
EXODUS 9:22-23



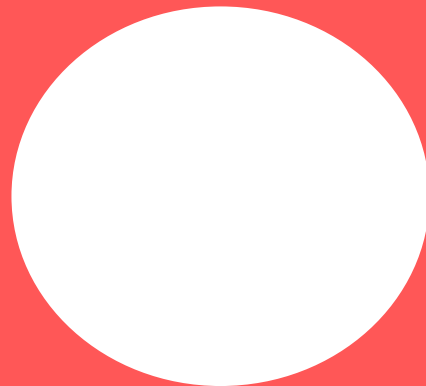
EXODUS 10:4-5



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

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JESUS CHRIST'S ATONEMENT

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JESUS CHRIST'S ATONEMENT

I can remember
JESUS CHRIST'S ATONEMENT



WEEK 15

REMEMBERING JESUS

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I can remember
JESUS CHRIST'S ATONEMENT

WEEK 15

SOFT HEART MATCHING GAME

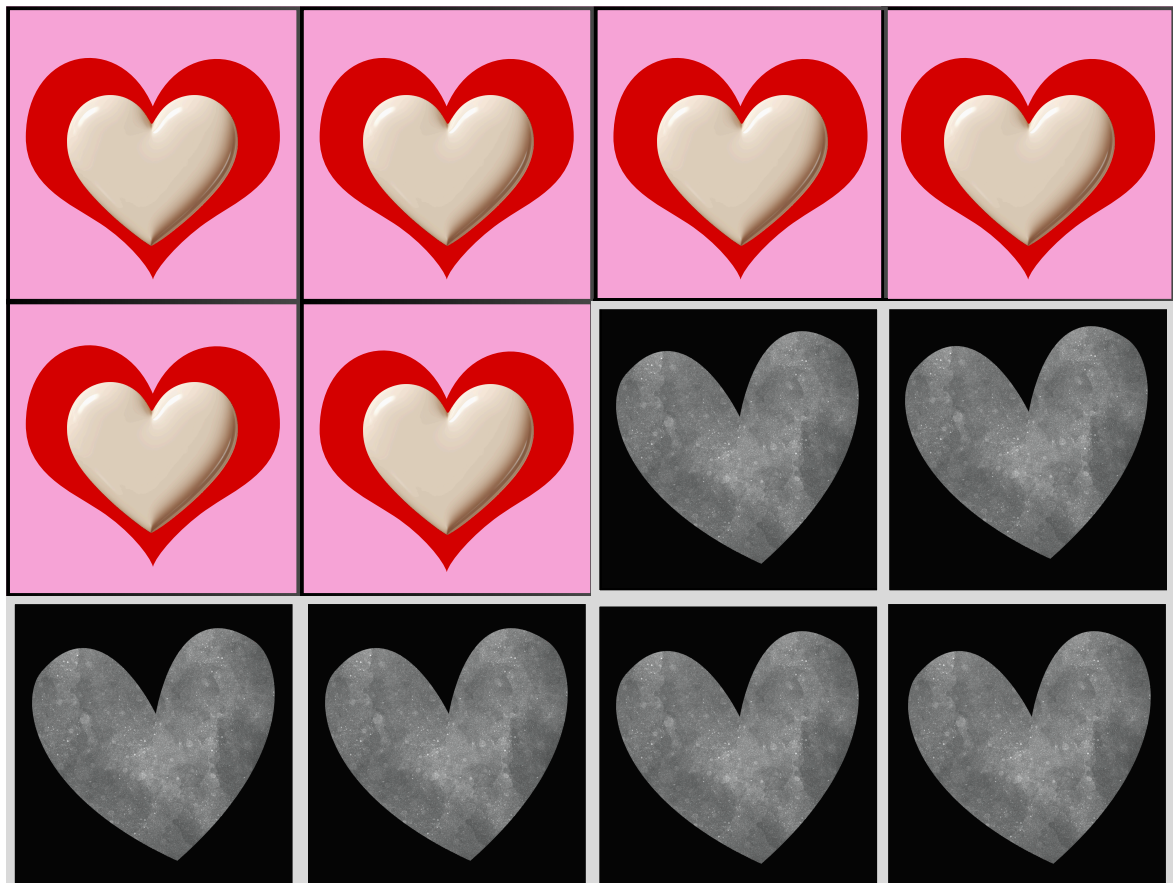
Cut apart the hearts and place them face-down. Take turns choosing two cards. If no match is found on that turn, flip them upside-down again. If a soft heart or hard heart match is found, keep it and follow these instructions:



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.

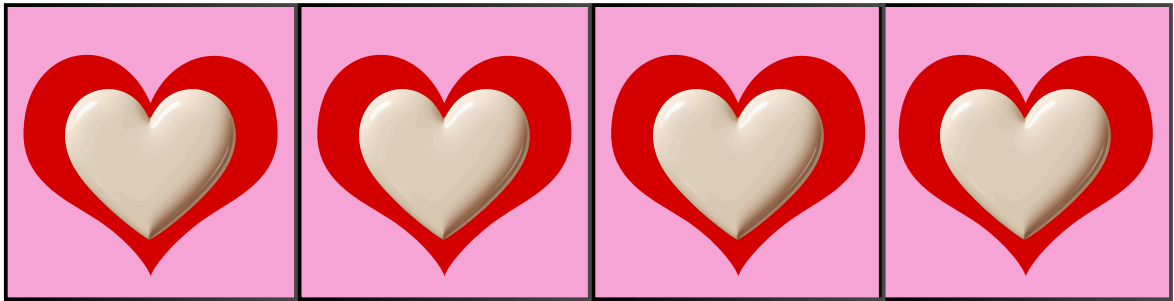


Hard Heart Match: When a hard heart match is found, read and discuss one of the hard heart quote cards.



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,**

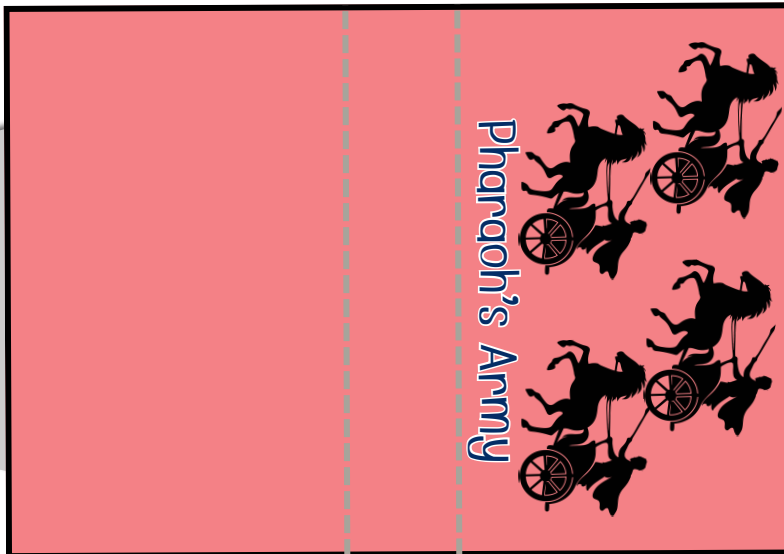
and there he proved them,

WEEK 16

MOSES AND THE RED SEA

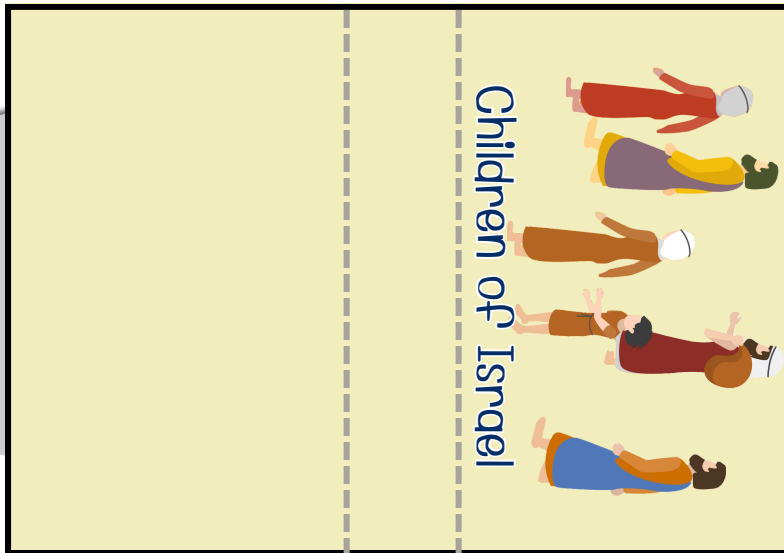
Use the pieces on this page and the next to retell the story of the Lord showing His power when He parted the Red Sea to save the children of Israel (Exodus 14:5–22).

GLUE THIS TAB BEHIND THE TOP FLAP.

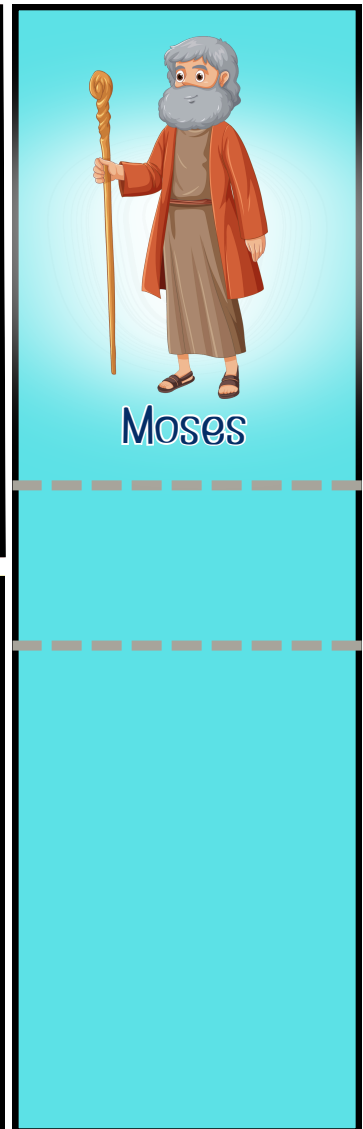


Pharaoh's Army

GLUE THIS TAB BEHIND THE TOP FLAP.



Children of Israel



Moses

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.

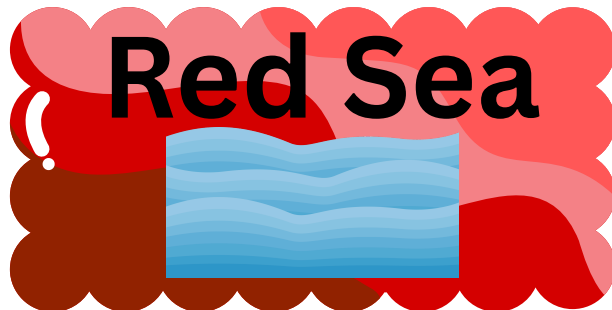
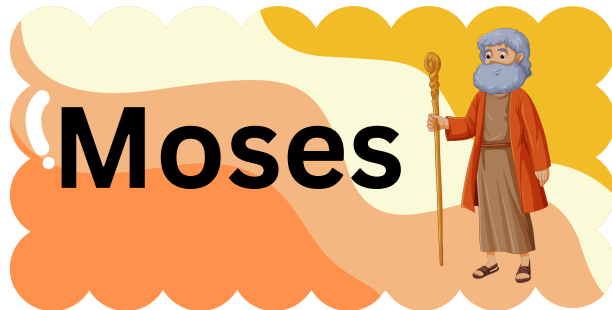


Glue this tab to the bottom flap to make the Red Sea stand up.

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.

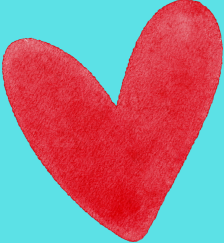
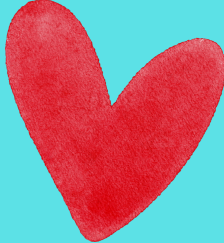
14 The Lord shall fight for you, and ye shall hold your peace.



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



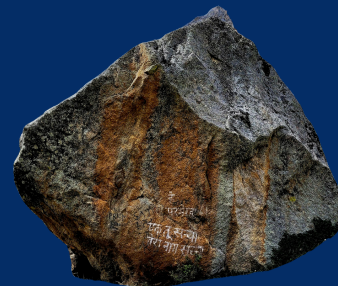
QUAILS



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?

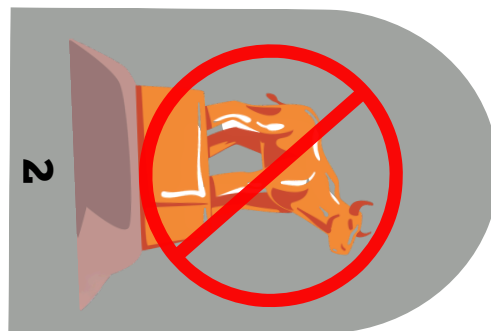
EXODUS 17:1-7

- 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

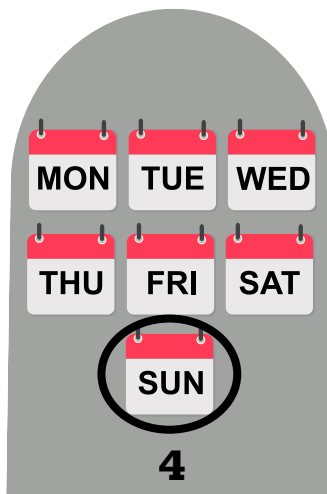
KEEP THE COMMANDMENTS

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:

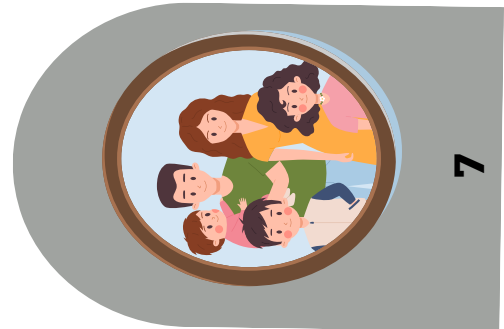
Kids can use these pieces to act out going up on the mountain like Moses and receiving the commandments on stone tablets. Remind them that these came from the Lord because He loves us and knows that blessings can come to us as we follow the commandments.



WEEK 17

KEEP THE COMMANDMENTS

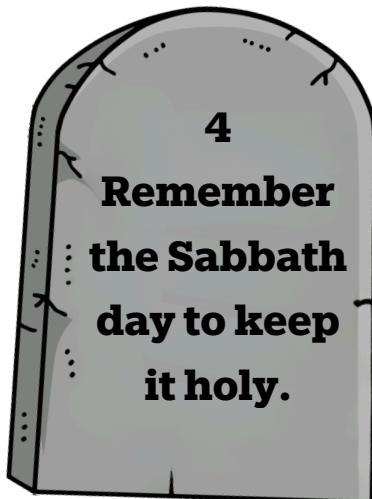
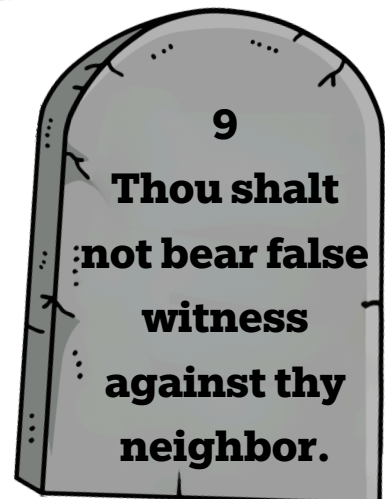
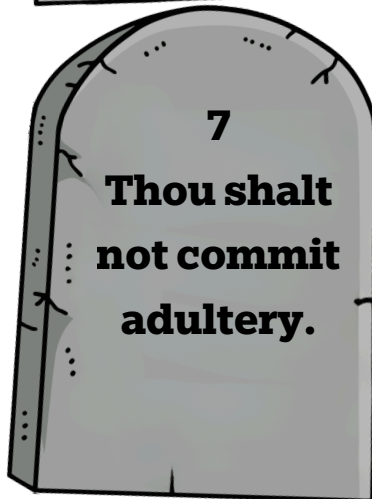
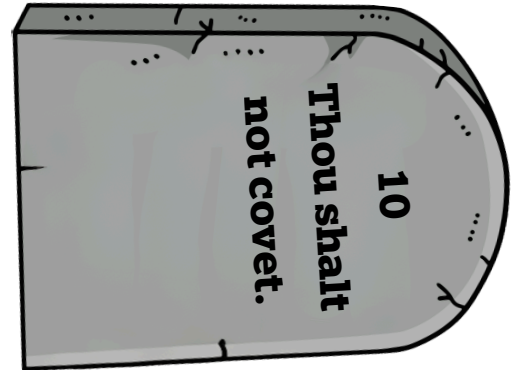
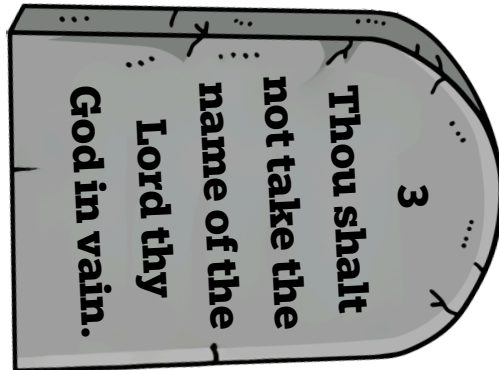
**If doing this with your own family, you could also choose one or two commandments to focus on each day throughout the week. Have in-depth discussions about what they mean and how they apply to us.*



Exodus 19-20; 24; 31-34

WEEK 17

KEEP THE COMMANDMENTS



WEEK 17

SIGNS TO THE LORD

Discuss signs we've seen on buildings. How do signs help us know what's inside of buildings? Give each person a paper sign cut out from this page. Read Exodus 31:13, 16-17 out loud. When they hear the word "sign," have them hold their sign up. How does the Lord show us He loves us? What are some ways we can show the Lord that we love Him? Each person will draw a picture on their sign of one action they will take on the Sabbath to show the Lord they love Him.

I CAN SHOW THE LORD I LOVE HIM	I CAN SHOW THE LORD I LOVE HIM
I CAN SHOW THE LORD I LOVE HIM	I CAN SHOW THE LORD I LOVE HIM

WEEK 17

I CAN SHOW THE LORD I LOVE HIM

I CAN SHOW THE LORD I LOVE HIM

I CAN SHOW THE LORD I LOVE HIM

I CAN SHOW THE LORD I LOVE HIM

I CAN SHOW THE LORD I LOVE HIM

I CAN SHOW THE LORD I LOVE HIM

WEEK 17

PUTTING GOD FIRST DAILY

How can we show Heavenly Father and Jesus that we put them first in our lives? The Israelites “turned aside quickly out of the way [the Lord] commanded” (Exodus 32:8) and began to worship a golden statue. We might not be tempted to worship statues, but what might tempt us to turn away from the Lord in our daily lives? How can we turn toward Him each day, even throughout the regular things we do?

Daily Path Instructions:

- Tape the large picture of Jesus onto a wall.
- Cut out the daily rectangles and use them to make a path that leads to the Jesus picture.
- Let the kids draw/write things they plan on doing Monday. What things will they do Monday to show they put the Lord first? Glue a small Jesus picture onto the Monday section for each of these things (reading scriptures, praying, etc.).
- To help them see that we can put God first, even when we're doing other things, like going to school or things like birthday parties, discuss specific things they might do at these other times that show they're putting God first (looking for kids at school who need friends, being polite at a birthday party, being honest, etc.). Put additional small Jesus pictures on the sections as each of these are discussed.
- Continue doing this for the other days of the week. Help them think of specific ways they can put the Lord first in all situations and glue as many small Jesus pictures onto the path as possible while discussing.
- Straying: To talk about how we can return to the path when we've strayed, discuss specific mistakes we might make (being rude to a family member, etc.). Have them step off of the path while reminding them that we all make mistakes. Show one of the small Jesus pictures and ask how we can turn to the Lord again after making these mistakes. Glue additional pictures onto the path as these are discussed.
- Remind them of the importance of intentionally making effort each day to turn to Christ and follow Him.

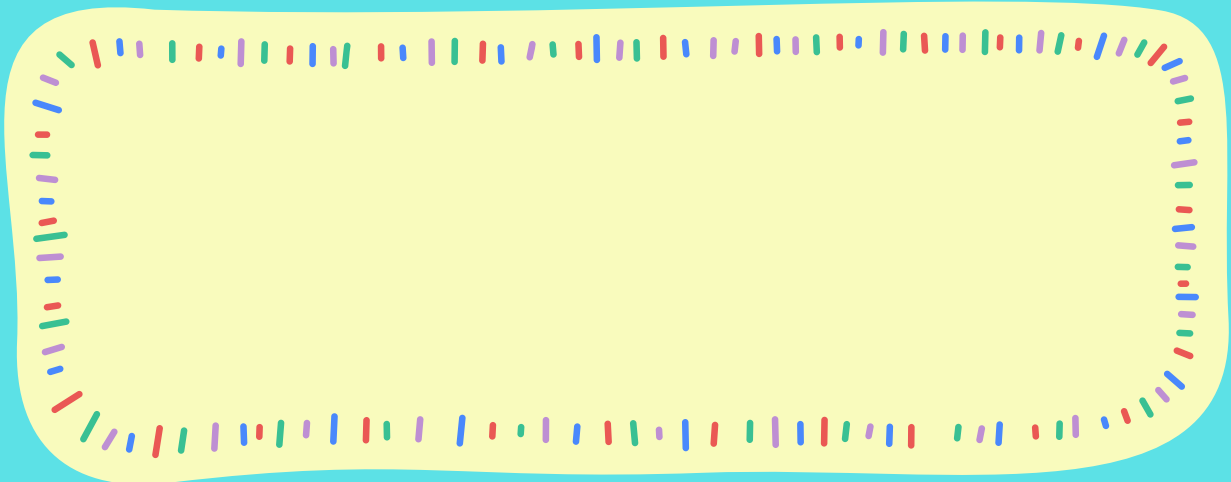
Exodus 19-20; 24; 31-34

WEEK 17

PUTTING GOD FIRST DAILY



MONDAY



Exodus 19-20; 24; 31-34



WEEK 17

PUTTING GOD FIRST DAILY

TUESDAY



WEDNESDAY



Exodus 19-20; 24; 31-34



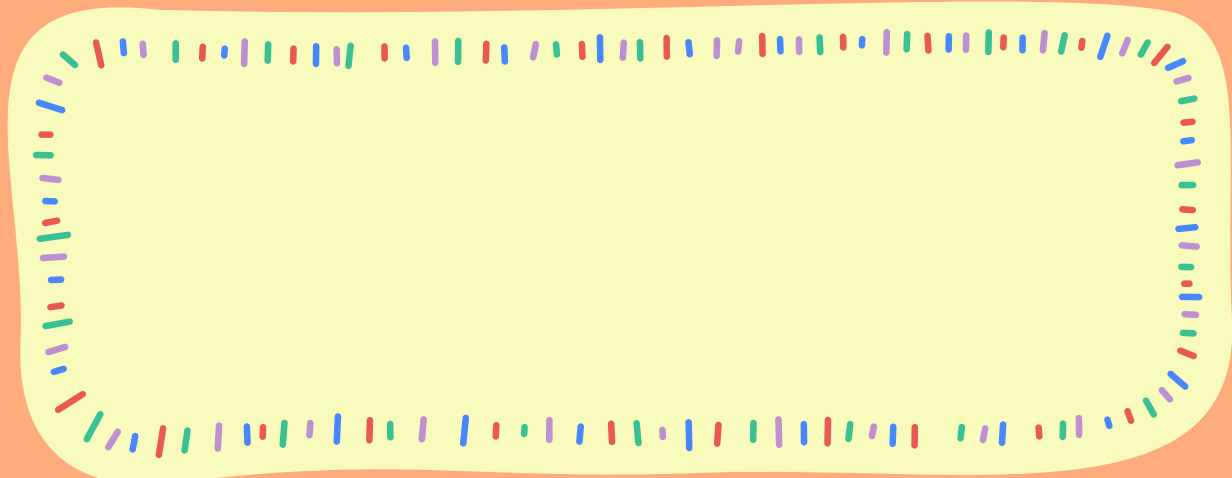
WEEK 17

PUTTING GOD FIRST DAILY

THURSDAY



FRIDAY



Exodus 19-20; 24; 31-34




WEEK 17

PUTTING GOD FIRST DAILY

SATURDAY



SUNDAY



Exodus 19-20; 24; 31-34

WEEK 17

PUTTING GOD FIRST DAILY



Exodus 19-20; 24; 31-34

WEEK 18

TABERNACLE ITEMS

The Israelites' tabernacle had many things in it that were designed to point people to Heavenly Father and Jesus Christ. Exodus 40:17–34 lists many of these things.

Cut out the pictures below and display the chart on the following page. For older kids, read Exodus 40:17–34 out loud. As they hear each item mentioned, they can pick it up and place it onto the correct part of the chart, read the corresponding description, and discuss how it points us to Heavenly Father and Jesus. If doing this with younger kids, let them take turns choosing a picture of an item in the tabernacle. Find the matching outline color on the chart and read and discuss what it says.

After discussing each of the tabernacle items, flip the chart to the back side. Write or draw ways that modern-day temples can help us feel closer to Heavenly Father and Jesus.



Exodus 35-40; Leviticus 1; 4; 16; 19

WEEK 18

TABERNACLE ITEMS

The altar of sacrifice reminds us of our Savior's sacrifice for us.

**ITEMS IN THE
TABERNACLE
TEACH US ABOUT
HEAVENLY FATHER
& JESUS** ♥♥♥

12 loaves of unleavened bread were kept on the table of shewbread. Bread reminds us that Jesus can nourish our spirits.

The ark of testimony reminds us that God's commandments are important. Being obedient to them helps us prepare to live in the Lord's presence.



The candlestick was constantly burning and giving light. This represents the light we are in constant need of from the Holy Ghost in our lives.

Priests washed in the laver before entering the tent of the tabernacle. This represents how Jesus can wash and cleanse us from our sins.

Prayer prepares us to enter the Lord's presence. Just like smoke from incense rose each morning and evening, our prayers should rise to the Lord regularly.



The TEMPLE
HELPS ME FEEL
CLOSER TO
HEAVENLY FATHER
& JESUS



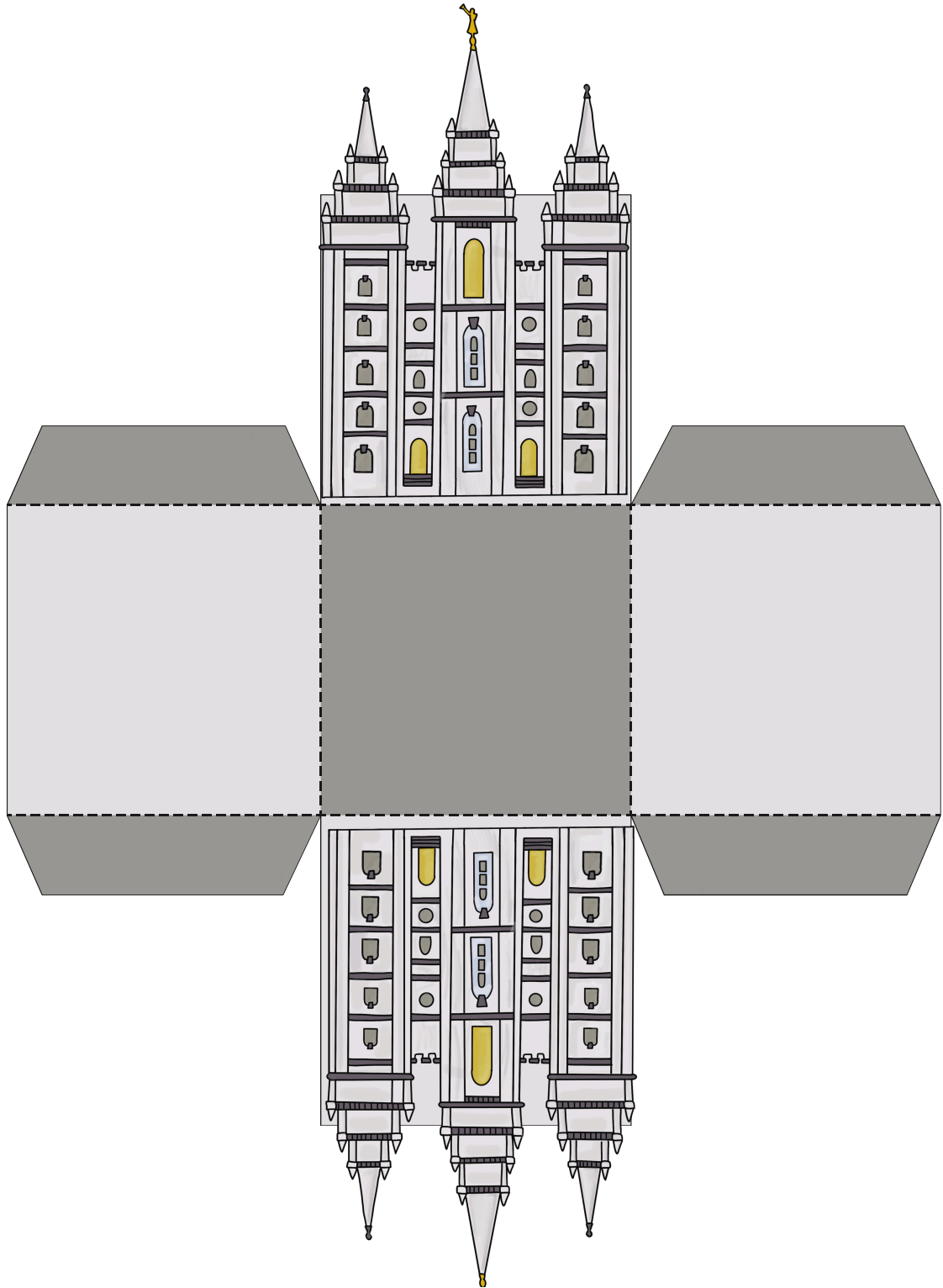
WEEK 18

THE TEMPLE IS...

Cut and assemble the temple on the following page. After discussing and studying temples in the depth that is needed for the kids you are teaching, give each person a gray "The Temple Is..." card. Help them think of as many responses as possible to finish the sentence (the house of God, a place where families can be sealed, a place where we can receive instruction from God, a place where I can feel close to the Lord, etc.). Let them take turns writing/drawing responses on the cards and placing them inside the temple.

The Temple Is...	The Temple Is...	The Temple Is...	The Temple Is...
The Temple Is...	The Temple Is...	The Temple Is...	The Temple Is...
The Temple Is...	The Temple Is...	The Temple Is...	The Temple Is...
The Temple Is...	The Temple Is...	The Temple Is...	The Temple Is...

WEEK 18



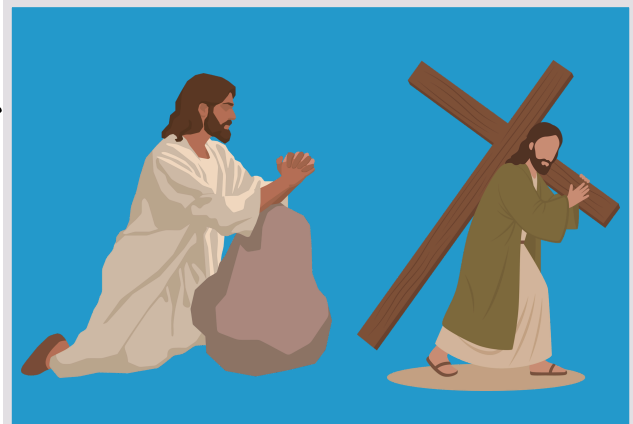
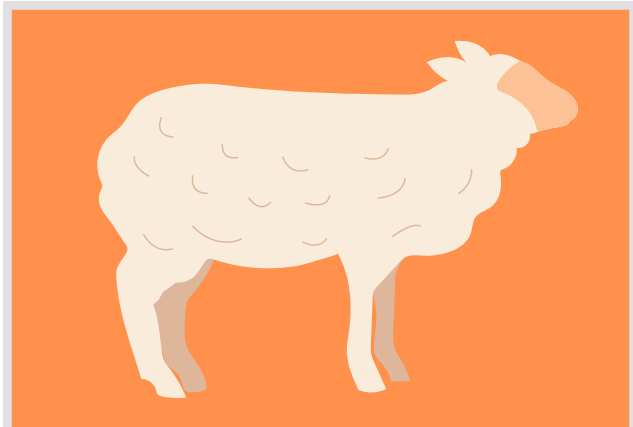
Exodus 35-40; Leviticus 1; 4; 16; 19

WEEK 18

SACRIFICES

Display the picture on the following page. Explain that this represents the altar of sacrifice that the Israelites used for animal sacrifices. Cut out the cards on this page.

1. Place the animal card in the white space on top of the altar. Read Leviticus 1:1-4. While reading, ask them to listen carefully for words or phrases that represent Jesus Christ and the sacrifice He made for us.
2. Replace the animal card with the blue Jesus card. Animal sacrifices were meant to teach about the sacrifice Jesus made for us. Discuss how His sacrifice makes it possible for us to be forgiven of our sins. Remind them that He willingly died for us because He loves us.
3. What are we commanded to sacrifice instead of animals? Replace the Jesus card with the broken heart card. Read 3 Nephi 9:19-20 and discuss ways we can offer a broken heart and a contrite spirit to the Lord.



WEEK 18

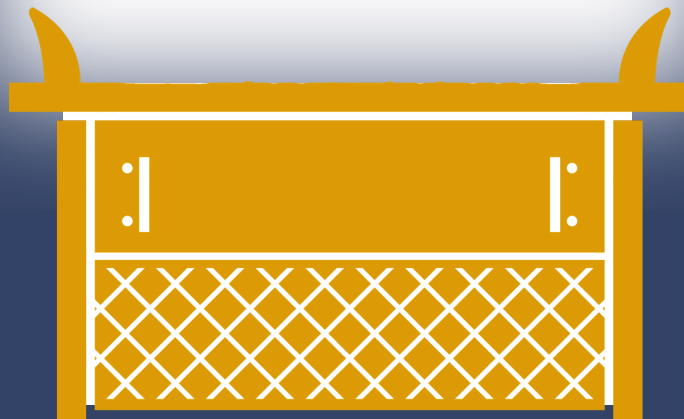
SACRIFICES

Extension:

Give everyone a small blank piece of paper. Each person will write or draw a personal sacrifice they are willing to make to show the Lord they have a broken heart and a contrite spirit. Glue these all onto the white space on top of the altar of sacrifice. Remind them of the blessings we get when we follow Jesus Christ.

Leviticus 16:30

“On that day shall the priest make an atonement for you, to cleanse you, that ye may be clean from all your sins before the Lord.”



Exodus 35-40; Leviticus 1; 4; 16; 19

WEEK 19

FIERY SERPENT GAME

Summarize the story found in Numbers 21:6–9. People were dying from fiery serpents that bit them. Moses made a brass serpent and put it on a pole. If anyone was bitten, what did they have to do to be saved? (Look at the brass serpent on the pole). Read I John 3:14–15 and talk about how Jesus Christ is like the brass serpent. Show the picture on the following page to help them visualize how this brass serpent was similar to Jesus on the cross. When our spirits get hurt by Satan, how can the Savior heal us?

Brainstorm things that might exist in our lives that could be like “fiery serpents.” What are some things that could hurt our spirits? List these on the “Modern-Day Fiery Serpents” chart below. Talk about how Christ can heal us and help us with these things.

Game: Cut apart the game piece cards and place them in an upside-down pile. Take turns choosing a card from the pile and answering the question on it. If someone gets a “SNAKE BITE!” card, they will be out of the game unless they state something they can do to look to the Savior in their lives. Tape the brass serpent picture from the following page onto the wall. Have each person write down ways they’ll look to the Savior on the picture.



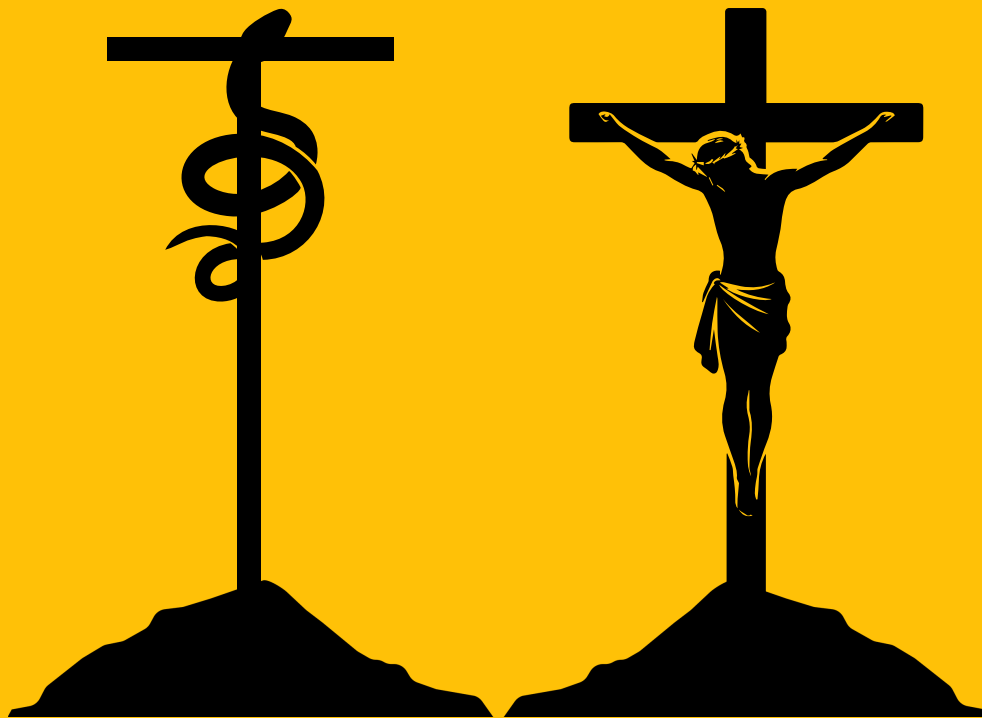
WEEK 19

FIERY SERPENT GAME

John 3:14-15









14 And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up:

15 That whosoever believeth in him should not perish, but have eternal life.



WEEK 19

FIERY SERPENT GAME

<p>Snake Bite!</p> 	<p>How is Satan like a fiery serpent? In what ways might he try to harm our spirits?</p>	<p>Read Alma 33:18-20. Did everyone look at the brass serpent? What happened to those who chose not to look?</p>	<p>Snake Bite!</p> 
<p>Snake Bite!</p> 	<p>True or False: Christ can heal us when Satan hurts us.</p>	<p>True or False: Looking to Christ in our lives helps us be happy.</p>	<p>Snake Bite!</p> 
<p>Snake Bite!</p> 	<p>Read and summarize Helaman 8:14-15.</p>	<p>Why did some of the Israelites choose not to look at the brass serpent and be healed? (1 Nephi 17:41)</p>	<p>Snake Bite!</p> 
<p>Snake Bite!</p> 	<p>Summarize the story of the brass serpent in your own words.</p>	<p>Read Doctrine and Covenants 6:36. What does this verse mean to you?</p>	<p>Snake Bite!</p> 

WEEK 19

COUNT YOUR BLESSINGS

The Israelites had been given many miracles and blessings from the Lord. However, they started to forget about the blessings they had been given and began to complain (Numbers 11:4–10). What blessings has the Lord given us in our lives?

Play the music to “Count Your Blessings” (Hymns, no. 241). While the music is playing, everyone will write or color pictures of blessings they are thankful for on the small star cards and place them in the paper bag. Challenge them to complete as many cards as possible during the song!

Discuss ways we can remember to be thankful for all of the good things the Lord has given us!





















Glue or tape onto a paper bag.

**To simplify, just place the sign on the table and have everyone place their papers around the sign instead of putting them in a bag.*



WEEK 19





















COUNT YOUR BLESSINGS

Numbers 11-14; 20-24; 27

WEEK 19

COUNT YOUR BLESSINGS

Numbers 11-14; 20-24; 27

WEEK 19

BALAAM AND BALAK

Use the nametags below to act out the story of Balaam choosing to follow God rather than receiving earthly honors and riches from Balak (Numbers 22:1–18). Use the scripture cards below to help discuss Balaam's commitment to following the Lord. Role-play ways we can follow God's ways when others try to persuade us to choose lesser ways.

Numbers 22:18

And Balaam answered and said unto the servants of Balak, If Balak would give me his house full of silver and gold, I cannot go beyond the word of the Lord my God, to do less or more.

Numbers 23:26

But Balaam answered and said unto Balak, Told not I thee, saying, All that the Lord speaketh, that I must do?

Numbers 24:13

If Balak would give me his house full of silver and gold, I cannot go beyond the commandment of the Lord, to do either good or bad of mine own mind; but what the Lord saith, that will I speak?

Hello, I am...

BALAAM

Hello, I am...

BALAK

WEEK 20

MESSAGES FROM GOD

Cut apart the message cards on this page. Assemble the envelope on the following page and place the messages inside of it. Show the envelope and point out where it says, "Messages from God." How does God send messages to His people? Explain that one way God talks to us is through His prophets. Moses was a prophet, and we have modern-day prophets. Pull the messages out one at a time. Discuss each and point out that our prophet was the person who said these things, but they are messages God wants us to hear. Testify of the blessings we receive when we listen to and follow our prophet.

"One of the many reasons you will need the constant influence of the Holy Ghost is that you live in a season where the adversary has become so effective at disguising truth that if you don't have the Holy Ghost, you will be deceived."

-President Dallin H. Oaks

"We need one another's prayers."

-President Dallin H. Oaks

"I want to help all our members overcome present or future doubts. Whatever those doubts, the way to overcome them is to get closer to our Savior, Jesus Christ."

-President Dallin H. Oaks

Blank card you can write
your own prophet quote on

WEEK 20

MESSAGES FROM GOD

Fold into an envelope shape. Glue dark pink tabs on the inside and leave fold the top flap unglued so you can take message cards out of the envelope one at a time.



Deuteronomy 6-8; 15; 18; 29-30; 34

WEEK 20

SPIRITUAL HEART CHECKUP

Tell them they are going to pretend to be doctors! Today they are going to examine a heart and make sure that it is spiritually healthy. Cut out the heart and the pink circles. Place the pink circles on top of the heart with the words facing down so only the blank side shows. Take turns choosing one circle off of the heart, reading it, and deciding if that is something you would want in a spiritually healthy heart. If it is something the Lord would want us to have in our heart, keep it on the heart. If it is not something that is spiritually healthy for our heart, pretend to surgically remove it and throw it away.

**Based on idea from
Come, Follow Me manual*

TURNING YOUR
HEART AWAY FROM
THE LORD
(DEUTERONOMY
29:18)

LOVING THE LORD
WITH ALL OF YOUR
HEART AND SOUL
(DEUTERONOMY
30:6)

HAVING THE
WORD OF GOD IN
YOUR HEART
(DEUTERONOMY
6:6-9)

REMEMBERING
THE GOOD THINGS
THE LORD HAS
DONE FOR YOU
(DEUTERONOMY
8:2-5)

BEING HUMBLE
(DEUTERONOMY
8:2-5)

FORGETTING THE
LORD AND HIS
COMMANDMENTS
(DEUTERONOMY
8:11-17)

BELIEVING YOUR
BLESSINGS CAME
FROM YOUR OWN
POWER RATHER THAN
FROM THE LORD
(DEUTERONOMY
8:11-17)

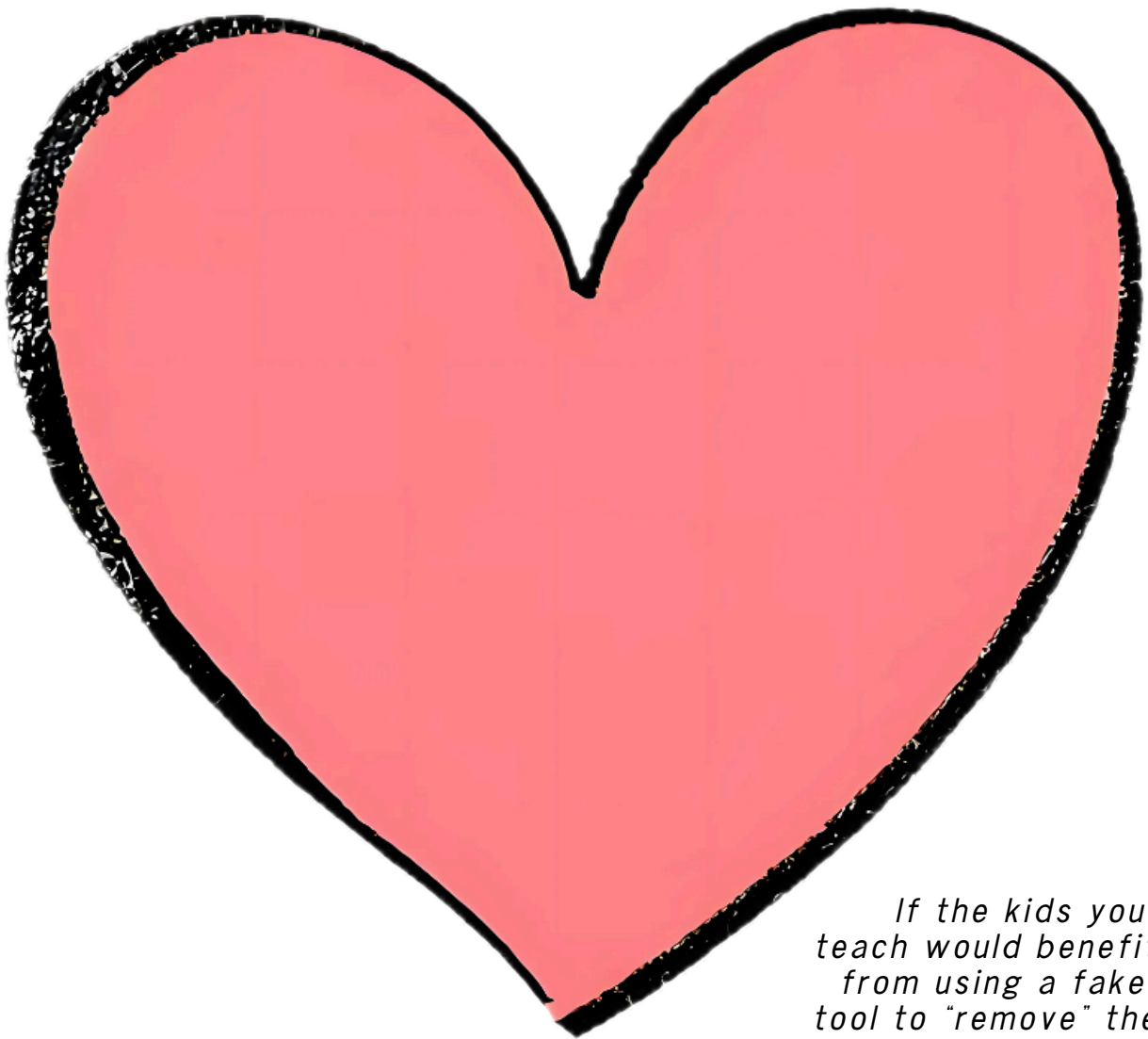
FOLLOWING OTHER
PEOPLE OR THINGS
INSTEAD OF GOD
(DEUTERONOMY
30:17)

Deuteronomy 6-8; 15; 18; 29-30; 34

WEEK 20

SPIRITUAL HEART CHECKUP

If doing this with younger kids, it could be fun to have them wear medical masks, plastic gloves, a toy stethoscope, or any other doctor dress-ups you have while performing the "heart surgery."

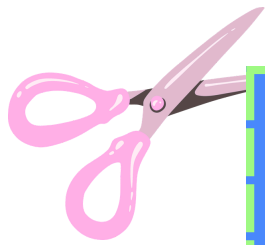


If the kids you teach would benefit from using a fake tool to "remove" the unhealthy parts of the heart, cut this out and let them use it.

Deuteronomy 6-8; 15; 18; 29-30; 34

ACTIVITIES FOR REMAINING
WEEKS WILL BE ADDED SOON





COME, FOLLOW ME

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