



COME, FOLLOW ME

Hands-On
Learning

WEEKS 40-52

Old Testament
Isaiah 40- Malachi

www.comefollowmekid.com

WEEK 40

RIVERS AND WAVES GAME

Read Isaiah 48:18. Discuss why we should keep the commandments and what blessings we receive from the Lord for doing so.

Cut out the squares below to use as game pieces. Each person will take turns rolling a die and moving that number of spaces on the game board (on the following page). Depending on the color they land on, they will answer the corresponding question from the chart below. Keep taking turns until everyone reaches the end.



Name one specific commandment. How might keeping that commandment help you feel peaceful like a river?



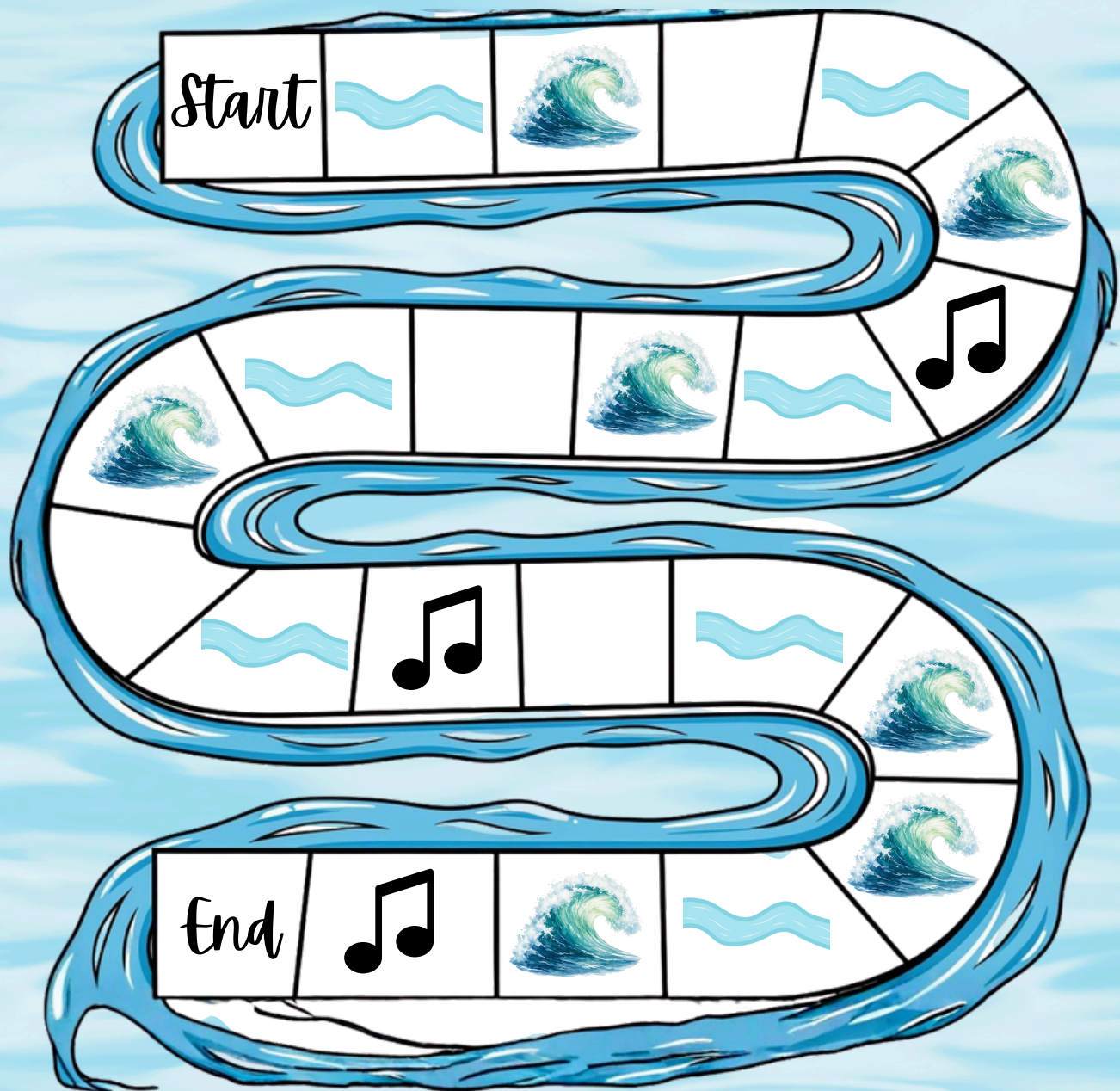
Make a muscular arm pose. Explain how keeping the commandments might help you feel strong like a wave.



**Sing "Keep the Commandments"
(Children's Songbook, 146-47).**

WEEK 40

RIVERS AND WAVES GAME



WEEK 40

NEVER FORGOTTEN

Read and discuss Isaiah 49:14–16. Remind them of how much Heavenly Father and Jesus love each of them and will never forget them! Everyone will write their names on the white rectangle of the large card below. Then give each person an individual card from the following page. Each person will write their name on their own card. Encourage them to display it somewhere in their home where they will see it often.



WEEK 40



THE LORD
WILL NEVER FORGET:

Isaiah 49:14-16



THE LORD
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Isaiah 49:14-16



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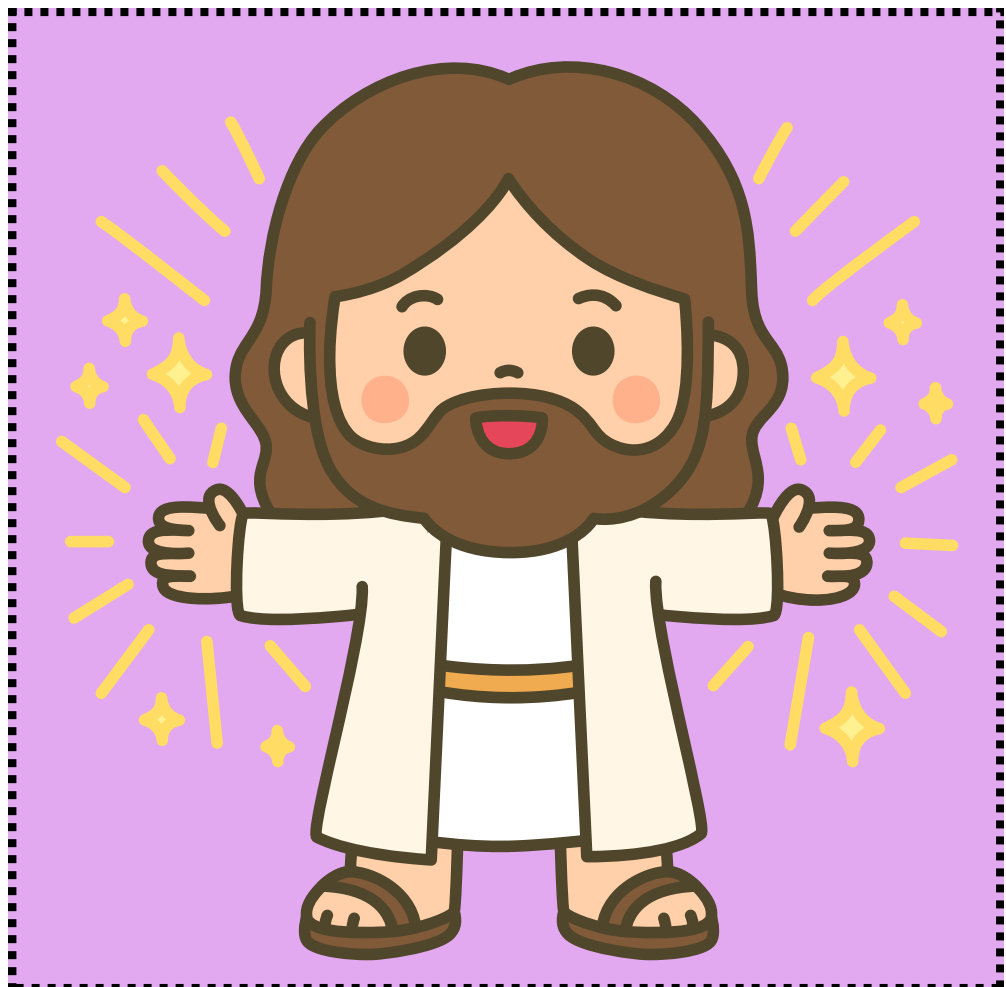
THE LORD
WILL NEVER FORGET:

Isaiah 49:14-16

WEEK 40

PREPARE THE WAY

Read and discuss Isaiah 40:3–5. Place the picture of Jesus at one end of the room. Cut out the three numbered pieces from the following pages and hide them or scatter them around the room. Once someone has found the piece with the number one on it, set it on the floor pointing to Jesus. Discuss how John the Baptist prepared the way for the Lord's coming. Then find the number two piece, discuss how Joseph Smith prepared the way for the Lord, and connect that to the first piece. When adding and discussing the third piece, share ways we can all help point others to Jesus.



Isaiah 40-49

WEEK 40

1

Extension Idea:

One way to add an extra layer of fun to this is to cover the path to Jesus with something such as packing peanuts. Let kids take turns clearing the path while sharing specific ways they might help prepare "the way of the Lord."



JOHN THE BAPTIST
PREPARED THE
WAY OF THE LORD

Luke 3:2-18

WEEK 40

2



JOSEPH
SMITH
PREPARED
THE WAY
OF THE
LORD

*Doctrine and
Covenants 135:3*

WEEK 40



I CAN HELP
PREPARE THE
WAY OF THE LORD

WEEK 41

SUFFERING OF JESUS CHRIST

Read Isaiah 53:3–9. While reading, display the picture below. Have them listen for words that describe what happened to Jesus and write those in the blue space of the picture. Emphasize that Isaiah wrote these things hundreds of years before they happened and that Jesus Christ went through these things because of His love for each of us. *Based on idea from Come, Follow Me manual*



WEEK 41

CARRYING OUR SORROWS

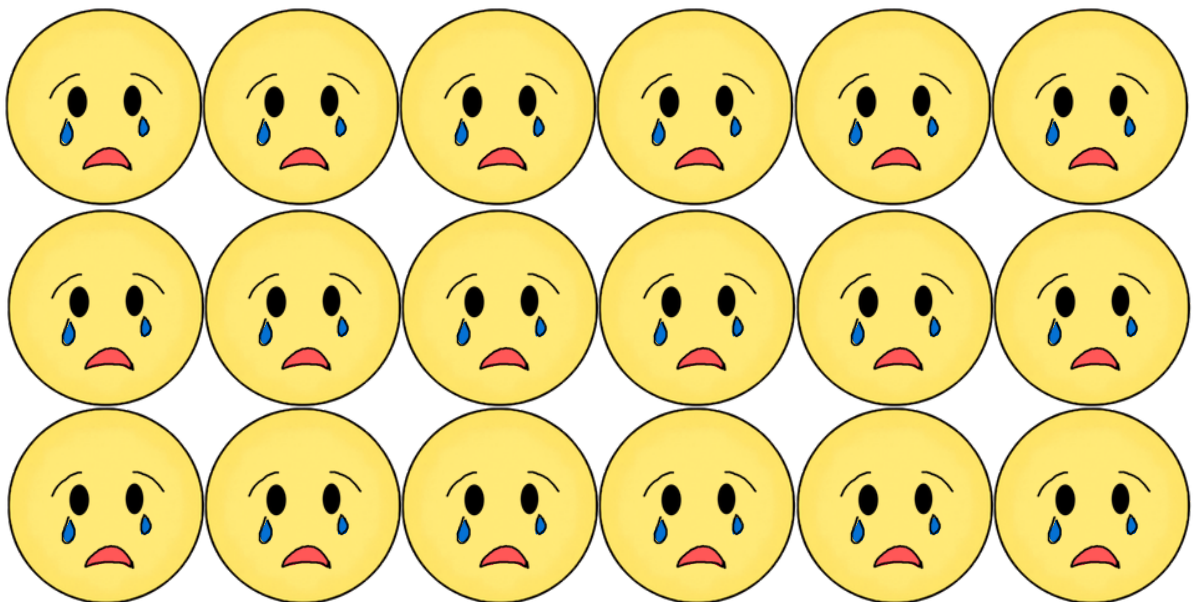
Read and discuss Isaiah 53:4. Cut out the sad faces and take turns sharing sorrowful things that we might experience. As each is shared, glue one of the faces onto the Jesus picture (on the following page) to represent Him carrying those sorrows. Discuss how He has felt and carried all of the sad things we feel. He can help us through those experiences because He has felt them Himself. Then read and discuss the quote below.

The enemy of happiness wants to separate you from Jesus Christ. He will tempt you to remove the Savior from your life, enticing you to think that the road would be easier without Him, that the weight of His commandments is too great, that the path back is too long, that repentance is too hard.

Know this: Satan is a liar. Jesus Christ is not the weight; He is the relief.

...Let us allow the Savior to ease our burdens—allow Him to help remove the...weight of our sorrows.

(Brother David J. Wunderli, "Jesus Christ Is Not Our Burden: He Is Our Relief," Liahona, May 2026, 41)



WEEK 41

CARRYING OUR SORROWS

**“Surely he hath borne our griefs,
and carried our sorrows...”**

Isaiah 53:4

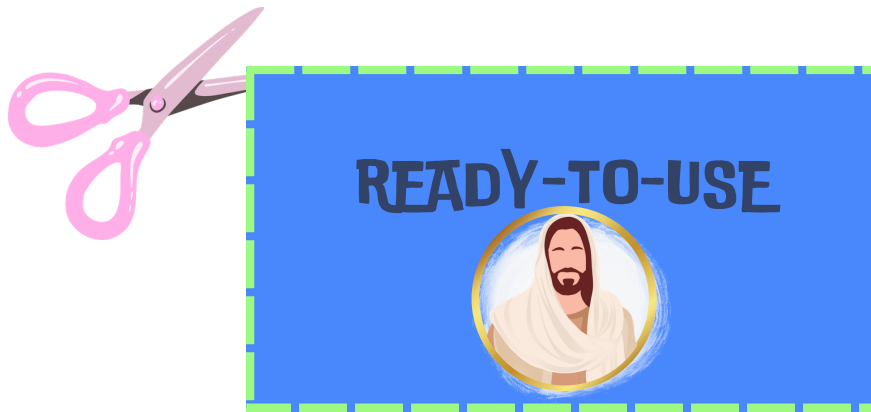


Image created by Crystal Wallace from www.theredcrystal.org

Isaiah 50-57

Activities for remaining weeks will be added once they become available.





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