



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 square 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?



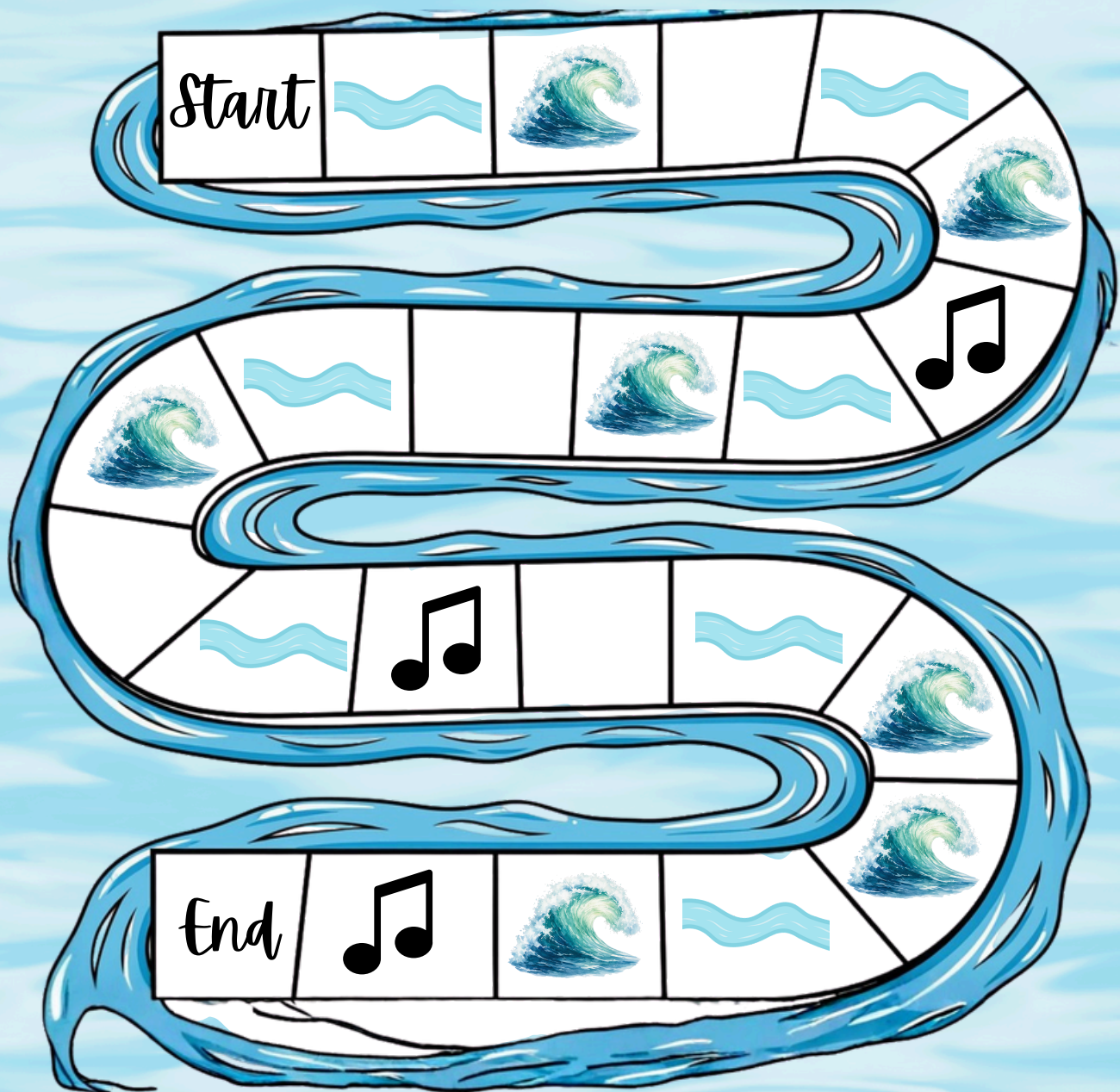
Make a muscular arm pose. Explain how keeping the commandments might help you feel strong like a wave.



**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



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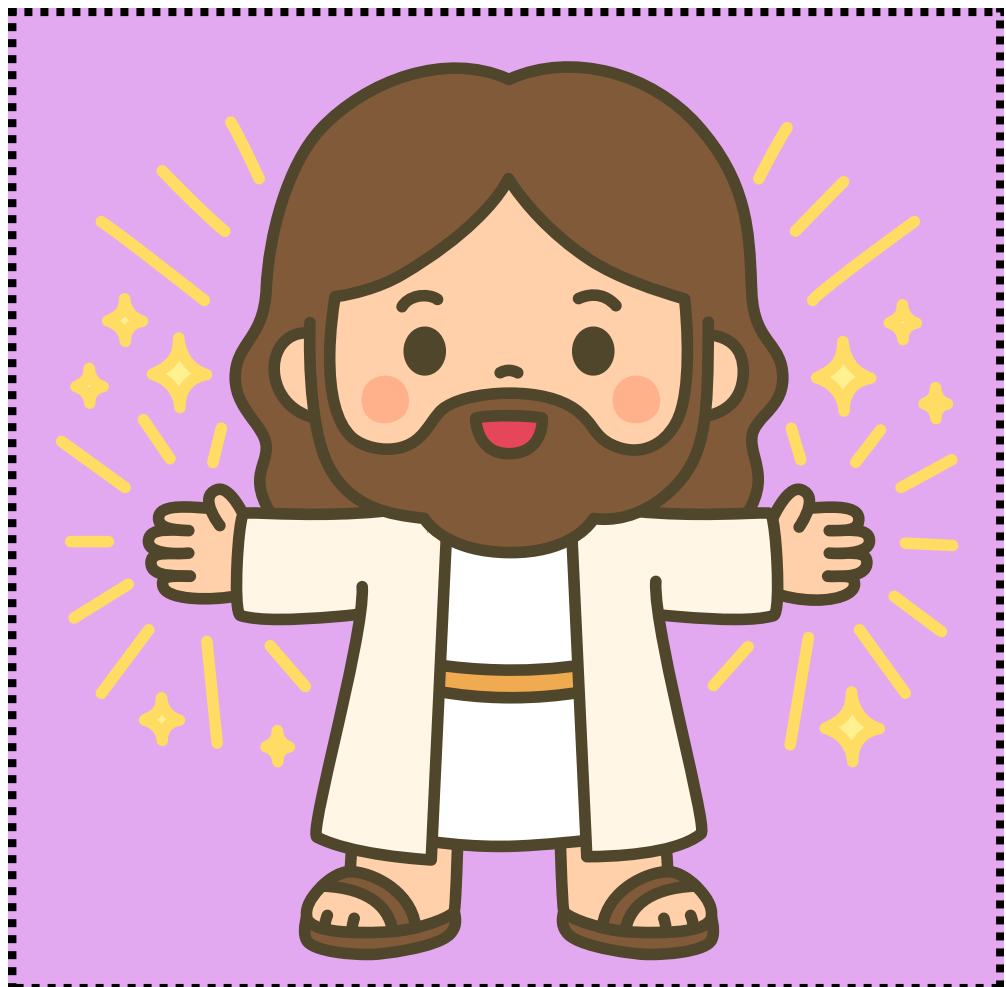
THE LORD
WILL NEVER FORGET:

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*

Isaiah 53:3–9



Isaiah 50-57

WEEK 41

CARRYING OUR SORROWS

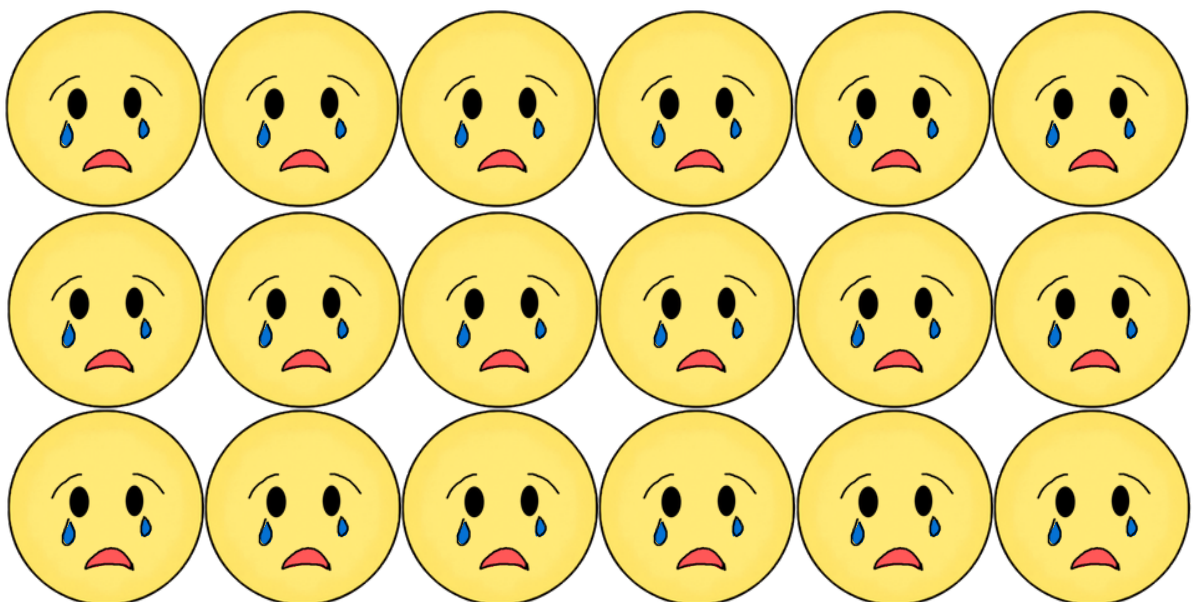
Read and discuss Isaiah 53:4. Cut out the sad faces and take turns sharing sorrowful things that we might experience. As each is shared, glue one of the faces onto the Jesus picture (on the following page) to represent Him carrying those sorrows. Discuss how He has felt and carried all of the sad things 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

WEEK 41

ISAIAH ACTIONS

Read Isaiah 51:9, 17 and Isaiah 52:1–2, 9 out loud. Display the “awake,” “stand up,” and “put on thy strength” cards while reading. Have everyone listen for those phrases in the verses and point to the cards when they hear them. Let them act those phrases out (*idea from Come, Follow Me manual*). Then discuss Isaiah 51:1, 4, 7. Show the “Hearken unto the Lord” card and discuss specific ways we can hearken unto Him in our lives.

Isaiah 51:9



AWAKE

Isaiah 51:17



STAND UP

Isaiah 52:1



**PUT ON THY
STRENGTH**

Isaiah 51:7



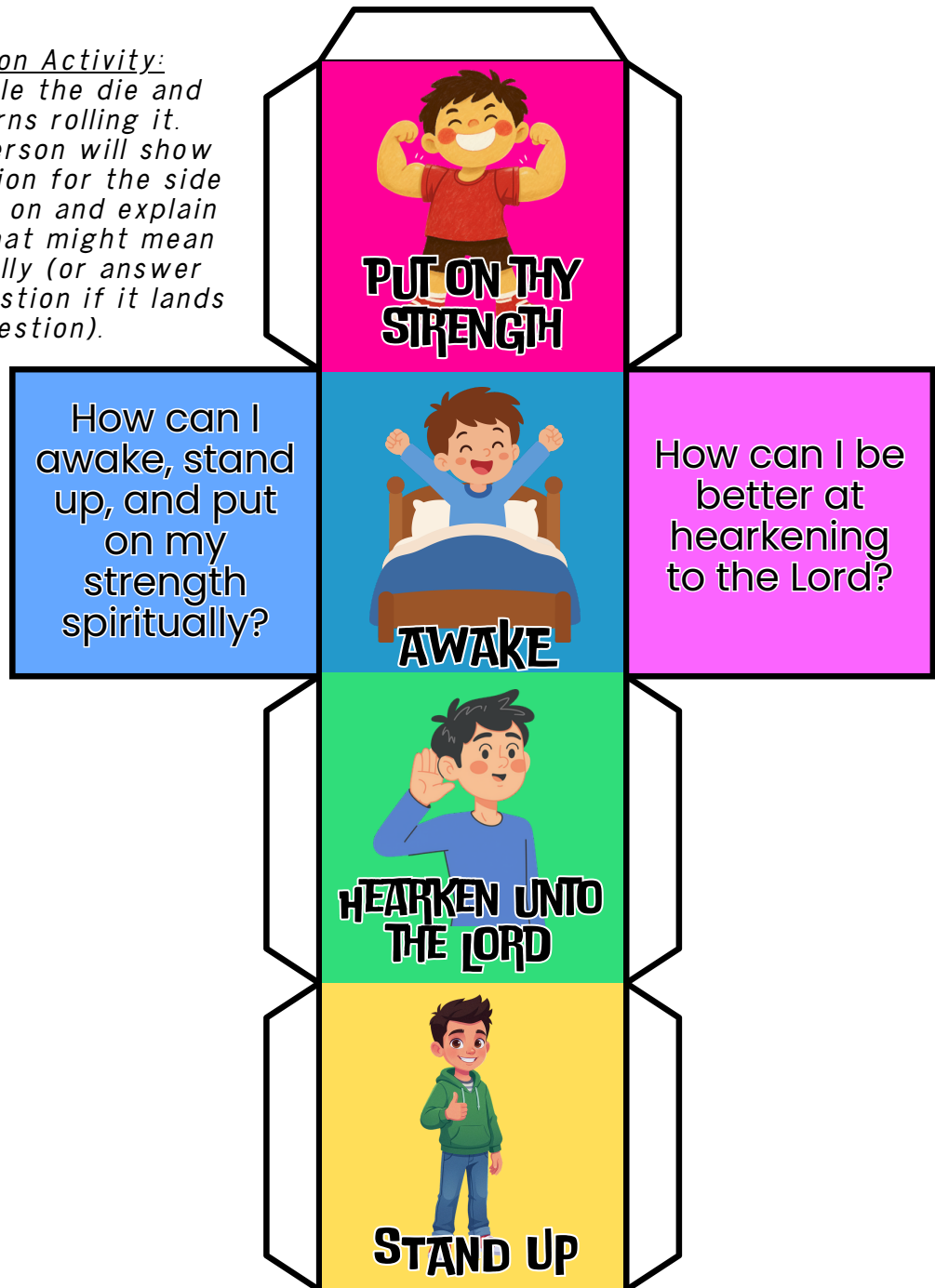
**HEARKEN UNTO
THE LORD**

WEEK 41

ISAIAH ACTIONS

Extension Activity:

Assemble the die and take turns rolling it. Each person will show the action for the side it lands on and explain what that might mean spiritually (or answer the question if it lands on a question).



WEEK 42

FASTING

Display these cards in order (with the numbers facing up so they can't see the F-A-S-T letters on the back). They are going to try to figure out what the special word on the back of these pieces is. The numbered clues describe the special word. Read and discuss card number one. Then flip it over to reveal the letter F. Continue with the other numbered cards until the full word "FAST" appears. Read Isaiah 58:6-11 and share other thoughts about fasting.

*Wording on the cards is from the
Guide to the Scriptures entry for "Fast, Fasting."*

1

To voluntarily refrain from eating or drinking for the purpose of drawing closer to the Lord and requesting His blessings.

2

When individuals and groups fast, they should also pray to understand God's will and to develop greater spiritual strength. Fasting has always been practiced by true believers.

3

In the Church today, one Sabbath day each month is set aside for the purpose of fasting. During this time, Church members go without food and water for a period of time.

4

They then contribute to the Church the money that they would have spent on food for those meals. This money is called a fast offering. The Church uses the fast offerings to assist the poor and needy.

A

F

T

S

WEEK 42

THE SECOND COMING

Read Isaiah 65:17–25. Inside the circle below, list reasons why the coming of Jesus Christ will bring joy to us. Discuss ways we can prepare for the Second Coming of Jesus Christ.

WHEN THE SAVIOR
COMES AGAIN...

WEEK 42

THE SABBATH IS A DELIGHT

Read Isaiah 58:13–14 and discuss why the Sabbath can be a “delight” to you. Cut out the ice cream cone as well as the scoops on this page and the next. Everyone will work together to create a large ice cream cone full of things they love to do on the Sabbath.

Activity idea and images by Crystal Wallace
from www.theredcrystal.org



Isaiah 58-66

WEEK 42

On each scoop, write ideas of things that we "delight" to do on the Sabbath.
Add these scoops to the large ice cream cone from the previous page.



WEEK 43

CENTERED IN CHRIST

Read Jeremiah 18:1–6 and discuss how Jesus can guide us and shape us in positive ways. Read or summarize the pottery story Richard J. Maynes shared in his talk “*The Joy of Living a Christ-Centered Life*” (*Ensign or Liahona*, Nov. 2015, 27–30). Emphasize how everyone was more successful with their pottery when it was centered on the wheel. Compare this to how our lives will be so much better if they are centered on Jesus Christ. Read and discuss Elder Mayne’s quote below. Then cut out the “Card Sort” cards. Take turns reading them and deciding if they represent living a Christ-centered life or not. Place them by the corresponding signs from the following pages.

The world in which we live is similar to the potter’s spinning wheel, and the speed of that wheel is increasing. Like the clay on the potter’s wheel, we must be centered as well. Our core, the center of our lives, must be Jesus Christ and His gospel. Living a Christ-centered life means we learn about Jesus Christ and His gospel and then we follow His example and keep His commandments with exactness.

(Richard J. Maynes, “The Joy of Living a Christ-Centered Life,” *Ensign or Liahona*, Nov. 2015, 27–30)

Card Sort Cards:

Studying the Scriptures	Going to Church	Being Dishonest
Being Unkind	Saying Meaningful Prayers	Doing an Act of Service

Jeremiah 1-3; 7; 16-18; 20

WEEK 43

Card Sort Cards:

Fasting	Saying Mean Words	Helping Someone
Paying Tithing	Learning about Jesus Christ	Watching Inappropriate Videos



Jeremiah 1-3; 7; 16-18; 20

WEEK 43

CENTERED IN CHRIST

Centered in Christ vs. Not Centered in Christ Signs:

- Kids will read the "Card Sort" cards one at a time and place them by the correct corresponding sign.
- If the kids you teach need more movement, you can place the signs on opposite walls of the room. Kids will walk to stand by the corresponding picture as each card is read.
- Another option is to have kids stand tall when a "Christ-centered" card is shared or to droop/fall to the floor when a non-Christ centered card is shared.
- Have them list additional ways they will try to center their lives on Jesus Christ this week.



Jeremiah 1-3; 7; 16-18; 20

WEEK 43

GATHERING OTHERS

Read Jeremiah 16:16. Discuss ways we can help "fish" for scattered Israel. Cut out the fish on the following page and hide them around the room. Let everyone take turns finding a fish. When they find one, they can place it in the fish tank while sharing one way they can help gather God's children. Remind them that God loves all of His children and wants us all to be with Him.

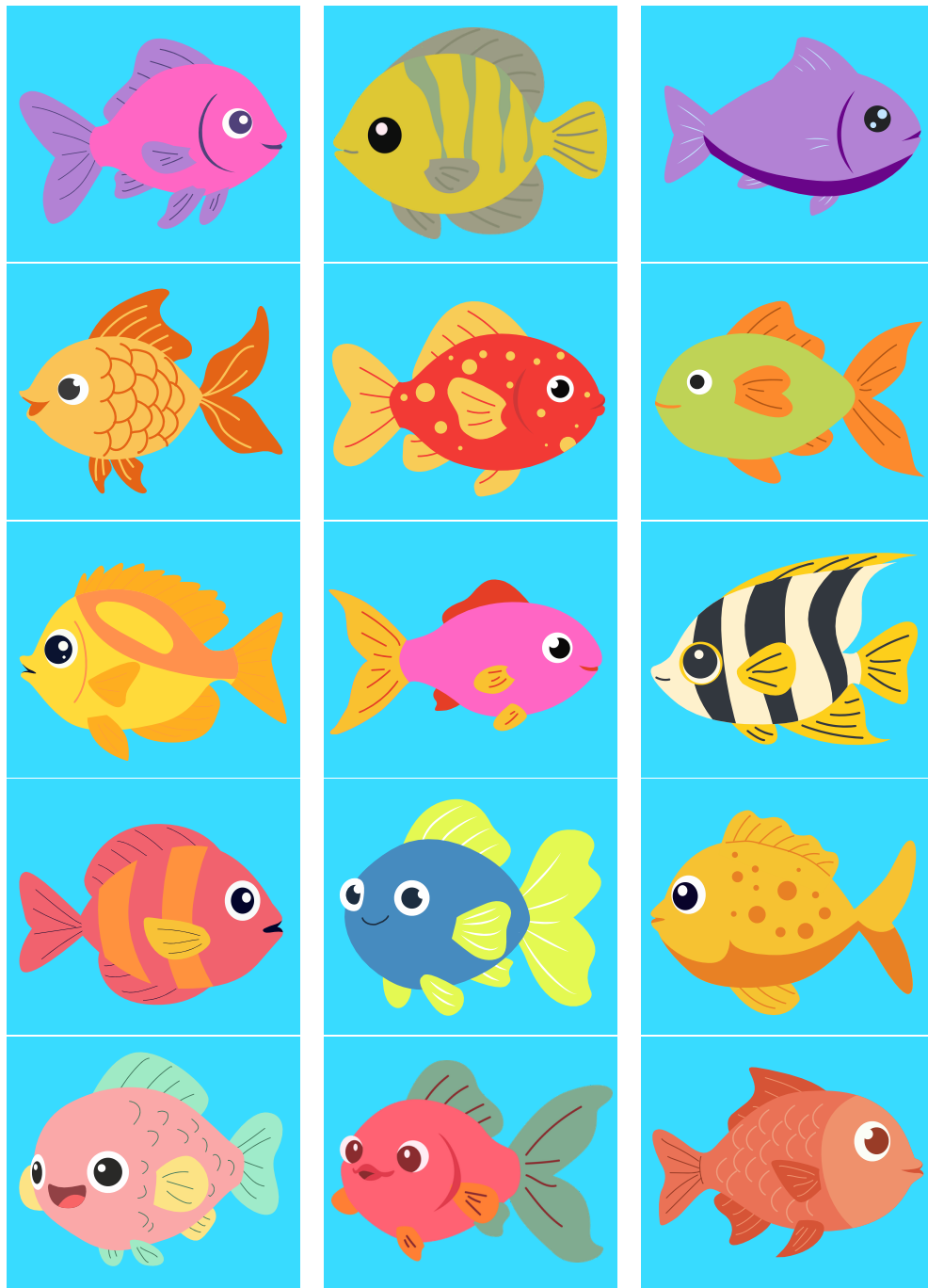
If you'd like to make the tank more spacious, glue the tank picture onto a small box. Children can place the fish they find inside the box.



Jeremiah 1-3; 7; 16-18; 20

WEEK 43

GATHERING OTHERS

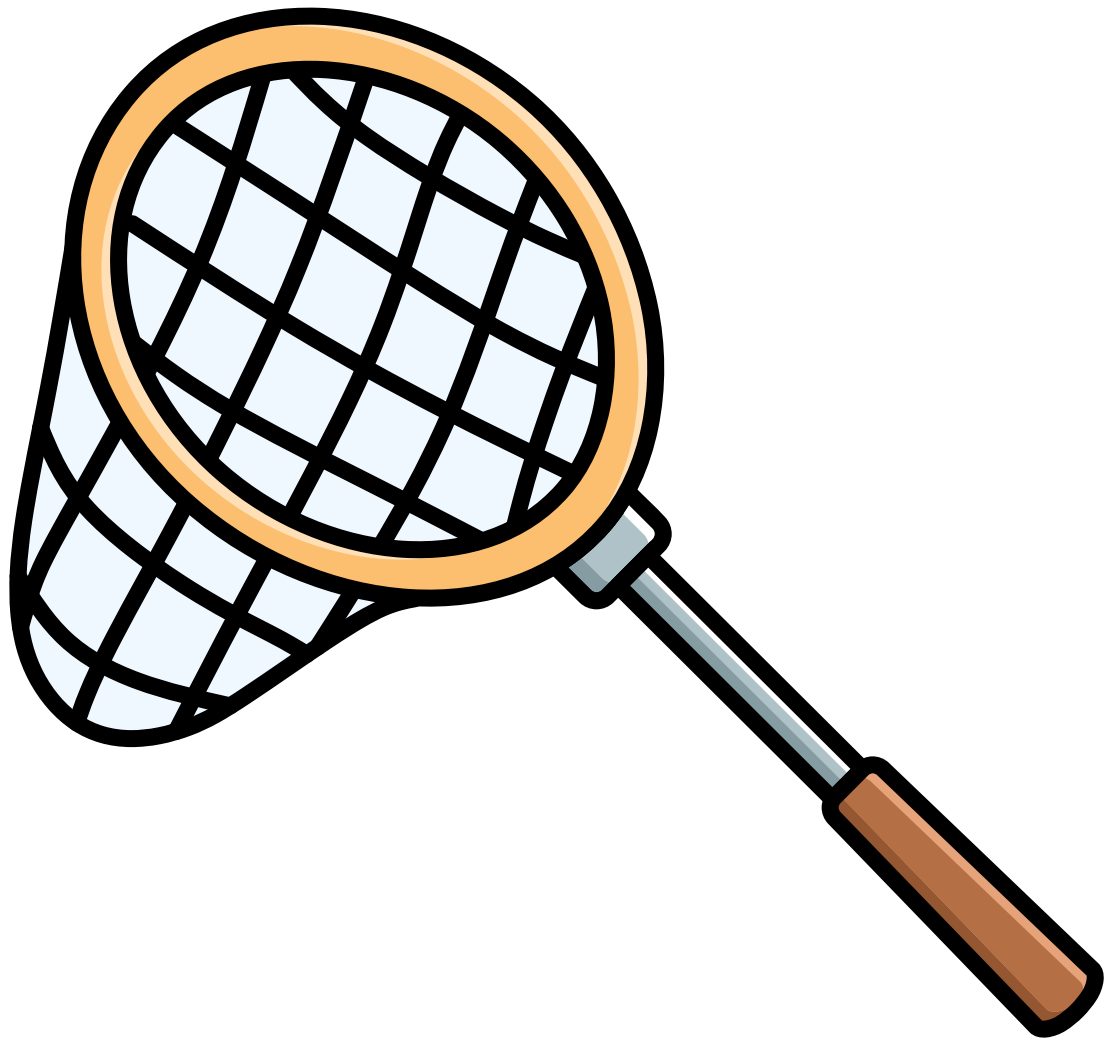


Jeremiah 1-3; 7; 16-18; 20

WEEK 43

GATHERING OTHERS

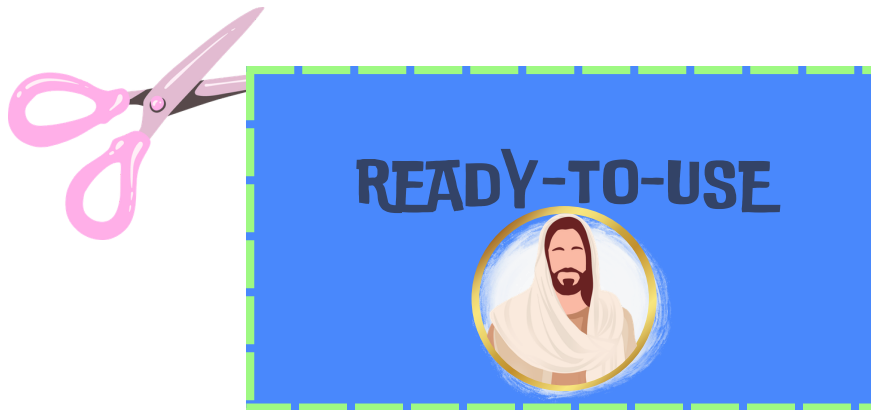
This net can be used by each person as they find the fish. pretend to scoop the fish up with the net. and carry them safely to the fish tank. Remind them that when we bring people to Heavenly Father, we are helping bring them to a loving and safe spot. God wants all of His children to be with Him, and we are blessed when we help in that work.



Jeremiah 1-3; 7; 16-18; 20

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





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