

Come Follow Me 2020 July through September

for Families with Preschoolers



Date	Scripture & Song	Lesson Activity	My LDS Preschool Resource for Members
<p>Week 26 June 29-July 5</p>	<p>Alma 23-29</p> <p>“As many of the Lamanites as believed in their preaching, and were converted unto the Lord, never did fall away.”</p> <p>-Alma 23:6</p> <p>“For Health and Strength” (Children’s Songbook, 21)</p>	<p>Missionary work, through the power of the Lord, converted many Lamanites (who were known as a ferocious people) to love God. These Lamanites who chose to follow Jesus changed their name to the Anti-Nephi-Lehies. To prove how their hearts had changed and to show they wouldn’t fight or hurt others anymore, the Anti-Nephi-Lehies made the decision to bury their weapons. They cared more about living with God after this life than anything else.</p> <p>Draw or cut simple swords from paper for each member of your family. Dig a small hole in your backyard or a nearby park’s mulch for each member to bury their sword to reenact the Anti-Nephi-Lehies. Today we don’t need to bury a sword to prove we are willing to love others and follow Jesus. But there are other ways we can show we are willing to give up things that aren’t bringing us closer to Jesus. As each family member places their sword in the dirt, share some ways you each might change to be a little better, then cover the hole up.</p> <p>Read Ammon’s question in Alma 26:2. Tape a long paper up in your family room and have family members list off blessings God has given.</p>	<p>X is for Example of the Anti-Nephi-Lehies</p>
<p>Week 27 July 6-12</p>	<p>Alma 30-31</p> <p>“More powerful...than the sword...they should try the virtue of the word of God.”</p> <p>-Alma 31:5</p> <p>“My Heavenly Father Loves Me” (Children’s Songbook, 228–29)</p>	<p>Write some lies that Anti-Christ Korihor told on brown paper bags. Ideas: There will be no Christ, the prophets are wrong, there is no hope in Christ, if you can’t see Christ then he isn’t real, there is no such thing as repentance, man can do no wrong, when you die there is no heaven. Set the bags up tall. As you read each bag, invite your preschooler to gently squash the bag (and the lie) down using scriptures. The word of God (found in our scriptures) is more powerful than the sword or any lie.</p> <p>Stack some pillows tall to reenact the Zoramites praying on the Rameumptom. Help your preschooler climb to the top while steadying him so</p>	<p>E is for Enos (Prayer), Z is for Zion</p>

		<p>he won't fall. Invite your child to repeat things the Zoramites said in a loud voice, "We know we are better than the poor people because our clothes cost more money. We believe you love us more than others. We don't think Christ will ever come. We know you will save us and not everyone else. Thank you for choosing us. I'll talk to you and think about you again in one week." Knock down the pillow Rameumptom tower and chat about why and how we really pray. Emphasize that Heavenly Father loves all people the same and wants to hear everyone's prayers no matter where we pray.</p>	
<p>Week 28 July 13-19</p>	<p>Alma 32-35</p> <p>"We will compare the word unto a seed," -Alma 32:28</p> <p>"Faith" (<i>Children's Songbook</i>, 96–97)</p>	<p>Last week we learned about the Zoramites and the Rameumptom. Alma and Amulek taught the people that prayer has more to do with what happens in our hearts than what we say loudly for others to hear. They said that prayer requires faith in Jesus. Faith grows gradually like a tree and requires constant care. It doesn't happen in one day.</p> <p>Show an apple or orange seed. Place the seed into a rock. The rock is hard and the seed can't be planted. If our hearts are hard and we think we are better than others and only think about Jesus once a week, like the Zoramites, we are not growing our faith. Place the seed into soft dirt. The seed goes smoothly into the dirt and can be nourished with sunlight and water to grow. If our hearts are soft and care about others, like how the seed went into the dirt, we have a place for the word of God in our hearts and we can grow our faith to be strong like a big apple or orange tree. How can we nourish our faith to grow?</p>	<p>O is for Oxygen (Pioneers example of faith)</p>
<p>Week 29 July 20-26</p>	<p>Alma 36-38</p> <p>"Look to God and live." -Alma 37:47</p> <p>"As I Search the Holy Scriptures" (<i>Hymns</i>, no. 277)</p>	<p>Sit in a circle as a family. Toss a ball to one another sharing things that bring joy. On one of your turns, share "scriptures" and "repentance" as things that bring you joy. Remind your preschooler that Alma (the older) did not always choose the right. But when Abinadi came to wicked King Noah, Alma chose to believe the words of Abinadi, follow Jesus and repent. Read Alma 36:20.</p> <p>Share that one of Alma's sons, Alma the Younger, wasn't choosing the right. Sing the 3rd verse of <i>Book of Mormon Stories</i>: Alma was rebellious, and he fought against the right. Then one day an angel came to turn him to the light. Struck before his brethren, Alma learned humility. Then he taught in the land righteously.</p> <p>Show a car key. Ask, "Is this key big or small?" "Can this small key start a big and powerful vehicle?" Heavenly Father teaches us that by doing small and simple things such as saying our prayers</p>	<p>Y is for Alma the Younger</p>

		and reading our scriptures, great things can happen.	
Week 30 July 27-Aug 2	Alma 39-42 “Wickedness never was happiness.” -Alma 41:10 “Repentance” (Children’s Songbook, 98)	Search on churchofjesuschrist.org for the video “What Should I Do When I see Pornography?” After watching the video, chat about any questions or thoughts your family has. Ask for a volunteer to stand. Gather a stack of heavy books. Have the volunteer hold a book, then stack more on top one at a time. When it gets too heavy, help take the books away. Explain when we make wrong choices, we feel weighed down and worried. But we can pray to Heavenly Father to feel light and happy again. Chat about how we can be good examples to siblings. Alma the Older’s son Shiblon was a good example to his brother Corianton who was making bad choices. We can be good examples in our family.	F is for Family, A is for Alma
Week 31 August 3-9	Alma 43-52 “The Nephites...were fighting for their homes and their liberties, their wives and their children, and their all, yea, for their rites of worship and their church.” -Alma 43:45 “Home Can Be a Heaven on Earth” (Hymns, no. 298)	Build a family fort and fortify it to be strong like the Nephites’ fortifications. Sit inside the fort and chat about what you can do as a family to strengthen your home against the adversary. Give your preschooler a quick diy Title of Liberty to color using a popsicle stick with a rectangle of paper glued to the top half. Help her write or draw things she believes in and thinks Heavenly Father wants her to remember and fight for. Teach about the qualities of Captain Moroni. He was a strong and mighty man. He was wise. He found joy in the freedom of his country and people. His heart was thankful to God. He worked hard for the safety of his people. He had faith in Christ. He kept the commandments of God. The scriptures teach us that if we can be like Moroni, the devil won’t have power over our hearts. Run around your fort with the diy Title of Liberty to remind your family what it’s important to protect. The Nephites were in a physical war. They wore armor to protect themselves from the Lamanites’ swords. We are in a spiritual war with Satan. Satan doesn’t want us to choose the right. When we pray, read our scriptures, show kindness, sing primary songs, etc. we are putting on our own armor to stay safe. Act out the ways we put on our own armor such as kneeling to pray, holding out hands to make a book to read scriptures, etc.	C is for Captain Moroni
Week 32 August	Alma 53-63	Print off the 2,000 stripling warriors free printable from myldspreschool blog.	W is for 2,000 warriors,

10-16	<p>“Whoever did not doubt, that they should be preserved by his marvelous power.” -Alma 57:26</p> <p>“We’ll Bring the World His Truth” (<i>Children’s Songbook</i>, 172–73)</p>	<p>Show your preschooler the printables and look at how many young men were willing to fight with Helaman and Captain Moroni. The young men were Anti-Nephi-Lehies. Their parents had buried their swords and promised never to fight again as they repented and chose to follow Jesus. These 2,000 young sons did not make the promise to God because they were either too young or not born yet. These boys had been taught by their moms to trust in God and were willing to fight against the big Lamanite armies to protect their freedoms, families, and religion. The 2,000 warriors followed their instructions from their leader Helaman with exactness and not one of them died in their big battle against many, many Lamaintes.</p> <p>Boil a pot of water. Place a small raw potato and a raw egg still in its shell in the water. As they boil, chat about how each day when hard times come our way, we can choose to move closer or farther away from our Heavenly Father. “What are some trials our family faces?” “How can we react?” After about 10 minutes, take out the egg. “This egg became hardened in the trial of the hot water.” Take out the potato. “This potato became softened in the same trial of the hot water. We can trust in God with each trial we have and choose to grow closer to Him in hard times with a soft heart.”</p>	C is for Captain Moroni
Week 33 August 17-23	<p>Helaman 1-6</p> <p>“Remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation.” -Helaman 5:12</p> <p>“The Still Small Voice” (<i>Children’s Songbook</i>, 106–7)</p>	<p>“Jesus Christ is our strong foundation that will never fall.”</p> <p>Help your preschooler build a small house from legos. Place the house on a pile of cotton balls. Create a mighty storm with a spray bottle of rain and a blow dryer of wind. What happened to the weak foundation of cotton balls? Now place the lego house on a flat rock that represents Jesus. Create the rain and wind storm again and talk about ways Jesus is a sure foundation in our lives that will keep us happy and safe.</p>	J is for Jesus, L is for Loves His Little Ones
Week 34 August 24-30	<p>Helaman 7-12</p> <p>“O, how could you have forgotten your God in the very day that he has delivered you?” -Helaman 7:20</p> <p>“Follow the Prophet”</p>	<p>The Nephites chose to forget about God by being distracted with things of the world. Even though miracles were happening before them like Jesus talking to the prophet, the people didn’t want to listen. Nephi, the prophet, wanted them to remember. How can we make sure we remember Heavenly Father and Jesus every day?</p> <p>Set a two minute timer and invite each family member to run and grab something in the house that reminds them of Heavenly Father and Jesus. Ideas: scriptures, prayer rock, conference Ensign,</p>	D is for Day of Worship, H is for Heavenly Father’s Plan of Happiness

	<i>(Children's Songbook, 110–11)</i>	Primary songbook, ctr ring, picture of Jesus or the temple.	
Week 35 August 31-Sept 6	Helaman 13-16 "I was sent unto you...that ye might have glad tidings." -Helaman 13:7 "Samuel Tells of the Baby Jesus" <i>(Children's Songbook, 36)</i>	Samuel the Lamanite wanted to share the message God put in his heart. He preached to the wicked Nephites that Jesus would be born. The Nephites kicked him out of their city, so Samuel the Lamanite climbed a wall to teach them about the joy of repentance. Help your preschooler stand on a mock wall, such as a couch, while the rest of the family sits below. Let family members throw crumpled paper to represent stones and arrows while your preschooler role plays Samuel. "In 5 years a sign will come that the Son of God is born. There will be a day, a night, and a day without any darkness. A new star will be in the sky. Choose good and not bad." The Spirit of the Lord was with Samuel so none of the stones or arrows hit him. Some people believed Samuel but most wanted to take him off the wall so Samuel ran away safely.	I is for Integrity
Week 36 Sept 7-13	3 Nephi 1-7 "Lift up your head and be of good cheer." -3 Nephi 1:13 "I'm Trying to Be like Jesus" <i>(Children's Songbook, 78–79)</i>	Tape a star to the wall before Come Follow Me time. When you gather, ask your family if they notice anything new. When it was time for baby Jesus to be born in Bethlehem, the signs Samuel the Lamanite prophesied came true! At Christmas we celebrate the story of baby Jesus being born to Mary and Joseph. The same night Jesus was born in Bethlehem, the Nephites on the other side of the world were celebrating too! The night before Jesus was born, when it was nighttime, it didn't get dark! Those who believed the words of Samuel the Lamanite were so excited! Jesus our Savior was born! Place a picture of baby Jesus in the manger in one room and have your family cheer from another room to represent the Nephites celebrating in America during Jesus' birth in Bethlehem. A disciple is one who follows Jesus Christ. Invite each family member to repeat, "I am a disciple of Jesus Christ." Break one small stick in half. Then take a handful of sticks and try to break them in half. As disciples of Christ we are stronger together. "How can we strengthen each other as disciples as we gather as a family?"	J is for Jesus
Week 37 Sept 14-20	3 Nephi 8-11 "Arise and come	Create a dark space for your family to gather, such as a closet. Teach about when Jesus died on the cross, a sign was given where the whole world was	R is for Resurrection

	<p>forth unto me.” -3 Nephi 11:14</p> <p>“This Is My Beloved Son” (Children’s Songbook, 76)</p>	<p>dark and stormy for 3 days.</p> <p>Turn on the light and explain that Jesus calls himself the Light of the World. Jesus appeared to the Nephites and let them feel the prints of the nails in his hands and feet 1 person at a time so they could know for sure that He is Jesus, our Savior, who died for us.</p> <p>Let’s say what the Nephites said. “Hosanna! Blessed be the name of the Most High God!”</p> <p>What brings darkness into our lives? Turn off the light again for a moment as you discuss what things bring darkness, such as not following God’s message for his people through the words of the prophet. What brings light? Turn the light back on again as you chat as a family about what brings light into your home and hearts.</p> <p>Read 3 Nephi 10:6. Imagine a mother hen gathering her little yellow chicks under her wings to protect them from danger. Jesus wants us to be close to him so He can protect us too. Take turns acting out being a mother hen and protecting your chick(s) under your wings with family members acting as the chicks.</p>	
<p>Week 38 Sept 21-27</p>	<p>3 Nephi 12-16</p> <p>“I am the law, and the light, look unto me.” -3 Nephi 15:9</p> <p>“The Wise Man and the Foolish Man” (Children’s Songbook, 281)</p>	<p>When we follow our Savior, Jesus Christ, it’s like turning on a light that can help others to find and follow Jesus too.</p> <p>Sit in a family circle with the lights dim. Shine a flashlight on each person as they say, “I can let my light shine.”</p> <p>Brainstorm ways we can be good examples to others. Turn the flashlight off and on with each example to illustrate the idea of letting our lights shine as we choose the right and follow Jesus.</p> <p>“When we go to heaven we won’t be able to bring earthly treasures, such as money. We CAN bring with us our family, covenants we have made, and things we have learned while on earth.” Point to anything around your home that reminds you of treasures with eternal value, such as family members, a temple picture, a Jesus picture, books, scriptures, etc.</p>	<p>Lesson 1 The Golden Rule, L is for Integrity</p>
<p>Week 39 Sept 28-Oct 11</p>	<p>3 Nephi 17-19</p> <p>“He took their little children, one by one, and blessed them, and prayed unto</p>	<p>General Conference</p> <p>“When Jesus was resurrected, He visited the people in the Americas. He taught them and healed them. Then He did something incredibly special. Because Jesus loves little children, He commanded the little children to be brought to Him. Jesus</p>	<p>P is for Priesthood, L is for Loves His Little Ones</p>

	<p>the Father for them.” -3 Nephi 17:21</p> <p>“Reverently, Quietly” (<i>Children’s Songbook, 26</i>)</p>	<p>commanded all the people to kneel down on the ground around the children. Then Jesus knelt and prayed for the children. After the special prayer, Jesus blessed each child one by one. Jesus told the people, ‘Behold your little ones.’ Then the heavens opened and angels came from heaven and encircled the little ones.” Talk about any feelings we have while imagining if we had been on the earth during this special time.</p> <p>Play a guessing game where you give clues to have your preschooler guess the mystery word “sacrament.”</p> <ul style="list-style-type: none"> -It’s something we do on Sundays. -We usually do it at church, but during quarantine we have been able to do it at home. -We say 2 prayers for it. -We have bread. -Then we have water. <p>“Can you tell me some things that we should be doing during the sacrament?” Talk about behavior that is good for sacrament time.</p>	
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