

Come Follow Me 2020 October through December

for Families with Preschoolers



Date	Scripture & Song	Lesson Activity	My Latter-day Saint Preschool Resource for Members
<p>Week 40 Oct 12-18</p>	<p>3 Nephi 20-26</p> <p>“Turn the heart of the fathers to the children, and the heart of the children to their fathers.” -3 Nephi 25:6</p> <p>“Families Can Be Together Forever” (<i>Children’s Songbook</i>, 188)</p>	<p>As a family, draw a simple family tree on paper with your immediate family and grandparents.</p> <p>Chat about how our family can be together forever and that includes our ancestors.</p> <p>Share a favorite story or two about your ancestors. Show pictures if you have some available.</p> <p>Explain that in the temple we can perform ordinances that make sure each of our family members can be connected with us in heaven.</p>	<p>F is for family, T is for Temple</p>
<p>Week 41 Oct 19-25</p>	<p>3 Nephi 27-4 Nephi</p> <p>“There could not be a happier people among all the people.” -4 Nephi 1:16</p> <p>“The Church of Jesus Christ” (<i>Children’s Songbook</i>, 77)</p>	<p>After Jesus visited the Americas, the Lamanites and Nephites stopped separating themselves and became one people called the children of Christ. They began to share everything and the love of God was in their hearts. There wasn’t any fighting, lying, or stealing. They were the most happy people among all the people who had been created by the hand of God!</p> <p>Because we are members of Jesus’ church, it’s important we refer to the church we belong to as His church, The Church of Jesus Christ of Latter-day Saints. It’s not the church of Daddy or church of Texas or church of Nephi or church of good people, it’s The Church of Jesus Christ! Show your family the new symbol that represents our church.</p> <p>Play hide and seek as a family. One person is the first seeker. Once one person is found, he stays by the side of the first seeker and helps</p>	<p>Z is for Zion</p>

		look for the next family member hiding until all members are found. Jesus is going to be so joyful if our whole family can return to live with Him after this life. We all belong together.	
Week 42 Oct 26- Nov 1	Mormon 1-6 “I would that I could persuade all...to repent.” -Mormon 3:22 “Jesus Said Love Everyone” (Children’s Songbook, 61)	Count to 10. When Mormon was only 10 years old, Ammaron told him to observe his people to be able to record the things of his people on scripture when he got older. Is there someone your family knows who is 10 years old to compare this age with such an important task? Count to 15. When Mormon was 15, the Lord visited Him. Mormon knew of the goodness of Jesus. The people were very wicked and had hard hearts. Gadianton robbers were among the Lamanites. Satan had power on the earth. Count to 16. When Mormon was 16 he was the leader of the Nephite army against the Lamanites. Name someone both you and your child know who is about 16. Ask if your child can imagine that person having so much responsibility. The Nephites were wicked and wouldn’t repent so they were losing against the Lamanites because the strength of the Lord was not with them. Show a picture from the gospel picture library of Mormon and explain that it didn’t matter his age, Heavenly Father knew he could do important things that would help the people. Testify to your child that even though they are small, they don’t have to wait until they are big to help Heavenly Father and Jesus. Mormon says the people chose not to follow Jesus and God and were driven about as a chaff before the wind or a ship upon the waves without a sail or anchor. Invite your family to tear a paper into little pieces. Then turn on a blow dryer and blow the pieces around. The pieces are lost in all directions. Without recognizing our blessings from God and Jesus and repenting, we give Satan control instead of righteousness where Jesus can lead us safely.	U is for Under Hill Cumorah
Week 43 Nov 2-8	Mormon 7-9 “I speak unto you as if ye were	The scriptures were written for us to read today! The people on the earth long ago when	S is for Scriptures

	<p>present.” - Mormon 8:35</p> <p>“Stand for the Right” (<i>Children’s Songbook</i>, 159)</p>	<p>Mormon and Moroni were writing the scriptures didn’t want anything to do with prophets or the word of God.</p> <p>Show the picture <i>Mormon Abridging the Plates</i> by Jon McNaughton. Explain that Moroni felt alone as the only person trying to be righteous. He kept the scriptures safe and continued to write important things in them for us. Do you think he was ashamed of Jesus? No! He was bold and brave in choosing the right. What a great example that we can do what is right even when we feel alone.</p> <p>Invite your preschooler to hold scriptures, including a Bible and a Book of Mormon. Teach that all of our scriptures testify of Jesus.</p> <p>Show a world map to point to as a reference. The Old Testament and New Testament in the Bible take place in and around Jerusalem. The Book of Mormon takes place in the Americas. Both the Bible and Book of Mormon teach us about Jesus.</p> <p>Pass the scriptures around for each person in your family to hold as you each share a favorite scripture story.</p> <p>Hide jewels (free printable coming soon. Watch our blog) and the Book of Mormon in a box. Invite your child to open the box. Explain our prophet, President Nelson, asks if we were offered diamonds or the Book of Mormon, which would we choose? Which is of greater worth to us?</p> <p>Testify why you think the Book of Mormon is even more special than diamonds.</p>	
<p>Week 44 Nov 9-15</p>	<p>Ether 1-5</p> <p>“When ye shall call upon the Father in my name...then shall ye know that the Father hath remembered...” - Ether 4:15</p>	<p>Begin Come Follow Me time by speaking in a different language. It can be a second language you speak but your children don’t understand very well, pig Latin, or a made up language. Give a short monologue in the new language.</p> <p>Then explain the story of the Tower of Babel when the people tried to build a tower to climb to heaven. The Lord didn’t like this idea, so He changed the languages so that everyone was</p>	<p>E is for Enos</p>

	<p>“Head, Shoulders, Knees, and Toes” (<i>Children’s Songbook</i>, 275)</p>	<p>speaking different languages from each other. That way the people couldn’t understand one another to work together on the tower.</p> <p>The brother of Jared was a righteous man and enjoyed praying. He prayed that his family and friends would be able to all speak the same language. His prayer was answered!</p> <p>The Lord answered the brother of Jared’s prayer to take his family and friends to a special new land. The brother of Jared prayed to know how to travel on the water to get to the new land and was told how to make a special boat without any windows so it would be safe as the people traveled in the big ocean.</p> <p>Take two identical bowls with a flat rim and tape them together with painter’s tape to replicate what the boats may have looked somewhat like. Explain the boats were dark inside so the Brother of Jared prayed to know how he and his family and friends could see as they traveled.</p> <p>The brother of Jared prayed. The Lord asked what ideas the brother of Jared had to solve the problem. The brother of Jared had such great faith that he knew if Jesus would touch 16 small stones that they would light up to give light in the boats. Jesus touched the stones. Because of his great faith, the brother of Jared was blessed to see Jesus!</p> <p>The brother of Jared saw that Jesus has a body like us! Touch your nose! Jesus has a nose. Touch your hands! Jesus has hands. Touch your knees! Jesus has knees. The brother of Jared believed so very much in Jesus that he was able to see Jesus’ body. Wow!</p> <p>Add 16 small pebbles or crumpled up small bits of paper inside the bowl boat to represent the special light stones. Let your child place the boat in water to pretend to guide the brother of Jared and his family across the sea.</p>	
<p>Week 45 Nov 16-22</p>	<p>Ether 6-11 “That evil may be</p>	<p>The brother of Jared and his family and friends crossed the big, wavy sea in the boats they made. Do you think it would be scary to be in</p>	<p>N is for Nephi</p>

	<p>done away.” -Ether 8:26</p> <p>“I Thank Thee, Dear Father” (<i>Children’s Songbook, 7</i>)</p>	<p>the ocean in a boat amongst whales and sharks and storms and not know how many more days until you get to be safe on dry land?</p> <p>Invite your child to sit on a tarp or blanket and shake it to imitate the rough water.</p> <p>The brother of Jared sang praises unto the Lord throughout the journey. When we are scared, what songs might we sing? Sing, “I Thank Thee, Dear Father” along with any suggestions from your child.</p> <p>When they reached land, the people were so happy to have safely arrived they cried tears of joy.</p> <p>The brother of Jared teaches us that if we are righteous Satan may have no power upon the hearts of people and we can do good continually. On our earth life journey we have hard times that are like waves from the brother of Jared’s journey but we can sing praises and pray to make it better.</p>	
<p>Week 46 Nov 23-39</p>	<p>Ether 12-15</p> <p>“Faith is things which are hoped for and not seen.” -Ether 12:6</p> <p>“Faith” (<i>Children’s Songbook, 96–97</i>)</p>	<p>Hold a picture of President Nelson so only you can see him. Describe what you are holding and invite your child to guess who it is. Keep giving clues until your child gets it right. Ask, “Even though you can’t see the picture yet, do you have faith that I am holding a picture of our prophet?” Show the picture.</p> <p>Next let your preschooler have a turn to hold a picture of Jesus so only she can see Him. Guide her to give clues to the family about who is on her picture. Does everyone have faith that the picture is going to be Jesus when your preschooler reveals it? Let her show the picture.</p> <p>Prophets throughout all the history of the world teach people to seek Jesus. Hide the picture of Jesus your preschooler described. Play a hide and seek game with the picture where you each take turns hiding Jesus and going on a search to find the picture.</p> <p>Share a brief story about when something was hard for you and with faith and hard work the Savior turned something weak into something</p>	<p>K is for King Benjamin</p>

		<p>strong for you. Ask your preschooler if there is something that is currently a weakness that with prayer, faith and practice Jesus could help her turn into a strength. Ideas: writing her name, riding bike, etc.</p> <p>Hold hands in a circle and each share a gratitude for blessings you have.</p>	
<p>Week 47 Nov 30-Dec 6</p>	<p>Moroni 1-6</p> <p>“And the church did meet together oft, to fast and to pray, and to speak one with another...” -Moroni 6:6</p> <p>“Help Me, Dear Father” (<i>Children’s Songbook</i>, 99)</p>	<p>Chat as a family about your feelings for how home church has been going (or went if you are back in person already each Sunday). What has been good about it?</p> <p>Ask, “Why do we have church?” “Why do we take the sacrament?” “When it’s safe to do so, why do we gather together in church buildings to worship?” “Why do we get baptized?” To keep your preschooler active and interested, you can have whoever is asking or answering a question jump once when it’s their turn to talk.</p> <p>Draw a group picture as a family depicting the most important things one should know about life. Similar to how Moroni wrote a few last words about things that were important and worth keeping a record of, what does your family view as the most important things to know and remember?</p>	<p>D is for Day of Worship</p>
<p>Week 48 Dec 7-13</p>	<p>Moroni 7-9</p> <p>“May Christ lift thee up...” -Moroni 9:25</p> <p>“I Will Follow God’s Plan” (<i>Children’s Songbook</i>, 164–65)</p>	<p>Write “God” on one index card and “good” on another. Give the cards to your child. Read Moroni 7:13. Each time God or good is read, help your preschooler hold up the matching card.</p> <p>Satan wants to bring us down, but Christ lifts us up. Every thing that invites us to do good and believe in Jesus is of God. Any thing that persuades us to do evil and not believe in Jesus is of Satan.</p> <p>Invite each family member to share one good thing that helps them grow closer to God.</p> <p>Print a picture of Jesus or tear out a picture of Jesus from the CFM manual. Cut it into a heart puzzle. Place it blank side up and invite your preschooler to put it together. Tape the backside and then turn it over. Teach charity is</p>	<p>H is for Heavenly Father’s Plan of Happiness</p>

		<p>the pure love of Christ.</p> <p>Sing “Love One Another” using the sign language for love by crossing both hands over the middle of your chest.</p>	
<p>Week 49 Dec 14-20</p>	<p>Moroni 10</p> <p>“I would exhort you that ye would ask God,...if these things are not true; and if ye shall ask with a sincere heart... he will manifest the truth of it unto you by the power of the Holy Ghost.” -Moroni 10:4</p> <p>“Search, Ponder, and Pray” (<i>Children’s Songbook</i>, 109)</p>	<p>Family Book of Mormon PARTY! Details coming soon!</p>	<p>S is for Scriptures</p>
<p>Week 50 Dec 21-27</p>	<p>“He shall come into the world to redeem His people...” -Helaman 5:9</p> <p>“<i>Away in a Manger</i>” (<i>Children’s Songbook</i>, 42–43)</p>	<p>Hold the Book of Mormon up and explain that all of the prophets throughout the whole Book of Mormon had the same purpose: to convince all people that Jesus is the Christ.</p> <p>If desired, print pictures and/or tear out CFM manual pictures of people in the Book of Mormon who prophesied of Jesus. Place the pictures in the Book of Mormon where their stories are recorded. Let your preschooler start at the beginning of the Book of Mormon and work his way through to see the heroes who all testified of Jesus. You can do the same activity with post-it notes if you prefer to not use pictures.</p> <p>Suggestions: Lehi (CFM page 6) and Nephi (CFM page 37) in 1st Nephi</p> <p>Jacob (CFM page 45) in Book of Jacob</p> <p>Enos (CFM page 53) in Book of Enos</p>	<p>J is for Jesus</p>

		<p>King Benjamin (CFM page 61), Abinadi (CFM page 73), & Alma (CFM page 77) in Book of Mosiah</p> <p>Alma the Younger (CFM page 93), Alma and Amulek (CFM page 97), King and Queen Lamoni (CFM page 100), Abish (https://www.churchofjesuschrist.org/bc/content/ldsorg/magazine/Friend/a-year-with-book-of-mormon/6-Abish.pdf?lang=eng&clang=sot&country=afe)</p> <p>Anti-Nephi-Lehies (CFM page 105), Moroni (CFM page 125), & 2,000 Young Warriors and Helaman (CFM page 129) in Book of Alma</p> <p>Nephi and Lehi (CFM page 133) & Samuel the Lamanite (CFM page 141) in Book of Helaman</p> <p>Nephite Believers (CFM page 145 and 153) in 3rd Nephi</p> <p>3 Nephite Disciples (CFM page 165) in 4th Nephi</p> <p>Mormon (CFM page 169) in Book of Mormon</p> <p>Brother of Jared (CFM page 177) in Book of Ether</p> <p>Moroni (CFM page 197) in Book of Moroni</p> <p>Review what your family is doing to remember Jesus at Christmastime. Ideas: Service, acting out the first nativity, keeping a nativity set front and center, filling a stocking with “gifts” you can give to Jesus.</p>	
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