

Come Follow Me - Book of Mormon
Week 19: May 5-11 ~ Mosiah 7-10

Sunday/FHE - Song recommendation: Redeemer of Israel (hymn no. 6) Read this week's introduction in the CFM manual then read and discuss section: "Jesus Christ has the power to deliver me."

Monday - Read and discuss the section: I was created "after the image of God."

Tuesday - Read "Your Body: A Magnificent Gift to Cherish" and discuss.

Wednesday - [Print this week's activity for anyone interested in doing it.](#) Read and discuss the first, second, and last paragraph of the section, "The Lord provides prophets, seers, and revelatory to benefit mankind" in the CFM manual. Do this week's activity.

Thursday - Read Mosiah 9 & 10, then read and discuss section, "I can face my challenges 'in the strength of the Lord'" in the CFM manual.

Friday - Read and discuss the section, "My choices can influence generations" in the CFM manual.

Bonus Talk: No bonus talks for this week