

Come Follow Me - Book of Mormon
Week 21: May 19-25 ~ Mosiah 18-24

Sunday/FHE - Song recommendation: I'll Walk With You. Read this week's introduction in the CFM manual. Compare the baptismal covenant described in Mosiah 18:8-10 with the sacrament prayers (D&C 20:77, 79) *How can we make the sacrament social, reverent time, just like our baptisms were?* Discuss. *Feeling "knit together in unity and love" helps us stay connected to the church throughout our lives.* Read Mosiah 18:17-28. *What did members of Christ's Church in Alma's day do to love and serve one another? How can we do this in our ward, branch, or community?*

Monday - *What does it mean to "stand as [a witness] of God"? When we make that covenant at our baptism, we are "filled with the Spirit" which is a huge blessing to us. Why do you think the covenants & ordinances are important to God? What does HE get out of them?* Discuss. Listen to "Covenant Belonging" by Elder Gerrit W. Gong and discuss.

Tuesday - Listen to "The Need for a Church" by Dallin H. Oaks and discuss.

Wednesday - *We already read about what it was like for Alma's people on Sunday; today we're going to read about Limhi's people.* Read Mosiah 20:9-11, 22, 26 & all of Chapter 21 and discuss as you go. *Limhi's people and Alma's people both fell into bondage, although in different circumstances. What can we learn by comparing the accounts of Limhi's people and Alma's people? Discuss. How can we apply this to today?*

Thursday - Read and discuss the section: I can trust in the Lord

Friday - Listen to "Bear Up Their Burdens with Ease" by David A. Bednar and discuss.

Bonus Talk: "Covenants with God Strengthen, Protect, and Prepare Us for Eternal Glory" by President Jean B. Bingham