

Come Follow Me - Book of Mormon  
Week 23: June 2-8 ~ Mosiah 29-Alma 4

Sunday/FHE - Song recommendation: Come Follow Me (verses 1,5, & 6). Read this week's introduction in the CFM manual. Read Mosiah 29:8,10-12. Note that Mosiah points out that even though kings have been the "norm", or tradition, up until now, doesn't mean it's still the right choice for them. (verse 8) Lets pause and consider this. What do we call this today? (Intentional living) Intentional living helps ensure our choices are aligning w/God's and we're not just following the crowd. For older kids, you might want to continue to read Mosiah 29 as it discusses the importance of making sure your voice is heard and you vote (v.25-26) discuss when leaders are wicked (27-29) touches on what we should stand for...you can discuss paying attention to actions and results, not promises that see no results. (32&38) peace comes when leaders live by "do as I do" not "do as I say" (43)

Monday - As we read the following verses we're going to look for what the truth is and what the lie is. Read Alma 1:2-9. Satan often uses a little bit of truth sprinkled in with the falsehoods to get us off track. What are some lies sprinkled with truths we see today? How can we avoid falling for these?

Tuesday - Some members of the Lord's Church in Alma's day were generous and giving, and other members were unkind and prideful. Read Alma 1:19-25, 27, 30. Do the members in those verses sound a lot like members today? How can we better know who might "[stand] in need"? (Alma 1:30) (Look for reactions in church, pay attention to words and actions of others, listen to promptings given to you, ask directly, minister...). We also read in those verses that members weren't always treated kindly (vs 19-20) How did members react? (V 22 & 25). How can we respond when others are unkind?

Wednesday - Listen to, "Love Your Enemies," by Dallin H. Oaks and discuss.

Thursday - have pic of pride cycle available and ready to refer to. The Nephites were frequently caught in this pride cycle. After defeating the Lamanites & Amlicites they were in great mourning of those they had lost. Read Alma 4:3 What got them out of the destruction and suffering? (They were awakened to a remembrance...they chose to be humble and learn rather than play the blame game or live in victim mentality) Unfortunately they don't stay humble and they quickly fall back into the pride cycle. Read Alma 4:8-9, 12. Some of those are easy to catch yourself doing, others are easy to be guilty of. For example, sometimes we think we are doing really good following exact obedience only to realize we've taken it to a point of becoming self righteous

and judging others who don't go about it the same way we do...how is this a sin in and of itself? There is a fine line between righteous judgement and self righteousness. How can we avoid these behaviors/being caught up in the pride cycle?

Friday - [Print this week's activity in the CFM manual](#). Watch "[Alma the Younger Steps Down as Chief Judge](#)". What was Alma's solution? (Step down & go back to teaching and bearing testimony). Read Alma 4:20 and discuss. What do you think "confined himself wholly" and "according to the spirit of revelation & prophecy" mean? Discuss. How can our testimony help others? Do this week's activity.

Bonus Talk: "[Nourishing and Bearing Your Testimony](#)" by Gary E. Stevenson