

Come Follow Me - Book of Mormon
Week 28: July 7-13 ~ Alma 23-29

Sunday/FHE - [Print this week's activity page from the CFM manual by clicking on the link attached to the "Week 28" above and scroll to the bottom of the page. I printed one page per family member this week so we can all have two weapons to "bury"](#)

Song recommendation: [I'm Trying to Be Like Jesus](#). Read this week's introduction in the CFM manual. Read Alma 24:6-24. [What are our swords/weapons that we need to bury/overcome?](#) Hand out the weapons you printed earlier today. [Some ideas of things we might need to bury are: idleness, inappropriate music, bad language, gossiping, being on phones during church, having a bad attitude about something pertaining to the gospel \(tithing, fasting, etc\).](#) After you have filled those out, decide how you want to "bury" them. In the trash? Burn them? You could go real crazy and print a picture of a rock and tape the weapon in their CFM journal and then tape the rock on top of it so it can flap up....then they could still refer to them later and remember what they are wanting to work on. Figure out what is best for you and your family!

Monday - [As we read the following verses, we will note how the Anti-Nephi-Lehies changed—how they were converted "unto the Lord" \(Alma 23:6\)](#) We will take notes on the whiteboard and then have kids copy things in their journals as they feel prompted to. Read the following verses:

Alma 23:6-7 Alma 24: 15-21 Alma 27:26-30
Alma 23: 17-18 Alma 25: 13-16

Tuesday - [In your journal write "Before" and "After" at the top of a page with a line down the middle separating the two. As we read the verses for today we'll list out what the Lamanites were like before and after repenting. Read Alma 17:14-15 & 27:27-30 and fill out the chart as you go. What helped them change? How can we show our thanks to God for His mercy?](#)

Wednesday - Listen to ["Unwavering Commitment to Jesus Christ"](#) by Dale G. Renlund

Thursday - [The word joy appears 24 times in Alma 23-29, making these chapters a good place to learn how to receive joy in living—and sharing—the Savior's gospel. Read Alma 26:12-22, 35-37; and 29:1-17. What are some of the reasons Ammon, the songs of Mosiah, and Alma rejoiced? What can we learn from these passages that can lead to more joy in your life? Watch one or more of the following videos if you have time: "The Bush Family Story," "Sharing Your Beliefs," "Sharing the Gospel"](#)

(Today's discussion was pulled directly from the section "Sharing the gospel brings me joy" in the CFM manual)

Friday - At harvest time, grain is often gathered into bundles called sheaves and placed in storehouses, sometimes called garners. Read Alma 26:5-7 What do the sheaves, garners, and storm represent in your life? Discuss. How do you find shelter in Jesus Christ? Discuss.

Bonus Talk: "Converted unto the Lord" by David A. Bednar

"Sharing the Restored Gospel" by President Dallin H. Oaks

"The Temple and Your Spiritual Foundation" by Russell M. Nelson

"Honorably Hold a Name and a Standing" by David A. Bednar