

Come Follow Me - Book of Mormon  
Week 29: July 14-20 ~ Alma 30-31

Sunday/FHE - Song recommendation: Let the Holy Spirit Guide

Get some play money (print if needed), some fake food, or any play item that you also have a real version of. Read this week's introduction in the CFM manual. Display the fake version and the real version of whatever item you have chosen. Who wants this pile of money? Point to the fake money (or whatever item you have chosen) Who wants this pile of money? Pointing to the actual cash/coins. Why do you want the real money? What makes it more effective? One is real and you can actually purchase something with it. Just as in times of old, there is real news and fake news; there are truths and lies all around us. Lets look at an example from the scriptures that proves that this was the case in Book of Mormon times as well. Read Alma 30:32-35. What were the lies or false teachings that Korihor taught about God? Discuss. How did Alma respond to those lies? Discuss. What do we learn from his examples?

Monday - Print this week's activity page from the CFM manual by clicking on the link attached to the "Week 29" above and scroll to the bottom of the page. What do you find in the following verses that helps you know that God is real? Read Alma 30:39-46 and discuss. What outside of those verses helps you know God is real? What prevents us from knowing Him? Discuss. Do this week's activity.

Tuesday - Listen to "Be Not Deceived" by Dallin H. Oaks and discuss

Wednesday - Read Alma 30:56-60. What do we learn about how the devil treats his followers in those verses? Discuss. What can we do to protect our home against his influence? Discuss.

Thursday - Read, or watch, The Zoramites & the Rameumptom What did we learn about prayer from this? Discuss. Lets learn some other gospel truths found in Alma 31. Read Alma 31:5. How have you seen the word of God lead people to do good things? Discuss. Read Alma 31:34-35 What is Alma's attitude, feelings, and actions regarding others? Discuss. Read Alma 31:17-28 What were the Zoramites attitudes, feelings, and actions regarding others? Discuss. Read Alma 31:30-38 What did we just read that could help people who sorrow for the sins of others? Discuss.

Friday - Do the section "Because of Jesus Christ, anyone can change" in the CFM manual.

Bonus Talk(s): Gary E. Stevenson, "Deceive Me Not"