

Come Follow Me - Book of Mormon

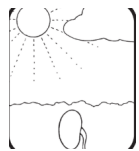
Week 30: July 21-27 ~ Alma 32-35

Sunday/FHE - Song recommendation: Sweet Hour of Prayer

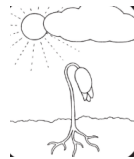
Read this week's introduction in the CFM manual. Do the section "I can worship God in prayer, anytime and anywhere" in the CFM manual. Journals are encouraged &/or a whiteboard to do the section as a family. We do the whiteboard as a family and then kids can copy in their journals as they feel prompted.

Monday - Do the section "The Lord can teach me as I choose to be humble" in the CFM manual. Encourage your kids to fill out that last sentence in their journals.

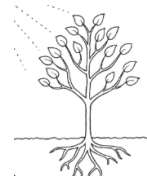
Tuesday - [Print this week's activity page from the CFM manual by clicking on the link attached to the "Week 30" above and scroll to the bottom of the page.](#) To the Zoramites who weren't yet sure about Alma's testimony of Christ, Alma suggested "an experiment" (see Alma 32:27). Experiments require desire, curiosity, action, and at least a little faith—and they can lead to wonderful discoveries! Think about experiments you've seen or participated in [and what you have learned from them]. Discuss. Read, or watch, Alma Teaches about Faith and the Word of God. In your journal, draw a seed and each stage it goes through to become a full tree/plant. How does your testimony relate to each step? Write the answer below each drawing in a different color. (You may want to print the week's activity and they can just cut out each drawing and glue it in their journal). Example:



a seed is needed
to grow a plant
[a desire is needed
to gain a testimony.](#)



a seed needs
water, sun, & soil
[go to church, read
scriptures, etc for seed
to begin to grow](#)



more you care for
the tree, the healthier
it is & the bigger it grows
[the closer you draw to
Christ & HF the stronger
your testimony becomes](#)

Wednesday - Do the first 2 paragraphs of the section "I need Jesus Christ and His Atonement" in the CFM manual. (The talk mentioned in the 2nd paragraph is linked in the Bonus Talks section below)

Thursday - Do the final paragraph in the section "I need Jesus Christ and His Atonement" in the CFM manual. Watch "Reclaimed" and discuss.

Friday - Do the section "Now is the time and the day of your salvation" in the CFM manual. **Make a list in your journal of things you can do now to prepare for the coming/return of the Savior.**

Bonus Talk(s): Russell M. Nelson, "Christ is Risen; Faith in Him Will Move Mountains"
David A. Bednar, "If Ye Had Known Me"
Michael John U. Teh, "Our Personal Savior"