

Come Follow Me - Book of Mormon

Week 32: August 4-10 ~ Alma 39-42

Sunday/FHE - Song recommendation: I Am Like a Star

Read Alma 39:1. How was Corianton's brother, Shiblon, a good example? Read Alma 38: 2-4. Did you hear any additional ways we can set a good example in those verses? When we are in the dark, what is the first thing we look for? (A light source) Where can we look for a light source when we are spiritually feeling like we are in the dark? (Christ, God, scriptures, leaders, friends, music, etc) How can we help be the light source for others? (Set a good example, reach out to others, be obedient, etc) Watch "Shine Your Lights So Others May See" and "Lessons I Learned as a Boy" and discuss. ***There is an additional section to do with teens that can be found below. Feel free to do it any day that works for your schedule this week***

Monday - You will need a heavy object for a child to hold as an object lesson. Hand a heavy object for a child to hold while you tell a story of a child who did something wrong and felt bad about it. The [heavy object] represents the burden we feel when we make a mistake. Take away the heavy object from the child. When we take our mistakes to Heavenly Father and Jesus Christ, and sincerely repent, we can be relieved of the guilt, burden, and bad feelings we experience and have them replaced with joy, peace, and a lightened load. Read Alma 39:9. Look up the definition of "repent" and "forsake" and discuss. Bear testimony that repentance is possible through Jesus Christ and His Atonement, and with it we will never be abandoned.

Tuesday - Print the words and their definitions below. (Note: HERE is where I took the definition for spirit prison. You may want to refer to it if questions arise later in the lesson. I feel like it is probably the one that will bring up the most questions by children trying to understand this) It is natural to wonder what happens to us after we die. As we read the following verses, we will put these words in the order they occur. Read Alma 40:6-7, 11-14, 21-23. Discuss as you read and answer any questions that arise. Once all the words are in order go through and read them off and the definitions with them. (This is a good day to do this week's activity if you would like to. You can find the activity by clicking on "Week 32" at the top of the page and then scrolling to the very bottom)

Wednesday - Watch "Alma Counsels His Sons"

Thursday - Watch "Is God Just or Merciful?" Have the kids write "God is Just" and "God is Merciful" at the top of a page in their journal (or do on the whiteboard) with a

line separating the two. As you read Alma 42, fill out the chart writing down verses or examples of times He is just and merciful.

Friday - Watch "The Mediator" and discuss

Bonus Talk(s): Bradley R. Wilcox, "Worthiness Is Not Flawlessness"

Words and their definitions for Tuesday:

Death- death of the body, which is caused by separation of body from the spirit

Paradise- the part of the spirit world in which the righteous spirits who have departed from this life await the resurrection of the body. It is a condition of happiness and peace.

Spirit prison- spirits who have not yet received the gospel of Jesus Christ as well as those who rejected the gospel after it was preached to them either on earth or in the spirit prison.

Resurrection- the reuniting of the spirit with the body in an immortal state, no longer subject to disease or death

Judgment- Heavenly Father will administer divine judgment through His Son Jesus Christ. We will be held accountable for our thoughts, words, and deeds. Because God comprehends the many difficult circumstances each person faces in this life, He will ensure that His children are judged both on their works and "according to the desire of their hearts" (Doctrine & Covenants 137:9)

*****additional section for teens*****

Sex is a part of marriage. It is not the most important part, but it is a big part of it. It is a great way to have wonderful intimacy and closeness that just you and your spouse share. The world views it differently, and as a natural man/woman, it could be easy to fall into the trap of viewing it as the world does if we are not making a conscience effort to avoid things that will make sex seem trivial. Premarital sex and porn are two ways Satan has taken away the sacredness of sex and convinced many that these are just "normal" and should be accepted by all. Watch "[To Look Upon](#)". Pause the video each time that David could have made a different choice and discuss what he could have done differently. **How are David's choices similar to choices you might face?**