

Come Follow Me - Book of Mormon
Week 34: August 18-24 ~ Alma 53-63

Sunday/FHE - Song recommendation: watch Their Mothers Knew
Read this week's introduction in the CFM manual. Read, or watch, Chapter 34: Helaman and the 2,000 Young Warriors. If it weren't for their faith, Helaman's young soldiers would have had good reason to feel afraid. But because of their faith, they had even more reason to be courageous. We can learn a lot from these brave soldiers on how to face our fears with faith in Christ. As we read, record the following in your journals or on the whiteboard:

Characteristics of Helaman's young soldiers:

Possible reasons their faith in Christ was so strong:

What they did to exercise faith in Christ:

How God blessed them:

Read Alma 53:10-22; 56:43-49, 55-56; 57:20-27; and 58:39-40 and record as you go.

Monday - To win our spiritual battles, we need the power of Jesus Christ. Today we'll look for ways we can access His power as we listen to/read the talk by President Nelson. You may want your journals to write down notes as you listen. Read/listen to "Drawing the Power of Jesus Christ into Our Lives" (15 minute talk). Discuss what you learned.

Tuesday - Do the section "Followers of Jesus Christ are not easily offended" in the CFM manual. You will need an egg and potato on hand for FRIDAY'S discussion. Including it here so you have time to get supplies!

Wednesday - Watch "Drawing Upon the Power of God in Our Lives" (4 minute video) and discuss.

Thursday - Watch "Helaman and the Stripling Warriors" by Scripture Explorers (this is a much more detailed video than what you watched Sunday, so it won't seem repetitive) Did anything new stick out to you this time? Discuss. You may want to point out how often the plans revolved around "tricking" the Lamanites and how that teaches us that God always has a way...we just need to ask for guidance so that we're not just aimlessly wandering or trying to rely solely on our own knowledge.

Friday - Make sure you have an egg and potato available for this discussion. Do the section "If I am humble, life's challenges can turn my heart to God" in the CFM manual.

Bonus Talk(s): Neil L. Andersen, "Wounded"

Elder David A. Bednar, "Meek and Lowly of Heart"