

Come Follow Me - Book of Mormon
Week 35: August 25-31 ~ Helaman 1-6

Sunday/FHE - Song recommendation: I Need Thee Every Hour

You may notice a pattern in the behavior of the Nephites. When they are righteous, God blesses them, and they prosper. After a time, they become prideful and wicked, making choices that lead to destruction and suffering. Then they are humbled and inspired to repent, and God blesses them once again. The pattern repeats itself so often that some call it the "pride cycle." Lets study it further. Journals are encouraged for the next part.

What can pride look like? Read Helaman 3:33-34; 4:11-13

What are the consequences of pride and wickedness? Read Helaman 4: 23-26

What are the consequences of humility & repentance? Read Helaman 3:27-30, 35; 4:14-16)

How can you avoid pride? Read Helaman 5:4-12

Have the kids draw the "pride cycle" in their journals: righteousness & prosperity... pride & wickedness...destruction & suffering...humility & repentance

Then have the kids draw a "righteous cycle" they should follow: righteousness & prosperity...gratitude & humility...peace & continued repentance

What is the KEY difference to these cycles? (gratitude....it helps keep us humble so that we don't have our prosperity turn into pride/wickedness; it also brings us great peace which we want to hold onto)

Monday - Read the introduction for this week in the CFM manual. Watch "Building a Sure Foundation on Jesus Christ" and discuss

Tuesday - Do the section "Faith in Christ fills my soul with joy" in the CFM manual, as well as the blurb right below it "Look for personal application".

Wednesday - Read Helaman 5:6-7. Consider the names you have been given. Were you named after someone? What do these names mean to you? How can you honor them? We all made a covenant when we were baptized to "take His name upon [us]." What does that mean to you? How do you honor that sacred name?

Thursday - You will need to build different foundations for today so read ahead to get ideas and then gather supplies. We're going to use the supplies in front of us to build a couple different foundations and then we'll put a Lego person on top of each and test them out. Build your foundations of varying sturdiness levels and test them out

by creating a “mighty storm” by pouring water on them, using a fan for winds, or whatever other ideas you may come up with. Discuss which foundations were successful and which weren’t. Watch [“A Secure Anchor.”](#) [How can we strengthen our foundations and ensure we have a secure anchor?](#)

Friday - [Print this week’s activity.](#) You can find it by clicking on the link [“Week 35...”](#) above and scrolling to the bottom of the page. Today we’re going to dig deeper into the concept of building a sure foundation and having a secure anchor. As we read today, look for ways Nephi & Lehi were blessed for building their faith on the rock of their Redeemer. Read Helaman 5:12-52 and discuss as you go. Do this week’s activity.

Bonus Talk(s): Russell M. Nelson, [“The Temple and Your Spiritual Foundation”](#)
Sean Douglas, [“Facing Our Spiritual Hurricanes by Believing in Christ”](#)