

Come Follow Me - Book of Mormon  
Week 36: September 1-7 ~ Helaman 7-12

Sunday/FHE - Song recommendation: We Thank Thee, O God, For A Prophet  
Do the first 2 parts the section "Prophets reveal the will of God to the people" in the CFM manual. Journals are highly recommended. Stop after reading and discussing: Based on what you've read, how would you describe what a prophet is and what he does? (You will finish the rest of the section tomorrow)

Monday - Finish the section from yesterday starting with "Did you notice how bold Nephi was in Helaman 7:11-29?"

Tuesday - Think of a time when you forgot something. What was it like when you realized you had forgot? Read Helaman 7:20-21. What do you think it means to forget God? How would it affect your life? Lets come up with a list of things we can do to always remember Him.

Wednesday - Read the introduction for this week in the CFM manual. Do the section "The Lord gives power to people who seek His will and strive to keep His commandments" in the CFM manual. Note in verse 12 how he did not continue on his way to his house...he IMMEDIATELY turned around. What do we learn from this?

Thursday - Read and discuss the section "Pondering the word of God invites revelation" in the CFM manual. When are some times we can create time to ponder? (Meditation, scripture study, before and after prayers, having a certain time of day set aside, etc)

Friday - Print this week's activity found at the end of this week's CFM section. Read and discuss the section "The Lord wants me to remember Him"

Bonus Talk(s): President Henry B. Eyring, "Serve with the Spirit"