

Come Follow Me - Book of Mormon  
Week 37: September 8-14 ~ Helaman 13-16

Sunday/FHE - Song recommendation: How Gentle God's Command  
Samuel's warnings of the judgments of God consistently included a merciful invitation to repent. Read Helaman 13:6-11; 14:15-19; 15:7-8) Some people see repentance as a harsh punishment—something to avoid. In your opinion, how did Samuel want the Nephites to see repentance? Watch "Repentance: A Joyful Choice," and "Principles of Peace: Repentance" and discuss. (This was taken from the first paragraph of the first section in the CFM manual)

Monday - Print a copy of President Russell M. Nelson's message "We Can Do Better and Be Better" for each child who can read and make sure they each have a pen &/or highlighter. Take turns reading through the talk and discuss as you go.

Tuesday - Read about the signs of Savior's birth in Helaman 14:1-8 and the signs of His death in verses 20-28. Why do you think these signs would be effective ways to signify the birth and death of Jesus Christ? Note in vs 28 it explains why such drastic signs were given...they wanted to ensure everyone could see. What are some less dramatic signs that can help you "believe on [the Savior's] name"?

Wednesday - Print this week's activity found at the end of this week's CFM section  
Read the introduction for this week in the CFM manual. Watch "Samuel the Lamanite Prophesies of Christ and Is Protected" and discuss. Do this week's activity if you have time.

Thursday - Samuel's words contain many stern chastisements, but Helaman 15:3 gives us perspective on chastening from the Lord. Read the verse and then listen to the talk "As Many as I Love, I Rebuke and Chasten" by Elder D. Todd Christofferson. What are they three purposes of divine chastening? Discuss any thoughts on the topic.

Friday - What are different ways we communicate? (Shout, whisper, plead, beg, ask, hint, music, act out, etc) What are ways Heavenly Father communicates with us? (Still small voice, promptings, overwhelming feeling, emotions, dreams, scriptures, prophets, personal revelation, music, etc) Why is it important to be reminded of the different ways He communicates to us? (So we aren't just looking for 1 way to hear Him but open to many ways)

Bonus Talk(s): Ronald A. Rasband, "By Divine Design"