

Come Follow Me - Book of Mormon  
Week 38: September 15-21 ~ 3 Nephi 1-7

Sunday/FHE - Song recommendation: I'm Trying to Be Like Jesus

Read the introduction for this week in the CFM manual. Read and discuss the section "Becoming converted to the gospel of Jesus Christ requires patience and effort". Journals are encouraged to fill out the chart.

Monday - Heavenly Father knows that your life will include moments that are difficult, even frightening. But He also wants you to experience joy. Let's read 3 Nephi 1:1-23 to learn about the reasons the faithful Nephites had to be afraid. Read the verses. Why do you think He reminds us to "be of good cheer"? How could that be summed up in today's slang/wording? (I have your back. It's ok, I'm here, etc)

Tuesday - Print President Russell M. Nelson's address "Joy and Spiritual Survival" for each child that reads. Have pens & highlighters for kids. Take turns reading through the message. What does President Nelson teach you about finding joy in any situation? Notice how many times President Nelson uses the word *focus*. How can we focus on Him more?

Wednesday - Read 3 Nephi 1:4-7. How would it feel if you had been one of the faithful ones who waited for the signs to come? What did they do to keep their faith strong? Read 3 Nephi 1:4-21; 5:1-3. What can we do to keep our faith strong?

Thursday - Read ahead to make sure you have items for an object lesson. Read 3 Nephi 2:11-12; 3:13-14, 24-26. Do an object lesson of the strength we receive from unity. You can have a child break one twig/stick vs a handful of them bundled together or have a child tear one piece of paper vs a stack of papers.

Friday - Read and discuss the section "I am a disciple of Jesus Christ."

Bonus Talk(s): no bonus talks this week