

Come Follow Me - Doctrine & Covenants 2025
Week 13: March 23-29 ~ Doctrine & Covenants 27-28

Sunday/FHE - song: As Now We Take the Sacrament

Read the first paragraph of the section "I take the sacrament in remembrance of Jesus Christ" in the CFM manual. Read Doctrine & Covenants 27:1-4. What do these verses suggest about how the Savior wants you to approach the sacrament? What do you think it means to partake of it "with an eye single to [His] glory"? Watch "Jesus Christ Blesses Bread in Remembrance of Him" and "Jesus Christ Blesses Wine in Remembrance of Him"

Monday - Listen to, or read, "The Living bread Which Came Down from Heaven" by Elder D. Todd Christofferson. What did Elder Christofferson teach that can help you feel a greater connection to the Savior through the sacrament? What can you do to better prepare to partake of the emblems of the Savior's Atonement and treat them with greater reverence or purpose?

Tuesday - Carlos E. Asay once said, "The heavy armor worn by soldiers of a former day, including helmets, shields, and breastplates, determined the outcome of some battles. However, the real battles of life in our modern day will be won by those who are clad in a spiritual armor—an armor consisting of faith in God, faith in self, faith in one's cause, and faith in one's leaders." As we read the following verses let's make a chart in our journals of the pieces of armor, what they protect, and what that body part may represent. Read Doctrine & Covenants 27:15-18 and fill out the chart as you go. See the chart in the section, "The armor of God helps me stand against evil" in the CFM for reference. There is also a PDF available at the bottom of this week's lesson plan in the CFM manual.

Wednesday - In regards to the "whole armor of God," Elder Ballard has said, "I like to think of this spiritual armor not as a solid piece of metal molded to fit the body but more like chain mail. Chain mail consists of dozens of tiny pieces of steel fastened together to allow the user greater flexibility without losing protection. I say that because it has been my experience that there is not one great and grand thing we can do to arm ourselves spiritually. True spiritual power lies in numerous smaller acts woven together in a fabric of spiritual fortification that protects and shields from all evil." Today we will do a little armor of God art project and as we dress our person, or feel free to draw your own armor on him or her, we will discuss what it looks like to spiritually/metaphorically wear each piece of armor. Use your chart in your journals for reference if needed to remember what was discussed yesterday in regards to each item.

Thursday - Read and discuss the section "Jesus Christ directs His church through His living prophet" in the CFM manual starting with the section and then reading Doctrine & Covenants 28.

Friday - Read the notes on section 28 of the Doctrine & Covenants on pages 156-158 of the book "The Doctrine & Covenants Study Guide Start to Finish" by Thomas R. Valletta. This book can also be purchased through Desert Book. (Quotes used this week in previous days' discussion are also from this book. I highly recommend it!) For additional reading on Oliver Cowdery's mission to nearby American Indians, see, "A Mission to the Lamanites"

Bonus Talks: David A. Bednar, "Always Retain a Remission of Your Sins"
Jorge F. Zeballos, "Building a Life Resistant to the Adversary"
Carlos E. Asay, "Temple Garment: An Outward Expression of an Inward Commitment"
Dale G. Renlund, "A Framework for Personal Revelation"