

## Come Follow Me - Doctrine & Covenants 2025

### Week 2: January 5-11 ~ Doctrine & Covenants 1

Sunday/FHE - Song recommendation: Come Follow Me

Read the intro for the week in the CFM manual. Read Doctrine & Covenants 1:1-11.

What is the purpose or message of these first 11 verses? [we must listen. Listen together. We'll be judged for our actions & how we judge and treat others]. What does this make you want to do? [put more work into listening & learning & think twice before judging others] What can we do this year to develop healthy habits that will help us achieve these goals?

Monday - In Doctrine & Covenants section 1 the Lord explains why He restored his gospel. Lets see how many reason we can list as we read verses 12-23. Read, list, and discuss as you go. How are the Lord's purposes for the restoration being accomplished?

Tuesday - The Lord knew that our day would have serious challenges. What do you think are some of those challenges? [social media, false information being spread rapidly, obsession to "fit in"]. Now lets read some verses that can bring us peace, reassurance, and confidence despite these challenges. Read verses 17-30, 34-36 & discuss as you go.

Wednesday - Read and discuss the section "The Lord uses 'the weak and the simple' to accomplish His work" in the CFM manual.

Thursday - Print the page at the bottom with warning signs or have it pulled up ready to use during the discussion. Show the warning signs & discuss what they are each warning you of and where you may find the signs. According to Doctrine & Covenants 1:4, 37-39 How does the Lord warn us of spiritual dangers? Read verses and discuss. What has He warned us about recently? [be healthy, plan for future, be attuned to the Spirit more than ever, etc]

Friday - If we needed to go on a camping trip right now what would we pack? How would we prepare for such an experience in winter? Discuss the importance of taking into consideration weather, potential car problems, food, clothing, etc. When you finish discussing, read Doctrine & Covenants 1:17. What did the Lord know about our latter days? What did He know would happen to us? [we would want direction & guidance again, there would be many lies/rumors, we would have a hard time differentiating the truth & lies] How did He prepare for it? [He restored the true gospel, gave us covenants to keep so we could receive the blessings in return, gave

us a prophet again, made sure we had additional scriptures to help us, etc] **How do God's commandments help us deal with the challenges of our time?** [give us guidance, keep us close to the Spirit, keep us on the path to Him, help us prioritize correctly, etc]

Bonus Talks: President Russell M. Nelson, "Embrace the Future with Faith"

