

Come Follow Me - Doctrine & Covenants 2025
Week 30: July 20-26 ~ Doctrine & Covenants 81-83

Sunday/FHE - song: watch "Have I Done Any Good?"

Read the intro for this week in the CFM manual. This week I want us to keep track of all the times we read about the Lord inviting us to help people in need. You may want to choose a certain color to mark those verses in your scripture, make a note next to each verse, or keep a list of scriptures in your journal. Read Doctrine & Covenants 81:4-5. What are some ways a person can be "weak"? What does it mean to "succor" them? How can we "lift up" those who figuratively "hang down" their hands? What might "feeble knees" mean? How are they strengthened? Notice how all these things we are being asked to do for others are things the Savior does for us.

Monday - Read Doctrine & Covenants 82:18-19. What do those verses teach us about serving others? Watch "Teachings of Thomas S. Monson: Rescuing Those in Need" How did Bishop Monson's ward members exemplify what these verses teach? Watch "Works of God" Some of our trials are very noticeable for everyone around us. Others we silently struggle with, but God is always aware of them and wants to help. We must make sure we are staying close to the Spirit so He can use us as an answer to someone's prayer. We must also make sure we are willing to **allow** others to help us and be the answer we have been praying for.

Tuesday - Read Doctrine and Covenants 82. Consider what God has given you both physically and spiritually. What do you feel God requires of you in return? Watch "Because I Have Been Given Much". Take the time to record any promptings or thoughts in your journal.

Wednesday - Watch "Blessed and Happy Are Those That Keep the Commandments of God" I love when he said they are for our happiness in this life as much as for our happiness in the next life. We often times think that we have to suffer through this life to get to the joy in the next life, but we really are meant to find joy in the life and it just grows in the next life. The commandments are not holding us back or preventing us from having fun all so that in some future time we can receive rewards for following them; keeping the commandments is increasing our likelihood of finding joy and living life to its fullest in the present time as well. What might you say to someone who doesn't feel motivated to keep the commandments because they haven't received the blessings they hoped for?

Thursday - Read and discuss the section "The Lord blesses us in His own marvelous ways," in the CFM manual. This excerpt of the article has so many lessons in it...

trusting the Lord's timing, trusting in His will, and letting go of all we can't control and focusing on what we can. The whole article can be found at the bottom of the page in the Bonus Talks/Reading section. I encourage everyone to read it. It is long and there is no audio option, but you might consider printing it and splitting it into sections to read throughout the week for personal study...that will allow you the time to really consider how to apply what you read and give you time to meditate on what you've learned.

Friday - Read Doctrine & Covenants 83 and then read and discuss the section "'Widows and orphans shall be provided for'" in the CFM manual. [Are there any widows, single parents, or orphans in our ward we could do an act of service for?](#) What are some ways we can support and serve them? Watch "[Pass It On](#)" and discuss. How important must service be for so many of our discussions, this week and other weeks, to be around the need for our focus to be on serving others? How many scriptures did you track this week were related to the Lord inviting us to help those in need?

Bonus Talks/Reading: Elder D. Todd Christofferson, "[Our Relationship with God](#)"
Sister Virginia H. Pearce, "[Prayer: A Small and Simple Thing](#)"