

Come Follow Me -Old Testament

Week 1

Monday - Read Moses 1: 1-29. Read the section from CFM - *As a child of God, I have a divine destiny.* Introduce word of the week.

FHE Take a walk as a family and read Moses 1: 30-42. Talk about *why* God created the world and what we do to participate in His "work and [His] glory". Song - I Know My Father Lives

Tuesday - Read Abraham 3

Wednesday - Read Abraham 3:22-23 and the section in CFM - *Were others besides Abraham "chosen before [they were] born"?* and discuss

Thursday - Watch the video summarizing Moses's experience found in the "Teaching Older Children" section of the CFM manual for primary and discuss

Friday - make pancakes and discuss the comparison of items needed to tools used/needed to fight temptation & stay on track with your purpose (see attached paper)

Sunday - Memorize Moses 1:39 teach the song and attempt to sing in rounds :). Discuss what they learned in class today. Review word of the week.

Prayer

Read and study the scriptures

Attend church services

Apply the atonement

Listen to good music

Be mindful/intentional

Go for a walk

Do an act of service

Spend time with your family

Choose good friends