

Come Follow Me -Old Testament

Week 2

Monday - Read the introduction for this week's CFM. Introduce word of the week and discuss.

FHE Read Genesis 1. What does "dominion" mean? What do we have control over on Earth? What can we do to help better Earth? Answer the same questions about what we can control in our home, school, personal life, etc. Discuss how we handle things we do not have dominion over.

Tuesday - Read Genesis 2. We will discuss keeping the Sabbath day holy more later this week.

Wednesday - Read Moses 2:26-27. What do we learn about our bodies in these verses? Watch "God's Greatest Creation" found in the section "Teaching Older Children" in the CFM manual for primary. What are some things you are grateful for that your body does? Journal your thoughts.

Thursday - Read Moses 3:2-3. What makes Sunday special? How did He spend it? Notice that He makes a point to say that while resting he also took the time to appreciate the "good" done that week. Rest does not just mean sleep, it can also be relaxing and taking inventory of what went right and wrong that week and what we can do about it. Sunday is a great day to be extra mindful. Look up the definition of *sanctify* and discuss.

Friday - Read Abraham 4. Journal some of the "good" things God created that you're grateful for.

Sunday - Read Abraham 5. Discuss lessons had at church and review the word of the week.