

## Come Follow Me -Old Testament

Week 3 - Jan 10 - 16

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

FHE Read Genesis 3. Why is it better to "know good and evil"? Play the "Right or Wrong" game using the smiley faces (see attached papers)

Tuesday - Read Genesis 4.

Wednesday - Read Moses 4. Read the section from the CFM manual titled *What does it mean that Adam was to "rule over" Eve?*

Thursday - Read Moses 5:5-9. What has God given us to help us think of the Savior? Watch "Because of Him" video found in the CFM primary manual "Teaching Older Children". Read Moses 5:16-34. How can we better be our "brother's keeper"?

Friday - Read Moses 4:1-4. What do we learn about agency? Why is it so important to God's plan and why does Satan want to destroy it?

Sunday - What did Adam and Eve sacrifice after leaving the Garden of Eden? What did this symbolize? Journal things we "sacrifice" to show our commitment. Discuss lessons had at church and review the word of the week.

## Right or Wrong

Cut out the smiley faces on the following page and glue them to a popsicle stick. If you don't have a popsicle stick you can just cut them out and have them pick up the one that applies to the scenario you read. As you read a scenario of the kids flip to the smiley face if it is a good choice that will lead to happy consequences and flip to the sad face if it is a negative choice that will lead to negative consequences.

It's important to note that some of these things can be the "wrong" choice in certain situations and the "right" choice in others. For example, one scenario is staying in your room to avoid helping with chores or dinner prep. We will discuss with our kids the importance of intentions for this one. If you are doing it to just not be helpful, that's not cool in our house. If you are taking some time to yourself for your mental well being, to cool down from an argument with siblings, or because you are needing to finish homework or studying then that's ok! We're using this lesson as a way to remind the kids that sometimes the "right or wrong" is very clear, it's always right or wrong (such as stealing) but other times it is dependent on other factors including intentions. A phrase used frequently in our house: INTENTIONS MATTER. Of course you could also choose to use none of the scenarios we used and come up with your own that work better for your family. Our scenarios:

- ☀ You stole a candy bar at the store when no one was looking
- ☀ You did your chore without being asked
- ☀ You stand up for someone being teased for what they believe in
- ☀ You went to church even though you were up late the night before and really weren't in the mood for it
- ☀ You invite a sibling to come play with you after noticing they are sad
- ☀ You hide in your room to avoid helping with dinner
- ☀ You are hanging out with friends when they start to gossip and you join in to avoid feeling left out
- ☀ You fill dad's cup of water for him while he is in a meeting
- ☀ You are overwhelmed during a test so you cheat off of your neighbor so you can just hurry and finish
- ☀ You start to have bad, negative thoughts so you turn on uplifting music and write in your gratitude journal

