

Come Follow Me - Old Testament
Week 18 : Apr 25 - May 1 ~ Exodus 24; 31-34

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

FHE - At the beginning of this year we talked about keeping the sabbath day holy and being more mindful on Sundays. How do you feel you are doing with that? Are we being intentional with how we spend the sabbath? Watch the 2 videos on the sabbath found in the primary CFM manual and discuss. Recommit, if needed, to making Sunday special and different than any other day of the week. Pay attention to the blessings that come as we do that or discuss any that we have noticed so far.

Tuesday - Read and discuss the section "My covenants show my willingness to obey God's law" in the CFM manual.

Wednesday - Read and discuss the section "Sin is turning away from God, but He offers a way back" in the CFM manual. What could be our "golden idol" distracting us from God? How do we avoid this? Refer to sabbath day being a day of reflection/mindfulness to help us get back on track each week if needed.

Thursday - Read Exodus 34.

Friday - Read and discuss the section "What was the difference between the two sets of stone tables Moses made?" in the CFM manual.

Sunday - Read Exodus 33:14-15. Journal a time you have felt what God promised Moses: "My presence shall go with thee, and I will give thee rest". Listen to the song "I Need Thee Every Hour" and journal thoughts/impressions. Take some time to reflect on the pros and cons of this week and what you would like to do differently next week. Review the word of the week and discuss lessons from church that day.