

Come Follow Me - Old Testament

Week 21 : May 16 - May 22 ~ Deuteronomy 6-8; 15; 18; 29-30; 34

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

FHE - Read the first paragraph of "The Lord wants me to love Him with all my heart" in the CFM manual. As we read these verses think of what you can do to show unconditional love to HF and of what HE does to show unconditional love to us. Read the vs from the section in CFM and discuss. Give everyone cut out hearts and do activity attached below.

Tuesday - Read and discuss the section "Beware lest thou forget the Lord" in the CFM manual.

Wednesday - Read and discuss the section "Helping the needy involves generous hands and willing hearts" in the CFM manual.

Thursday - Read and discuss the section "Jesus Christ is the Prophet who would be raised up like unto Moses" in the CFM manual.

Friday - Read and discuss the section "What happened to Moses?" In the CFM manual.

Sunday - Do something to help your family members feel special, such as preparing a favorite food. Then read Deuteronomy 7:6-9 and discuss what you feel it means to be "a special people" (vs6) to the Lord. Review the word of the week and discuss lessons from church that day.

FHE

This activity is a way to breakdown how to *show* our love for God and hopefully draw out deeper answers than just the Sunday school answers. Print enough copies of the hearts on the following page to have each family member participating receive 3 hearts each.

Review Deuteronomy 6:5 again if needed. Hand each person their 3 hearts. On one they will write "heart" in the upper corner, one they will write "soul" in the upper corner and one they will write "might".

For the heart labeled "heart" - record ways you can **emotionally** show your love for God. ie not throw tantrums when you don't get your way/stay more even tempered, be open to feedback, show how grateful you are for your talents and blessings and give credit where due for them, working on emotional maturity by being open to emotions and allowing yourself to embrace them and work through them, etc

On the heart labeled "soul" write ways you can **spiritually** show your love for Him. ie attend church, study scriptures, be open to hearing Him after prayers (pausing), allow Him to guide you rather than insisting it's done your way, etc

The heart labeled "might" is for examples of ways we can show Him our love and gratitude through our **actions**. ie service of fellowmen, God first before worldly priorities, using our talents to spread the gospel, service in the church, bearing our testimony, fasting, etc.

Discuss the difference between saying you love someone and loving someone unconditionally. One is saying with our words, one is showing with our actions and *consistently* no matter what their actions are saying in return.

Glue your hearts in your journal. You may want to add some notes outside of each heart as to how God shows you His love in each of these categories.

