

Come Follow Me - Old Testament  
Week 31 : July 25 - July 31 ~ Esther

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

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FHE - Watch the video "For Such a Time as This" found on ChurchofJesusChrist.org (link also found on the blog) Why do you think it was important to Esther to have so many fast before she went to speak with the king? Watch the video on fasting found in this week's CFM manual and discuss what you learn (video found at the end of the section titled, Fasting demonstrates my dependence on the Lord) Journal any thoughts or impressions that have come to you during this discussion.

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Wednesday - Watch "Queen Esther" found in Old Testament Stories or in the CFM manual on the Gospel Library app. Read the first paragraph of the section The Lord can make me an instrument to bless others. found in the CFM manual for this week. How has the Lord guided your life? How does He continue to guide you? Discuss patriarchal blessings and read ours to the kids. How do these help us know the work the Lord has for us to do?

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Friday - Read and discuss "Pride and anger can lead to downfall" in the CFM manual

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Sunday - The definition of courage is "the ability to do something that frightens one" and "strength in the face of pain or grief". How did Esther set a great example of what it takes to have courage? How can we have courage? What are some scenarios we may find ourselves in where we may need courage? Read Esther 4:16. Notice the ending, Esther says "...and if I perish, I perish". How might we use this phrase in some of the scenarios we may find ourselves in in these latter days? ie "If I lose friends, I lose friends", "If I lose my job, I lose my job", "If they judge me, they judge me" etc. Review the word of the week and discuss lessons from church that day.