

## Come Follow Me - Old Testament

Week 34 : Aug 15 - Aug 21 ~ Psalms 49-51; 61-66; 69-72; 77-78; 85-86

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

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FHE - Read Psalm 51:17. What does it mean to have a broken heart and contrite spirit? Broken: fractured OR despairing. Contrite: expressing remorse. That does not mean God wants us to always feel that way but He knows it is necessary at times to "come unto Him". Use an Easter egg to demonstrate a broken heart. What can come out of the heart at this time? (shame, sorrow, regret, etc) However, now that the heart is open, what can enter or be put back in? (hope, love, strength, faith, etc) You can use items spilling out of the heart (such as dried beans) and then something delicious (such as m&ms being put in. Song: I Need Thee Every Hour

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Tuesday - Read and discuss "Redemption comes only through Jesus Christ" in the CFM manual

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Wednesday - Read and discuss the section, "Because of the Savior's mercy, I can be forgiven of my sins" in the CFM manual

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Thursday - Read and discuss the section in the CFM manual title, "My testimony of Jesus Christ can help others come unto Him"

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Friday - Read and discuss "The Lord will help me in my time of urgent need" in the CFM manual.

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Sunday - Read Psalm 85:11 and watch the video "Preparation of Joseph Smith: Tutored by Heaven" found on ChurchofJesusChrist.org or towards the bottom of this weeks section in the CFM manual on the Gospel Library app. Review the word of the week and discuss what you learned in classes today at church.