

## Come Follow Me - Old Testament

Week 35 : Aug 22 - Aug 28 ~ Psalms 102-103; 110; 116-119; 127-128;  
135-139; 146-150

Monday - Read the introduction for this week's CFM. Introduce word of the week and discuss.  
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FHE - Read Psalm 119:105. Turn all the lights off. What in our life is like this darkness? Turn on one small light; this light represents reading our scriptures. Turn on a second small light; this light represents saying our prayers. Turn on an additional light; this light is our church attendance. Continue this with similar examples until many lights are on and the room/house is full of light . How does staying close to the Savior and His words keep our life full of light and peace? Song: Teach Me to Walk in the Light  
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Tuesday - Read and discuss "The Lord can comfort me in my suffering" in the CFM manual  
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Wednesday - Read and discuss the section, "The Psalms can point me to the Savior" in the CFM manual  
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Thursday - Read Psalms 127-128 What does it mean for the Lord to help us "build [our] house"? (Psalm 127:1). How can we better involve Him in our efforts to create a righteous home? To help your family answer this question, you might draw a house on a piece of paper and cut it into puzzle pieces. On the back of each piece, family members could write ways to make the Lord part of your home. Then you could put the puzzle [back] together.  
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Friday - Why is it important to praise Him? What are ways you can praise Him?

Sunday - Read Psalm 139:1-4. How have you come to know that God knows you personally? Journal thoughts or impressions. Review the word of the week and discuss what you learned in classes today at church.