

Come Follow Me - Old Testament
Week 7: Feb 13-19 ~ Matthew 5; Luke 6

Monday - Read the introduction for this week's CFM.

FHE - Watch "Sermon on the Mount: The Beatitudes." (linked) Which principles taught could help our home be a happier place? Which could help our home feel more peaceful? How can we commit to working on attaining these attributes? What goals can we set? How will we follow up? _____.

Tuesday - Eat some food not seasoned with salt. (options: eggs, popcorn, avocado, fries, etc) Now eat the same food seasoned with salt. What difference do we notice? Read Matthew 5:13. What does it mean to be "the salt of the earth"? How can we do this? Read and discuss "Ye are the salt of the earth" in the CFM manual.

Wednesday - Read and discuss the first 2 paragraphs of the section "The law of Christ supersedes the law of Moses." As you read Matthew 5:17-48 and Luke 6:27-35 point out how doing more than the bare minimum is a good habit to be in and brings greater joy.

Thursday - Yesterday we talked about Jesus introducing the higher law. Lets review, why do you think the Savior's way is a higher law? Read and discuss the final paragraph in the section "The law of Christ supersedes the law of Moses" in the CFM manual. Watch "Sermon on the Mount: The Higher Law" (linked)

Friday - Matthew 5:48 and read and discuss "Does Heavenly Father really expect me to be perfect?" in the CFM manual. Listen to "Be Ye Therefore Perfect—Eventually" by Jeffrey R. Holland (linked)

Sunday - Explore some of the sources of light in your home, your neighborhood, and the world. (street lights, lighthouse, porch lights, headlights, etc) What would happen if those lights were shut off? What happens if we cover a light in our home? Turn it off? Read Matthew 5:14-16. Who has been a light for our family? How can we be a light for others? Watch The Chosen. Read the Beginner's Bible.
