

Come, Follow Me Activities

For home evening or scripture study—
or just for fun!

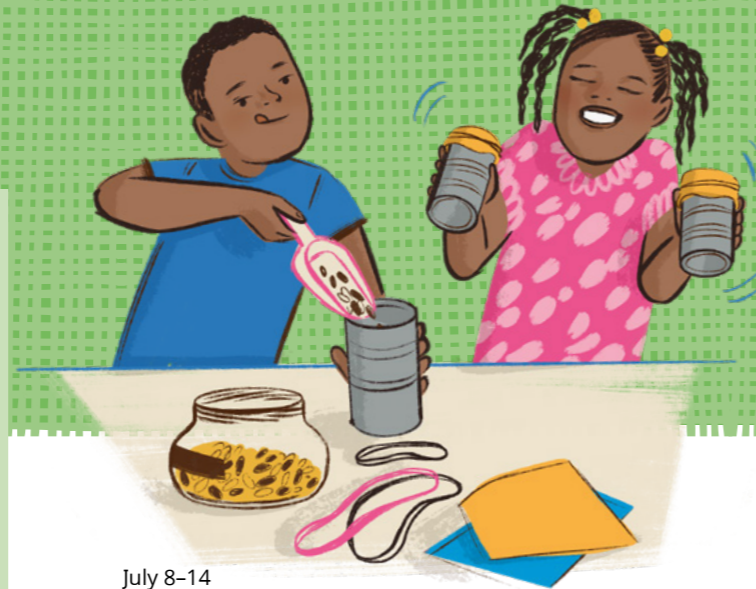
July 1–7

Plan of Happiness Craft

FOR ALMA 17–22

Aaron and Ammon both taught about Heavenly Father’s plan of happiness. They called it the plan of redemption (see Alma 18:36–39 and Alma 22). Turn to page 12 to make your own plan of happiness craft.

For younger children: Find a picture of your child as a baby. Point out ways they have grown since they were a baby! Then talk about how we are on earth to grow as part of Heavenly Father’s plan.



July 8–14

Instruments in God’s Hands

FOR ALMA 23–29

Ammon said to his brothers, “We have been made instruments in the hands of God to bring about this great work” (Alma 26:3). Gather objects you can use to make music. Then make up beats and songs. Just like we use instruments to make music, God can use us to help build Jesus Christ’s Church.

For younger children: Make a simple obstacle course. Practice going through it! Then remove the obstacles and try again. Explain how the king of the Lamanites removed obstacles when Ammon and his brothers wanted to teach the gospel in his land (Alma 23:3).

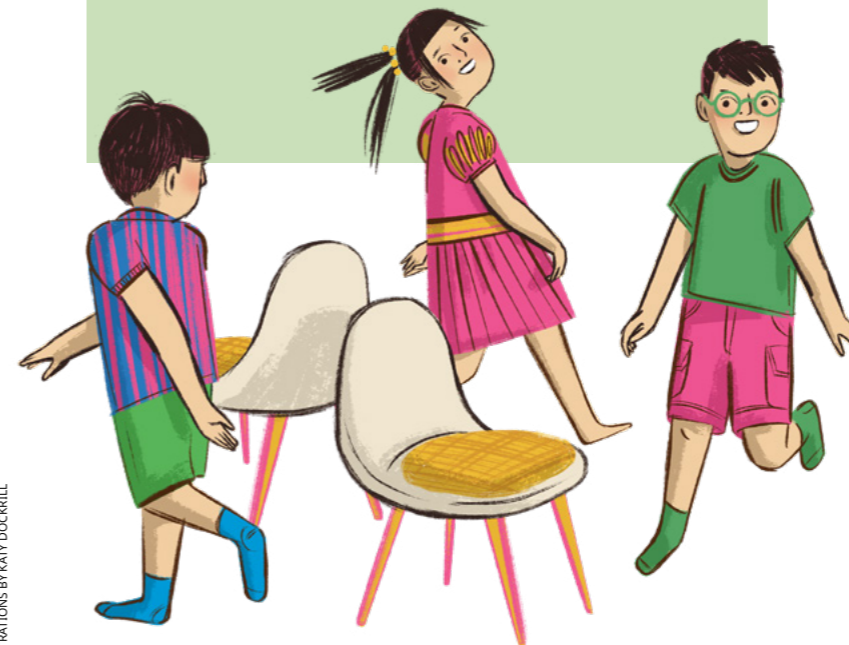
July 15–21

Musical Chairs Reminder

FOR ALMA 30–31

Alma taught that “all things denote there is a God” (Alma 30:44). That means that everything God created can remind us of Him. Set up chairs in a circle with enough chairs for everyone but one person. Have someone play music and choose when it pauses. When the music stops, everyone else sits on a chair. The person who doesn’t have a chair shares one thing that reminds them of God. Keep going until everyone has a turn.

For younger children: Walk around your home or outside. Look for things that help you feel happy and remind you of Heavenly Father.



ILLUSTRATIONS BY KATY DOCKRILL



July 22–28

Growing Your Testimony

FOR ALMA 32–35

Alma taught that when you listen to the word of God and do things to show your faith, your testimony will grow, like a tree (see Alma 32:37). Draw things you can do to help a tree grow, like giving it water and sunshine. Then draw things you can do to help your testimony grow, like going to church and praying.

For younger children: Sing “Faith” (*Children’s Songbook*, 96). While you sing, do actions to show a seed growing big and tall. Talk about growing your testimony.