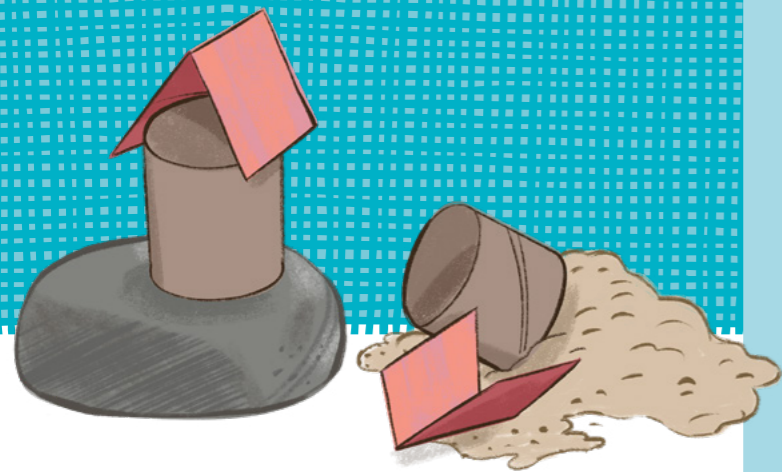


Come, Follow Me Activities

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



August 26–September 1

Strong Foundations

FOR HELAMAN 1–6

Helaman taught his sons to build their lives on the strong foundation of Jesus Christ (see Helaman 5:12). A foundation is what something is built on. A strong foundation makes the whole building strong, even through storms. Build two towers—one on a strong foundation and one on a weak foundation. Which tower is more stable? How can we build our lives on Jesus Christ?

For younger children: Help your little ones find something they think is really strong. What did they find? Teach that we can be strong with Jesus Christ.



September 2–8

Testimony of Christ

FOR HELAMAN 7–12

Many people in the scriptures taught and testified of Jesus Christ (see Helaman 8:16–20). You can start building your testimony of Him too! A testimony is something you believe or know is true about Heavenly Father and Jesus Christ. Write down your testimony and practice sharing it with your family or friends.

For younger children: Ask your little ones what they love about Jesus Christ. Then share your testimony of the Savior with them.



September 9–15

Samuel Climbing the Wall

FOR HELAMAN 13–16

Samuel was a prophet who taught about Jesus Christ on top of a city wall (see Helaman 13:4). Go to page 12 and make the craft to help you tell Samuel's story.

For younger children: Hold your little ones while they stand on a chair and share what they know about Jesus Christ, like Samuel did.



ILLUSTRATIONS BY KATY DOCKRILL

September 16–22

Gathering Game

FOR 3 NEPHI 1–7

Jesus Christ promised He would gather all His children because He loves everyone and wants them to have the gospel (see 3 Nephi 5:24). Play a game about gathering. Have players stand in a circle. One person in the middle says a fact about themselves, like their favorite color. If that fact is true for anyone else, they come to the middle too. Keep going till everyone is gathered in the middle.

For younger children: Play hide and seek with your little ones. Give them a big hug when you find them. Talk about how Jesus Christ promises He'll gather us no matter where we are.



September 23–29

Jesus Is the Light

FOR 3 NEPHI 8–11

Jesus Christ is “the light and the life of the world” (3 Nephi 9:18). Watch a sunrise or sunset with your family. Then draw a picture of what you saw. While you draw, talk about reasons you love Jesus Christ and how He brings you light.

For younger children: Go outside and look at different lights, like the sun, the stars, or the moon. Ask your little ones how the light makes them feel. Talk about how Jesus Christ is our light.