

These ideas go along with Come. Follow Me-for Individuals and Families each week.





For Mormon 7-9





Sing "Book of Mormon Stories" (Children's Songbook, 118–19).

Mormon and Moroni knew that the Book of Mormon would be very important for us someday (see Mormon 7:9; 8:14). Our prophet today, President Nelson, has taught that it's worth more than any treasure (see "The Precious

Book of Mormon," Friend, Jan. 2020, 2).

Time for a treasure hunt! Have someone in your family hide a copy of the Book of Mormon and leave clues to help everyone else find it. Share why the Book of Mormon is a

treasure for you!



Sing "Choose the Right Way" (Children's Songbook, 160-61).

The brother of Jared helped his family travel to the promised land. He asked the Lord to touch 16 stones so they could have light in their barges (see Ether 2-3).

Use the activity on page 24 to make rock art that tells the story of the brother of Jared. Take pictures of your art and send them to us for Show and Tell!



TREAT TIME

Green Pita Pizzas



Spread some olive oil on pieces of whole-wheat pita bread. Then top with chopped spinach, shredded mozzarella, and a sprinkle of garlic salt.



Microwave for 1 minute or until cheese is melted.

Fro-Yo Sandwich



Place a scoop of softened frozen yogurt between 2 graham crackers. Roll edges in chocolate chips and freeze until firm.

Saying "Thank You"

For Ether 6-11



Sing "I Thank Thee, Dear Father" (Children's Songbook, 7).

When the brother of Jared and his family made it to the promised land, they sang and prayed to say thank you to Heavenly Father (see Ether 6:9).

You can be thankful too! Read "120 Happy People" on page 8 and write thank-you notes to people you feel grateful for. How many notes can you send this week?

Draw Your Story

For Ether 12-15



Sing "Faith" (Children's Songbook, 96–97).

Moroni wrote about people in the scriptures who were able to do hard things because they had faith (see Ether 12:12–22).

Can you think of a time when your faith in Jesus Christ helped you do something hard? Draw a cartoon about it, like the story on page 22! Then share it with us at the *Friend*.

HEY, PARENTS AND LEADERS!

Here are some things to look for in 2021:



Church history cards



A worldwide invitation to help like Jesus



Stories of pioneers from around the world

