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These ideas go along with *Come, Follow Me—* for *Individuals and Families* each week.

# Listen and Lead

Sing "I Am a Child of God" (Children's Songbook, 2–3).

Jesus said, "Be thou humble; and the Lord thy God shall lead thee by the hand, and give thee answer to thy prayers" (Doctrine and Covenants 112:10).

Heavenly Father wants to help us!

Make an obstacle course with objects outside or inside your home.

Have one person wear a blindfold.

Have another person take their hand and lead them carefully through the obstacle course.

Take turns leading and following.



### The Church's Name

**FOR DOCTRINE AND COVENANTS 115-120** 

**Sing** "The Church of Jesus Christ" (*Children's Songbook,* 77).

**Jesus** said His Church would be called The Church of Jesus Christ of Latter-day Saints (see Doctrine and Covenants 115:4). You can read more about the name of the Church on page 42.

**Pretend** that one of you has never heard of the Church before. Take turns sharing what you believe and practice saying the full name of the Church.

The Church of Jesus Christ of **Latter-day Saints** 

### **Good Hearts**

**FOR DOCTRINE AND COVENANTS 124** 

Sing "Have I Done Any Good?" (Hymns, no. 223).

**Jesus** is happy when we try to do good (see Doctrine and Covenants 124:15-21).

**Cut** out paper hearts and draw yourself doing a good thing on each one. Each day this week, pick a heart and do what the drawing shows.



## Growing Stronger

**FOR DOCTRINE AND COVENANTS 121-123** 

Sing "I Feel My Savior's Love" (Children's Songbook, 74–75).

**Hard** times don't last forever. Heavenly Father and Jesus can bless and help us (see Doctrine and Covenants 121:7-8).

**Take** turns lifting something heavy. Talk about how lifting that load is like going through a hard time. How can trials make us stronger and help us grow? Now lift the object with

> someone else's help. Remind everyone that Jesus Christ helps us carry our load.

