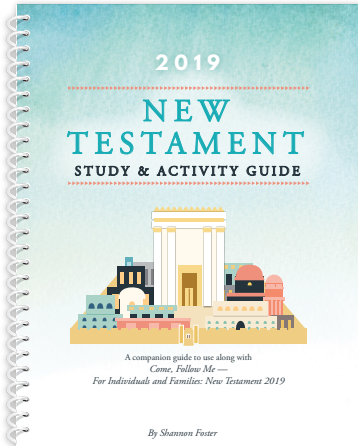




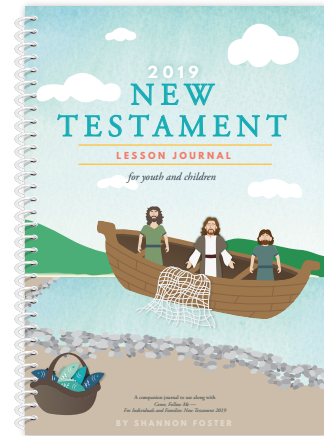
MORE COME, FOLLOW ME HELPS

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COMPANION STUDY & ACTIVITY GUIDE

This New Testament study guide has been designed to help you truly study the New Testament and plan your family scripture lessons in 2019. This is a companion guide for *Come, Follow Me – For Individuals and Families: New Testament 2019*.



COMPANION JOURNAL FOR CHILDREN AND YOUTH

This journal for youth and children follows the dates, topics, and scripture chapters found in *Come, Follow Me – For Individuals and Families: New Testament 2019*. It has quick tips on each chapter and is a wonderful place for children to keep a record of what they are learning throughout the year.



WEEKLY LESSON KITS

If you find that you are looking for help to teach a particular lesson to your family or class, we will have beautiful and meaningful kits to assist you. Each kit is a digital download that you can easily print from home. Filled with study pages (that will help you become an expert on the scriptures), learning activities, scripture art prints, coloring pages, scripture marking activities, etc., there are helps for every age.



SUBSCRIPTION OPTION

A monthly subscription option is available for those who would like to have access to all of our weekly scripture helps. You will always have the current and following week's scripture kit in your account. Then, just download, print, and go!



Ideas

TO IMPROVE YOUR PERSONAL SCRIPTURE STUDY

“As we read and ponder the scriptures, we will experience the sweet whisperings of the Spirit to our souls. We can find answers to our questions. We learn of the blessings which come through keeping God’s commandments. We gain a sure testimony of our Heavenly Father and our Savior, Jesus Christ, and of Their love for us. When scripture study is combined with our prayers, we can of a certainty know that the gospel of Jesus Christ is true. ... As we remember prayer and take time to turn to the scriptures, our lives will be infinitely more blessed and our burdens will be made lighter”

PRESIDENT THOMAS S. MONSON

(“We Never Walk Alone,” Ensign or Liahona, Nov. 2013, 122).



LOOK FOR TRUTHS ABOUT JESUS CHRIST

The scriptures teach us that all things testify of Christ (see 2 Nephi 11:4; Moses 6:63), so look for Him in the events, stories, and teachings of the New Testament. Consider noting or marking verses that teach about the Savior and how to follow Him.



LOOK FOR INSPIRING WORDS AND PHRASES

You may find that certain words and phrases in the scriptures impress you, as if they were written specifically for you. They may feel personally relevant and inspire and motivate you. Consider marking them in your scriptures or writing them in a study journal.



LOOK FOR GOSPEL TRUTHS

Sometimes gospel truths (often called doctrine or principles) are stated directly, and sometimes they are implied through an example or story. Ask yourself, “What eternal truths are taught in these verses?”



LISTEN TO THE SPIRIT

Pay attention to your thoughts and feelings, even if they are unrelated to what you are reading. Those impressions may be the very things that your Heavenly Father wants you to learn.



LIKEN THE SCRIPTURES TO YOUR LIFE

Consider how the stories and teachings you are reading apply to your life. For example, you could ask yourself, “What experiences have I had that are similar to what I am reading?” or “How can I follow the example of this person in the scriptures?”



ASK QUESTIONS AS YOU STUDY

As you study the scriptures, questions may come to mind. These questions might relate to what you are reading or to your life in general. Ponder these questions and look for answers as you continue studying the scriptures.



USE SCRIPTURE STUDY HELPS

To gain additional insights into the verses you read, use the footnotes, the Topical Guide, the Bible Dictionary, the Guide to the Scriptures (scriptures.lds.org), and other study helps.



RECORD YOUR THOUGHTS AND FEELINGS

There are many ways to record the impressions that come as you study. For example, you could mark a meaningful word or phrase and record your thoughts as a note in your scriptures. You could also keep a journal of the insights, feelings, and impressions you receive.



STUDY THE WORDS OF LATTER-DAY PROPHETS AND APOSTLES

Read what latter-day prophets and apostles have taught about the principles you find in the scriptures (for example, see conference.lds.org and Church magazines).



SHARE INSIGHTS

Discussing insights from your personal study is not only a good way to teach others, but it also helps strengthen your understanding of what you have read.



LIVE BY WHAT YOU LEARN

Scripture study should not only inspire us—it should lead us to change the way we live. Listen to what the Spirit prompts you to do as you read, and then commit to act on those promptings.



TO IMPROVE YOUR FAMILY SCRIPTURE STUDY

Regular family scripture study is a powerful way to help your family learn the gospel. How much and how long you read as a family is not as important as being consistent in your efforts. As you make scripture study an important part of your family life, you will help your family members come closer to Jesus Christ and build their testimonies on the foundation of His word. Consider the following questions:

How can you encourage family members to study the scriptures on their own?

What can you do to encourage family members to share what they are learning?

How can you emphasize the principles you are learning in the New Testament in everyday teaching moments?

Remember that the home is the ideal place for gospel learning. You can learn and teach the gospel at home in ways that are not possible in a Church class. Be creative as you think of ways to help your family learn from the scriptures. Use some of the following ideas to enhance your family scripture study:

“Each family prayer, each episode of family scripture study, and each family home evening is a brushstroke on the canvas of our souls. No one event may appear to be very impressive or memorable. But just as the yellow and gold and brown strokes of paint complement each other and produce an impressive masterpiece, so our consistency in doing seemingly small things can lead to significant spiritual results”

ELDER DAVID A. BEDNAR

(“More Diligent and Concerned at Home,” *Ensign* or *Liahona*, Nov. 2009, 19–20).



SHARE MEANINGFUL SCRIPTURES

Give family members time to share scripture passages that they have found meaningful during their personal study.



USE YOUR OWN WORDS

Invite family members to summarize in their own words what they learn from the scriptures you study.



APPLY THE SCRIPTURES TO YOUR LIFE

After reading a scripture passage, ask family members to share ways the passage applies to their lives.



ASK A QUESTION

Invite family members to ask a gospel question, and then spend time looking for verses that can help answer the question.



DISPLAY A SCRIPTURE

Select a verse you find meaningful, and display it where family members will see it often. Invite other family members to take turns selecting a scripture to display.



MAKE A SCRIPTURE LIST

As a family, choose several verses that you would like to discuss during the coming week.



MEMORIZE SCRIPTURES

Select a scripture passage that is meaningful to your family, and invite family members to memorize it by repeating it daily or playing a memorization game.



SHARE OBJECT LESSONS

Find objects that relate to the chapters and verses that you are reading as a family. Invite family members to talk about how each object relates to the teachings in the scriptures.



PICK A TOPIC

Let family members take turns choosing a topic that the family will study together. Use the Topical Guide, the Bible Dictionary, or the Guide to the Scriptures (scriptures.lds.org) to find scripture passages about the topic.



DRAW A PICTURE

Read a few verses as a family, and then allow time for family members to draw something that relates to what you read. Spend time discussing one another's drawings.



ACT OUT A STORY

After reading a story, invite family members to act it out. Afterward, talk about how the story relates to the things that you are experiencing individually and as a family.



FOR TEACHING **YOUNG** CHILDREN

“Parents must bring light and truth into their homes by one family prayer, one scripture study session, one family home evening, one book read aloud, one song, and one family meal at a time. They know that the influence of righteous, conscientious, persistent, daily parenting is among the most powerful and sustaining forces for good in the world. The health of any society, the happiness of its people, their prosperity, and their peace all find common roots in the teaching of children in the home.”

ELDER L. TOM PERRY

April 2010 General Conference

“It will take time and effort to teach children, but we must not become distracted or give up. Our children so need the fulfillment of the promise ‘and great shall be the peace of thy children.’ Let no child wonder if he or she is loved by Heavenly Father and Jesus Christ. Let all children know who they are, what they are to do, and who they can become.”

SISTER COLEEN K. MENLOVE

April 2005 General Conference



LISTEN TO OR ACT OUT A STORY

Young children love stories—from the scriptures, from your life, from Church history, or from Church magazines. Look for ways to involve them in storytelling. They can hold pictures or objects, draw pictures of what they are hearing, act out the story, or even help tell the story. Help your children recognize the gospel truths in the stories you share.



READ A SCRIPTURE

Young children may not be able to read very much, but you can still engage them in learning from the scriptures. You may need to focus on a single verse, key phrase, or word. They may even be able to memorize short phrases from the scriptures if they repeat them a few times. As they hear the word of God, they will feel the Spirit.



LOOK AT A PICTURE OR WATCH A VIDEO

When you show your children a picture or video related to a gospel principle or scripture story, ask them questions that help them learn from what they are seeing. For example, you could ask, “What is happening in this picture or video? How does it make you feel?” The Gospel Library app, Biblevideos.lds.org, medialibrary.lds.org, and children.lds.org are good places to look for pictures and videos.



SING

Hymns and songs from the Children’s Songbook teach doctrine powerfully. Use the topics index at the back of the Children’s Songbook to find songs that relate to the gospel principles you are teaching. Help your children relate the message of the songs to their lives. For example, you might ask questions about words or phrases in the lyrics. In addition to singing, your children can perform actions that go with the songs or listen to the songs as background music while they are doing other activities.



CREATE

Children can build, draw, or color something related to the story or principle they are learning.



PARTICIPATE IN OBJECT LESSONS

A simple object lesson can help your children understand a gospel principle that is difficult to comprehend. When using object lessons, find ways to let your children participate. They will learn more from an interactive experience than from just watching a demonstration.



ROLE-PLAY

When children role-play a situation they will likely encounter in real life, they are better able to understand how a gospel principle applies to their lives.



REPEAT ACTIVITIES

Young children may need to hear concepts multiple times to understand them. Don’t be afraid to repeat stories or activities often. For example, you might share a scripture story several times in different ways—reading from the scriptures, summarizing in your own words, showing a video, letting your children help you tell the story, inviting them to act out the story, and so on.