

Come Follow Me FHE

# About This Download

## PRINTING

The majority of our downloads are formatted to print on 8.5x11" paper unless otherwise noted. You may print at home or a local print shop. We recommend using a recent version of Adobe Acrobat PDF Reader to view and print your files. It is available for free online. If you run into problems with pages being cut off, select "fit to page" in your print dialogue box to make sure it fits on your page correctly.

To print large page sizes (anything larger than 8.5x11"), we recommend going to a local print shop like Kinko's, Staples, AlphaGraphics, etc. and ask them to print your file as a black and white "engineer print" or "blueprint." These larger prints are big, fun and fairly inexpensive.

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# Go & Do Family Activity

## My testimony of Jesus grows as I nourish it.

Alma 32:17-43

Alma taught the Zoramites about faith. He explained that “Faith is not a perfect knowledge of things... If ye have faith ye hope for things which are not seen, which are true.” We have faith that Jesus is real even though we can’t see Him. That is what faith is, believing things that you can’t see, but are still true. Alma taught us that faith can grow just like a small seed. You start with a desire to believe and then that tiny faith can grow until you have great faith. Just like a small seed and be planted and grow into a large tree our faith can grow and become like a big tree with lots of fruit.

Show your family a plant or a picture of a plant. Ask them “How do we care for this plant so it will grow?” Give them time to think about the question and each give their answer. Acceptable answers would include: it needs soil, sun, and water. Explain that just like the plant needs to be taken care of we must take care of our testimonies.

















As a family read Alma 32:17-43. As you get to Alma 32:21 stop and use the Break the Code for this verse. For younger children, focus on 32:21, 26-35 or a verse that stands out to you personally. Explain that there are things we can do to help nourish our testimony or to have a “good seed” as it says in Alma 32:30. Use the Faith Seed Sort to lead a discussion about what you can do to help make sure your testimony is nourished and taken care of. Have a wiggle break and sing “Faith” (Children’s Songbook, pg 96). Make up actions to the song together to help your children remember the words and messages in the song.

















Feel free to use the hands-on activity to plant seeds in a new fun way! Explain to your children that if we take care of the seed we planted every day it will grow into something beautiful. When we take care of our testimonies they will grow into something beautiful too.

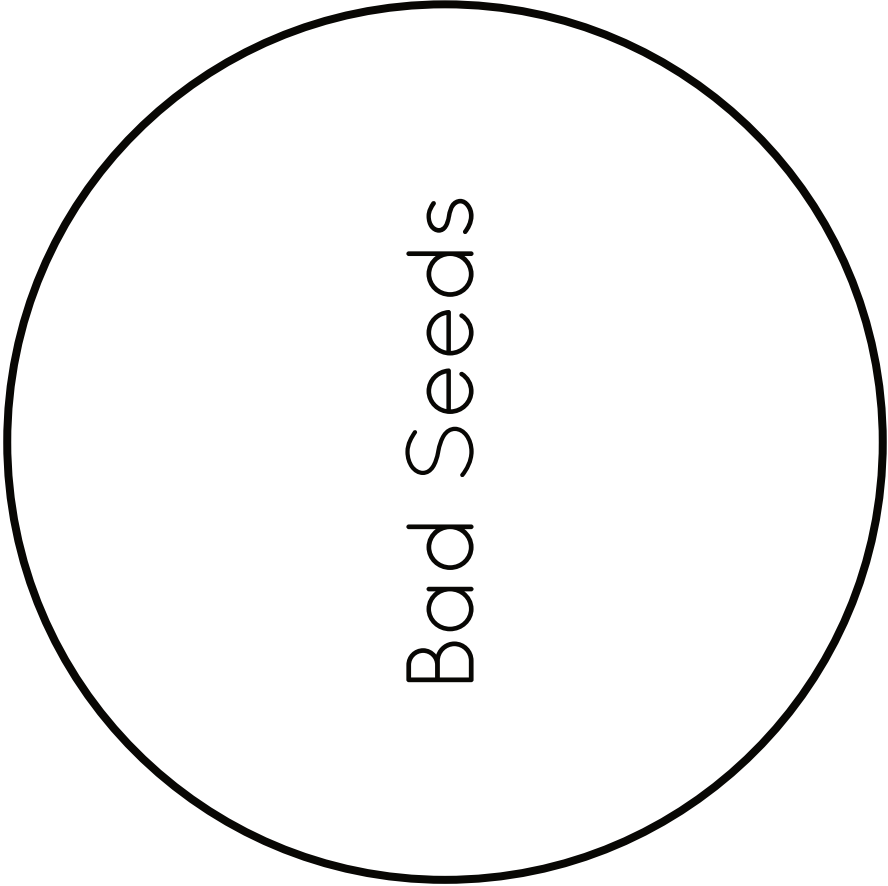
# Seed Sort Instructions

Alma 32

1. Print out both pages.
2. Cut out the seed strips and fold in half on the dotted line so the seed and illustrations are both facing outward. Glue the insides of the strip together like a card.
3. Leave the good seed, bad seed paper the way it is, or cut out the circles and place them in a bowl.
4. Mix up the good and bad seed strips and have your children draw them out of a hat or bowl. Once drawn, let them decide which circle the seed should go into. You can discuss each action as you place them in the corresponding bowl.

	Reading the scriptures 
	Praying daily 
	Going to church 
	Following the spirit 
	Choosing good friends 
	Paying my tithing 
	Helping in my community 
	Helping my family 



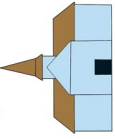





	Refusing to help 
	Not sharing toys 
	Telling lies 
	Hurting my community 
	Choosing the wrong 
	Stealing 
	Hurting others 
	Saying mean things 











Bad Seeds



Good Seeds

	Reading the scriptures
	Praying daily
	Going to church
	Following the spirit
	Choosing good friends
	Paying my tithing
	Helping in my community
	Helping my family

	Refusing to help
	Not sharing toys
	Telling lies
	Hurting my community
	Choosing the wrong
	Stealing
	Hurting others
	Saying mean things