

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.

If the staff at your print shop asks you about your rights to reproduce this work, you will find a copyright release below. Or you can tell them you downloaded these files for personal use from [comefollowmefhe.com](http://comefollowmefhe.com) and they can look us up to see if you do have the rights to print the copies.

## COPYRIGHT RELEASE

Downloading this file implies you accept that it is for personal use only. You, as the subscriber, have the right to print this file as many times as you want for your family and your Primary class (not your entire ward Primary). You cannot share this file with others or email it to anyone. Please be honest in using this file. Redistributing, selling, or posting this file on the internet is strictly prohibited without first gaining permission from the author. If you are not the original subscriber, please purchase our materials before making copies.

If you need assistance, please email us at [info@comefollowmefhe.com](mailto:info@comefollowmefhe.com).



# Go & Do Family Activity

## Jesus Christ can lighten my burden.

D&C 118:1-6

As a family, discuss and give background on D&C 118. Share how leaders of the church had fallen away, and new men were called to act as counselors and in the quorum of the twelve under Joseph Smith.

Even though some members and leaders fell away from the church, this did not stop the faithful members from continuing their membership and faith in the gospel.

“Saints learned that doing God’s work doesn’t mean you never fall; it means you ‘rise again.’” -Come, Follow Me Doctrine & Covenants Manual 2021

To understand this concept, prepare the following activity for your family. Supplies are listed below.

Instructions:

1. Take a helium balloon and tie it around the ankle of each family member. Explain how the balloon will represent the early Saints/members of the church.
2. Ask family members what troubles the early Saints faced. (Examples; persecution, forced to move/leave their homes, the Prophet was being hurt, the Saints had to leave the Kirtland temple, mobs/bad men were attacking the Saints and leaders of the church)
3. As each trial and trouble is discussed, tape a penny/dime or magnet onto each balloon.
4. Continue adding penny/dime or magnet until the weight has caused the balloon to sink or no longer float.
5. Ask family members how God helped the Saints in their trials. (Examples: he continued to bless them, he allowed them to serve others, he allowed them to use the Priesthood)
6. As the blessings of God are discussed, remove the penny/dime or magnet.
7. Note how the balloon began to rise once the trials were removed and the Saints were able to rise again.

You can also do this activity using the balloon to represent each member of the family. Family members can share how their personal trials can weigh down their balloons, but through Jesus Christ, they continue to rise.

Supplies Needed:

- Balloons with helium on string/ribbon
- Scotch Tape
- Pennies/Dimes or small magnets

# Rise Again Object Lesson

DOCTRINE AND COVENANTS 118:6

## SUPPLIES

heavy magnets  
tape  
helium balloons

## INSTRUCTIONS

1. To help your family understand what is happening with the saints, we recommend reading our Church History Read Along for this section. If you don't have access to that, you can read D&C 118 before your lesson and summarize it for your family.
2. Read the introduction to this week's lesson in the Come, Follow Me manual. Emphasize the following sentence, "The Saints learned that doing God's work doesn't mean you never fall; it means you "rise again."
3. Tie a helium balloon around your ankles to keep it from floating away. The balloon will represent the saints.
4. Ask your children about different trials the saints were facing. Examples: The saints were being persecuted. The saints were being forced to leave Independence. The saints had to leave the temple. Church members were turning against the church. Mobs were attacking the saints.
5. Each time you discuss a trial, tape a magnet onto the balloon. As you tape them on, explain that these magnets represent all their trials. Continue discussing trials until the balloon starts to sink or can no longer float.
6. Discuss how God helped the saints through these trials. As you discuss, remove each of the magnets.
7. Just like the balloon was able to rise again, so were the saints.
8. Read Doctrine and Covenants 118:6.

## APPLICATION

9. Give each child a helium balloon with a long string. Tie the string around their ankles to keep it from floating away. The balloon will now represent them.
10. Let each person share trials they are going through. As each person shares their trials, tape a magnet on the balloon.
11. Discuss how God can help each of us in our trials. As you discuss, remove the magnets from the balloon.
12. As the balloon rises, remind your family, just like the balloon was able to rise again, with God's help, we too will rise again from our trials.