

Come Follow Me FHE

About This Download

PRINTING

Most of our downloads are formatted to print on 8.5x11" paper unless otherwise noted. You may print them at home or at a local print shop. We recommend using the latest version of Adobe Acrobat Reader to view and print your files. It is available for a free trial online.

If you experience issues with pages being cut off, select "Fit to Page" in your print dialog box to ensure the file prints correctly.

For larger page sizes (anything bigger than 8.5x11"), we recommend printing at a local print shop such as a UPS or FedEx store. 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 print shop staff asks about your rights to reproduce this work, refer to the copyright release below. You can also tell them you downloaded these files for personal use from comefollowmefhe.com, and they can verify printing rights there.

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Seek the Good Bag/Jar

Amos 5:4-15

As you read the scriptures in Amos (Amos 5:4-15), have your children pay attention to who and what they should seek. Help your children understand that if they seek good, the Lord will be with them. Point out the words in verse 14: "Seek good, and not evil, that ye may live: and so the Lord, the God of hosts, shall be with you..." Discuss with your family the good things they can seek and the evil, or bad things, they shouldn't seek after.

Make a "Seek the Good" bag or jar and give everyone a turn to help seek the good things.

SUPPLIES

resealable bag (quart or gallon size) or jar with lid

dry beans or rice (enough to fill your bag/jar about 3/4 full)

good and bad/evil things pictures (we recommend printing, cutting out, and laminating)

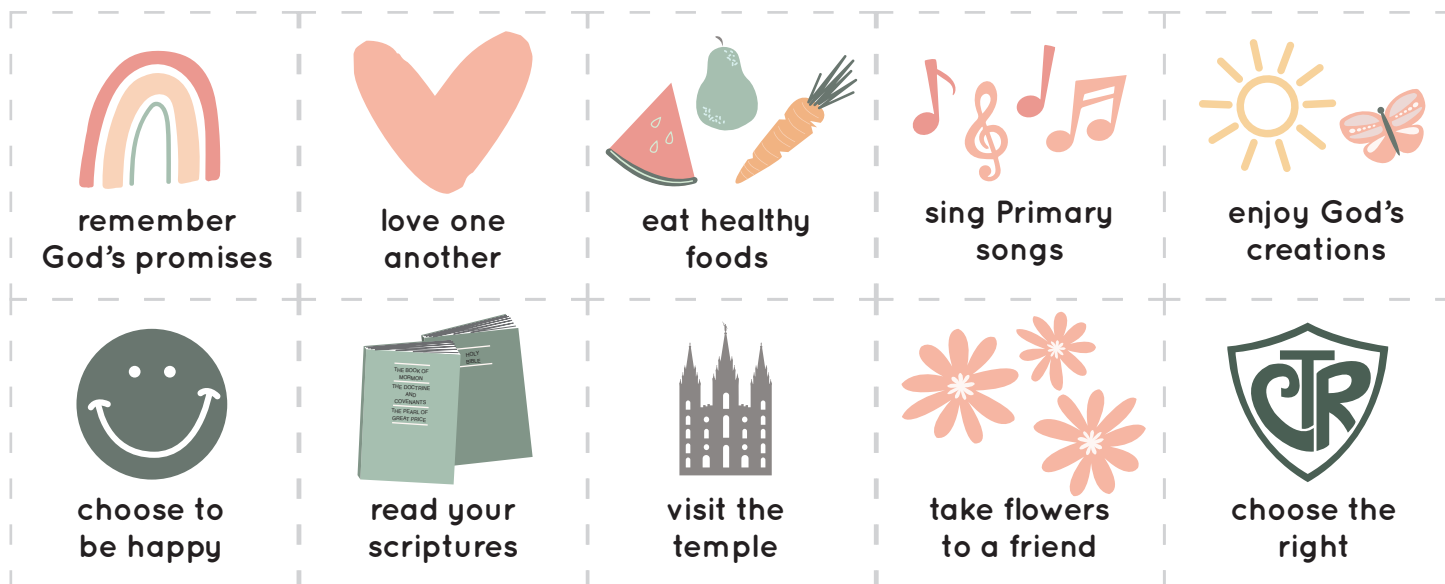
Begin by printing and cutting out the pictures for good and bad/evil things. We recommend laminating the pictures for durability. Fill your bag or jar about 3/4 of the way full with dry beans or rice. Then, place your pictures inside and shake until they are hidden. Take turns "seeking" the good things in the jar and marking them off the list as you find them.

Discuss what good things the pictures could represent. Encourage your children to make a goal to always try to seek good and not evil.



Print, cut, and then laminate the good and bad things. You may cut along the cut lines or freehand cut around each shape. Place in bag or jar filled with beans or rice.

Good Things



Bad/Evil Things



Seek Good Things

Seek all 10 good things and mark them off as you find them. Watch out for the bad/evil things!

☐

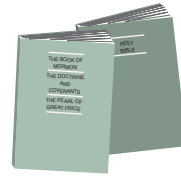
remember
God's promises

☐

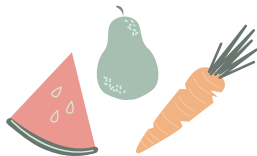
choose to
be happy

☐

love one
another

☐

read your
scriptures

☐

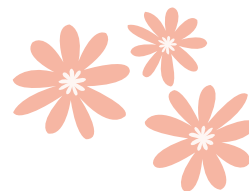
eat healthy
foods

☐

visit the
temple

☐

sing Primary
songs

☐

take flowers
to a friend

☐

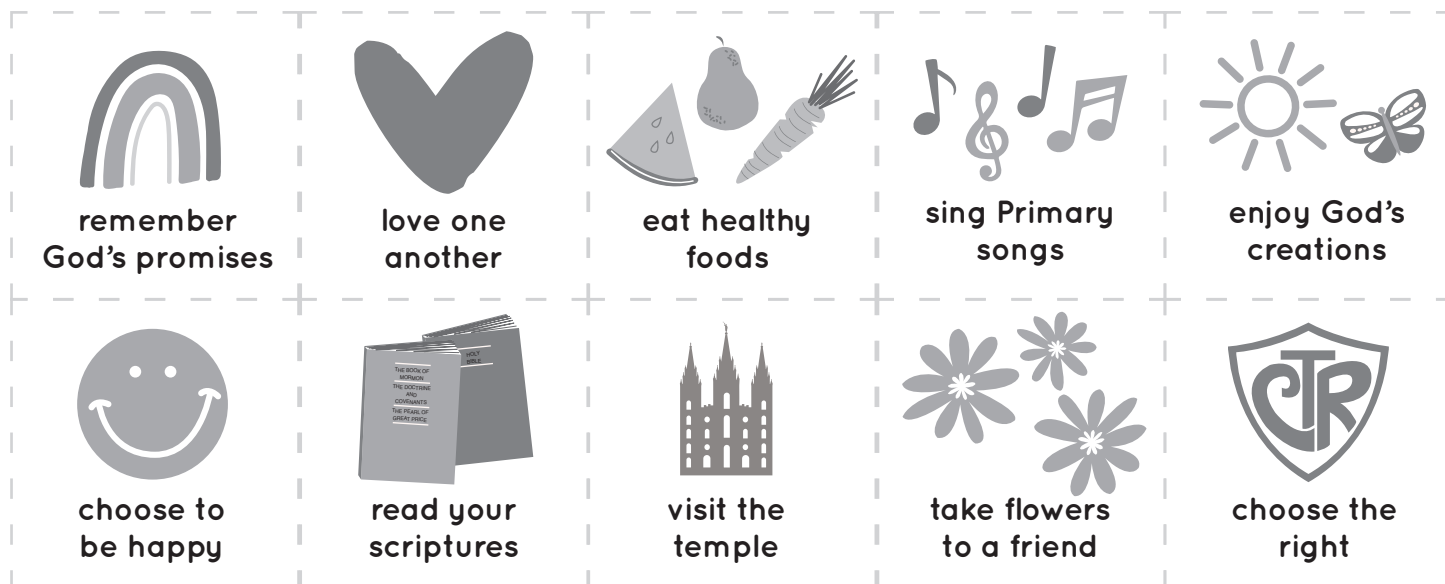
enjoy God's
creations

☐

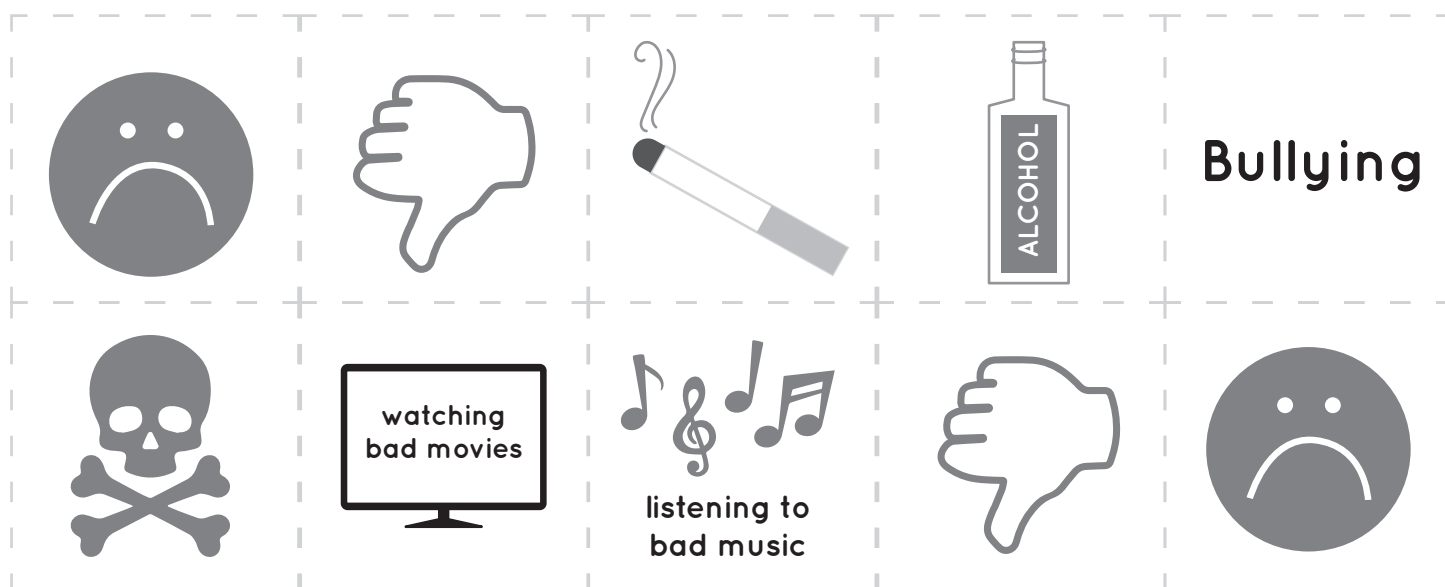
choose the
right

Print, cut, and then laminate the good and bad things. You may cut along the cut lines or freehand cut around each shape. Place in bag or jar filled with beans or rice.

Good Things



Bad/Evil Things



Seek Good Things

Seek all 10 good things and mark them off as you find them. Watch out for the bad/evil things!

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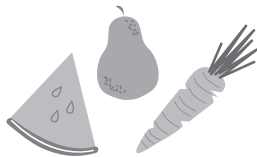
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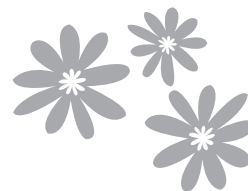
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