

Come Follow Me FHE

About This Download

PRINTING

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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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Pick-Up Sticks Activity

Start by reading Alma 7:11-12 and discuss how Christ made the ultimate sacrifice for us. Watch the “Because of Him” video (scan/click QR code) and discuss all the things that are made possible because of Him. Tell your children that we can always turn to Him because He is the one who knows and understands us perfectly. Talk about how one of the things that is made possible because of Him is resurrection. Help your children understand the phrase “loose the bands of death” (resurrection). Next, read verse 14 and talk about how we also must act. Christ did His part, so we must do ours. We need to do things that will help us receive all the blessings that are made possible because of Christ. Do the Pick-Up Sticks activity below.



Because of Him video

DIRECTIONS FOR PICK-UP STICKS

List some things that we can do to receive the blessings that are made possible because of Christ (keep the commandments, repent, etc.). Drop your sticks, or spaghetti noodles if you don't have Pick Up Sticks, on top of the picture of Christ. Take turns picking up the sticks, if you move a stick that you didn't intend to, your turn is over!

As you play, talk about how because of Christ loosening the bands of death (like you are “loosening” the Pick-Up Sticks), you are able to return to live with Him again, but remind your children that we must also do our part to receive all of the blessings He has in store for us.