

Come Follow Me FHE

About This Download

PRINTING

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Go & Do Family Activity

God can speak to my heart.

Helaman 13:2-5

Even though the Nephites were wicked, God loved them so He sent a Lamanite prophet named Samuel to call them to repentance. Samuel went to Zarahemla and preached the gospel for many days, but they rejected his message and cast him out of the city. Samuel was going to return to his own land when the voice of the Lord came to him and told him to return and call them to repentance again. Samuel returned to Zarahemla. They would not let him into the city, but Samuel did not give up. He climbed to the top of the city wall and prophesied repentance unto the people with a loud voice.

Prepare a breakfast for dinner meal as a family. Use the Heart-Shaped Chocolate Chip Pancake recipe. Discuss with your family the ways God speaks to us through our hearts. Read Helaman 13:2-5 and emphasize how God spoke to Samuel, by putting feelings into his heart. Talk about how we can hear the voice of the Spirit. Share experiences that you have had when the Holy Ghost has helped you know what God wanted you to do.

Watch this video, "Sophia Stands for Right."

