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July 19-25

"Where Much is Given Much is Required"

1. **Scripture Hop** – Ask them if they remember some of the commandments the Lord has given us. Review in as much depth as wanted/needed. Tell them that this week's scripture hop has to do with the most important commandment of all (to love and help others). Follow instructions on page 3 below for a scripture hop for D&C 81:5.
2. **Hanging Hands and Feeble Knees Craft** – Make the craft on pages 4-5 below. Listen to "[Have I Done Any Good?](#)" while making it. Discuss manual questions about this (in the box below).
 - Explain that strengthening the feeble knees and lifting up hanging hands doesn't usually mean you're actually giving muscles to weak knees, etc. Talk about some real-life situations of what this might mean.
 - Have each person hold up their "Hanging Hands and Feeble Knees" craft while sharing a time when they felt sad or needed help and someone helped them. Have them flip the frown around into a smile.



Discuss these questions from CFM manual:

*What are some ways a person can be "weak"? What does it mean to "succor" those who are weak?

*What might cause a person's hands to figuratively "hang down"? How can we "lift up" those hands?

*What might the phrase "feeble knees" mean? How can we "strengthen" those with feeble knees?

3. **Succoring the Weak Role Play** – Cut the strips on page 6 apart and place in an upside-down pile. Take turns choosing a strip out of the pile and role-playing how you could help, strengthen, and serve people in each situation. *If you don't want to print anything up for this, you can just read the scenarios for kids to respond to.*
 - **Video:** Watch "[Works of God](#)" video (from the CFM family manual). Pay close attention to how people helped, strengthened, and served others.
4. **Pictures of Jesus Christ Serving Others** – From the manual: *Read Doctrine and Covenants 81:5 to the children, and help them understand phrases like "succor the weak" and "lift up the hands which hang down." Let them act out ways we can do what the Lord asks in this verse. Use pictures or videos to tell simple stories of Jesus Christ serving others. How can we follow the Savior's example of helping others?*
 - **Pictures:** Use pictures on page 7 below to review stories of Jesus serving others.
5. **Friend Story** – Read and discuss "[Tag, You're It!](#)" from *The Friend*.

6. Friendship Bracelets – Make friendship bracelets. Be sure to make some to give to other kids who might be lonely. You can use printable bracelets on pages 9-11 below or use one of the simple ideas for bracelets in the links below. Click on the picture to go to the websites with detailed instructions.



There is a cute autistic girl who lives in our neighborhood. My girls try to play with her sometimes, and it's so sweet seeing them try to play with her, but it is hard for them to figure out how to do things with her sometimes because she is so different from them. We've had many discussions with them about this, but we'll probably talk with them about her some more as we make these and prepare to share them. Page 8 below has some good tips for being a good friend to people who are sad/lonely. These seem like they're good tips for anyone. I'm thinking we'll also ask our kids if they want to make and color notes/cards to give to her (and other friends) as well.

7. Serving a Treat – From the manual: “Read [Doctrine and Covenants 82:19](#) to the children, emphasizing the phrase ‘seeking the interest of his neighbor.’ Explain that this means doing things that help our neighbors—including our family. Help the children think of ways they can serve someone this week.”
- Practice serving others by having some kind of treat (pie, cookies, whatever your kids like). Instead of getting their own treat, each person will serve a treat to someone else.

Throughout the Week: It could also be fun to have the kids color hearts or place heart stickers on the arms and legs of their “Hanging Hands and Feeble Knees” craft each time they find someone to help, serve, or strengthen in future days. They could just place the hearts on each of the accordion folds. 😊

Additional Ideas:

More Great Free Ideas at www.theredcrystal.org

“[Friendship Brownies](#)” story from The Friend

“[Passing Kindness](#)” activity from The Friend with questions and a treat idea

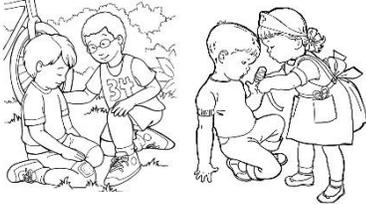
“[Pass It On](#)” video from the church

From the manual: What can each family member do to “improve upon his [or her] talent” and “gain other talents”? It might be fun to have a family talent show. Think of ways to include talents that aren't easily displayed. How can we use our talents and share the things we have to bless our family and neighbors? What does it mean to use our talents “with an eye single to the glory of God”?

SCRIPTURE Hop

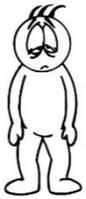
(DeC 81:5)

Cut apart the following strips and spread them out far enough in a room so that the kids will need to hop from one strip to another. Make sure to keep them in the correct order. Have them stand by the first one and help them say the top line out loud. Explain what it means. Then have them jump to the next one and do the same thing until they've jumped on each of them, said them out loud, and discussed them one at a time. Then have them start back at the beginning and practice saying the phrases from this verse in order while hopping from strip to strip again. Try going a little faster each time. Repeat as many times as wanted/needed. These can also be used as flash cards, taped onto the wall to practice throughout the week, etc.



SUCCOR

(serve, strengthen, and help)



THE WEAK,



LIFT UP THE HANDS



WHICH HANG DOWN,



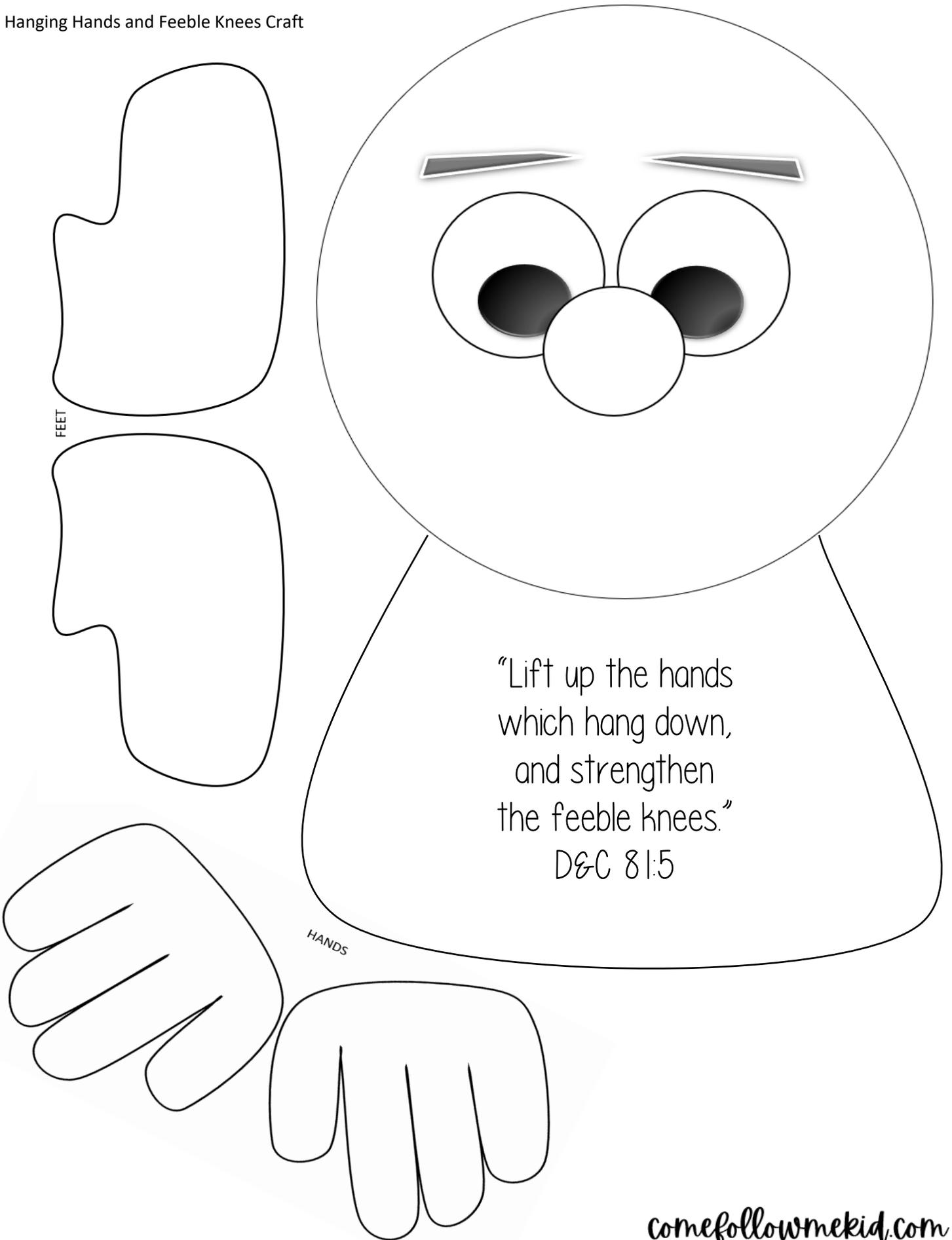
AND STRENGTHEN



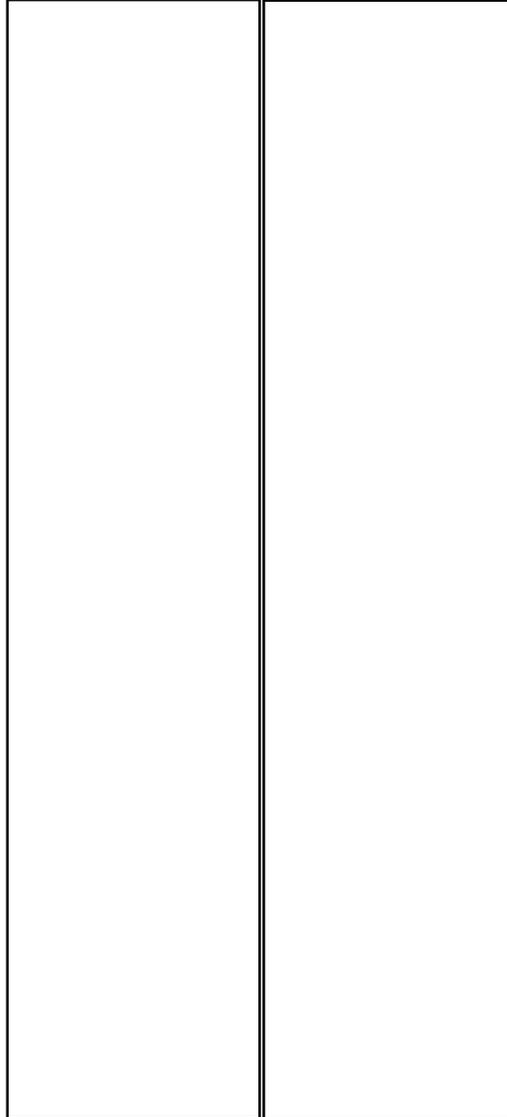
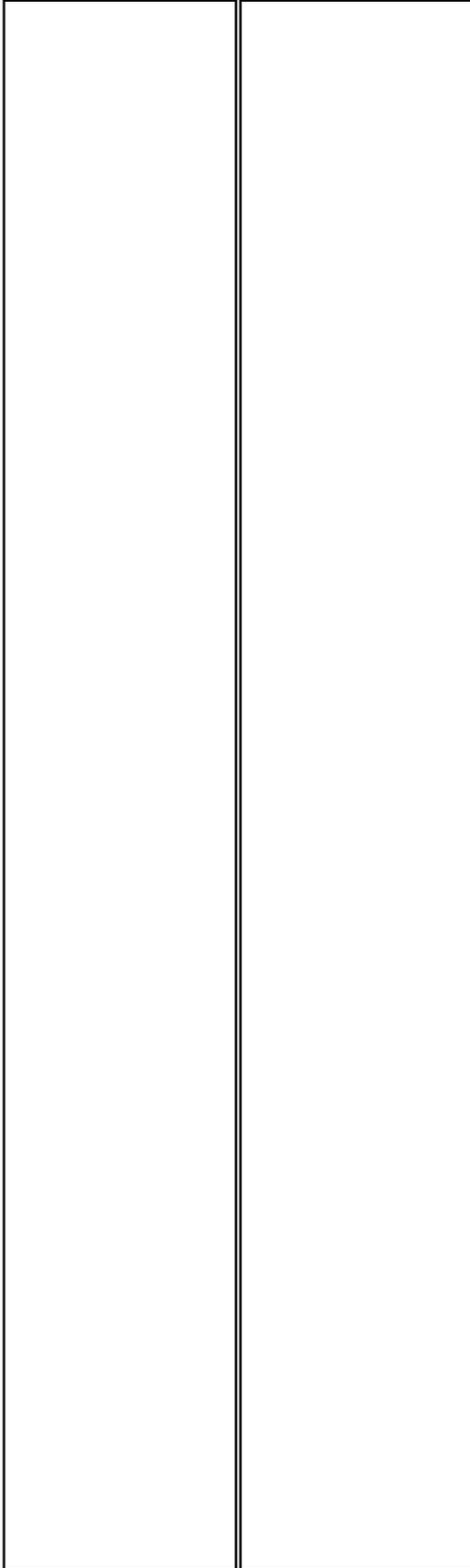
THE FEEBLE KNEES.

Note: The whole verse says, "Wherefore, be faithful; stand in the office which I have appointed unto you; succor the weak, lift up the hands which hang down, and strengthen the feeble knees."

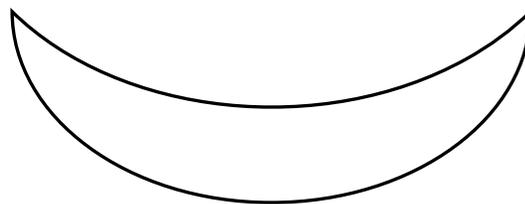
Hanging Hands and Feeble Knees Craft

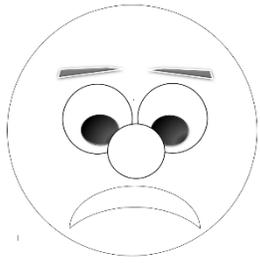


Arm and Leg Strips: Cut strips apart and fold accordion-style. Use the longer strips for the legs and shorter strips for the arms. Glue hands onto the ends of the arm strips and feet onto the ends of the legs.



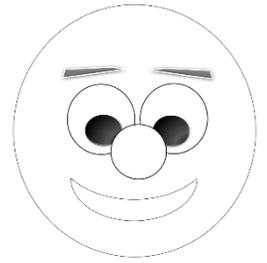
Smile/Frown: Hold up a frown on the face while sharing scenarios of people who might have “feeble knees” or “hanging hands.” Flip around to a smile after role-playing ways we can help and serve (succor) those people.





Succoring the Weak

ROLE PLAY



Cut the strips apart and place in an upside-down pile. Take turns choosing a paper out of the pile and role-playing how you could help, strengthen, and serve people in the following situations.



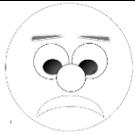
There is a girl on your street who seems weird and different from you. You see her playing by herself a lot and she seems unhappy.



Your friend is riding scooters with you and hits a big bump. She falls and scrapes her knee.



There is a kid in your class at school who smells a little funny and wears the same clothes every day. Nobody likes to play with him.



A new kid comes to your primary class. She talks funny and needs a wheelchair to move around. Some of the other kids are giving her weird looks. She seems really uncomfortable.



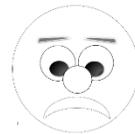
At swim lessons, you see a boy crying because he is afraid of the water. He doesn't want to get into the pool and join your class.



A classmate just lost his parent to cancer.



Your neighbor's husband died years ago, but their wedding anniversary is coming up this week. Your neighbor told you she is sad because she misses her husband.



A new kid comes to your class, and she doesn't know anybody. You think that you should go introduce yourself to her, but you're nervous to.

Pictures of Jesus Christ Serving Others:



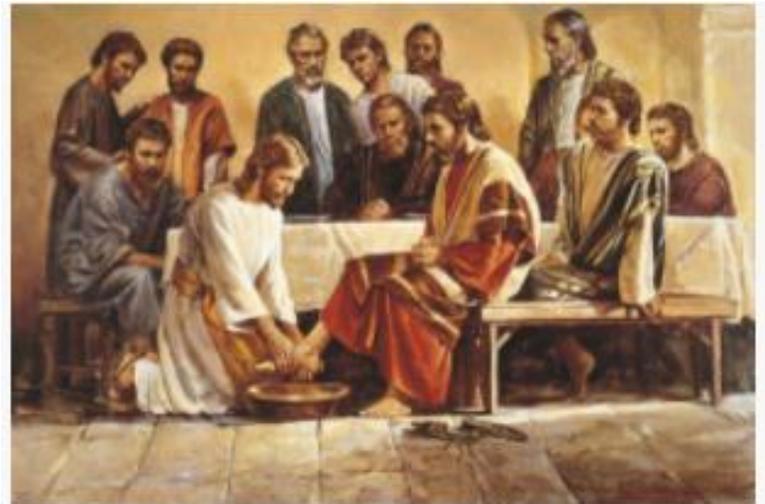
Christ Raising the Daughter of Jairus, by Greg K. Olsen, © 1990 IRI



Christ Healing the Sick at Bethesda, by Carl Heinrich Bloch, courtesy BYU Museum of Art



Christ with the Children, by Harry Anderson, © IRI



Jesus Washing the Feet of the Apostles, by Del Parson, © 1983 IRI

KINDNESS BEGINS WITH ME

How can you help someone who is lonely or sad?

- Try to imagine how they're feeling.
- Treat them the same way you would want to be treated.
- Ask if there's anything you can do to help.
- Be their friend and get to know them!



NEW FRIENDS!

Here are some ideas to help someone who is sad or lonely:

- Be a good listener. Find out what they like to talk about.
- Be a friend. Find out what you have in common and what you can learn from them.
- Watch to see what someone needs, and then ask if you can do it for them.

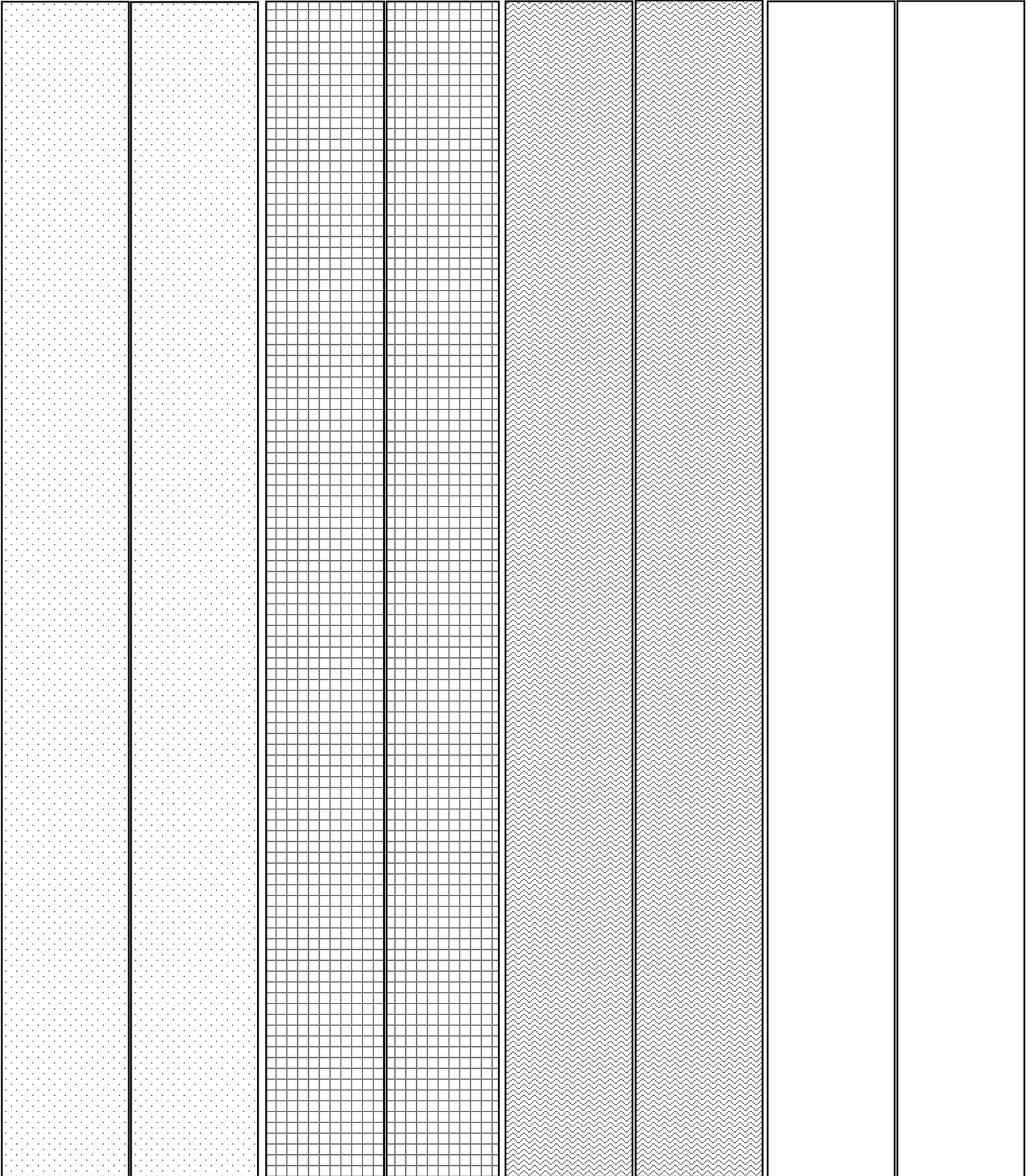


From [The Friend](#)

From [The Friend](#)

Friendship Bracelets

Cut these apart and decorate. Tape the ends to make a bracelet. Share bracelets with friends!



Friendship Bracelets

Use these pieces and/or stickers, sequins, etc. to decorate your friendship bracelets. You can write letters in the shapes to spell out the names of friends or just color them to make them look cute!

