

## [Come, Follow Me Companion Activities for All Ages!](#)

Ever had a need to include some neat companion family activities into your *Come, Follow Me* weekly lessons? Fret no more because **The Family History Guide** provides a fantastic weekly supplement of companion activities for 2019 that includes lessons with lesson plans, videos and other activities to keep the weekly lessons a joy regardless of your age or your family. You can peruse it at: <https://thefhguide.com/cfm.html>. Below are attributes of its curriculum, a sample lesson for this week and resources that will stimulate even much interest in the *Come, Follow Me* program.

### Weekly Schedule

Click a colored link below to open Family History Activities for the corresponding week in *Come, Follow Me*. Note: November and December links are not posted yet. Click [here](#) to see future updates posted so you don't miss any companion family activities. Or better yet, review the entire year as well to reinforce your experiences with the *Come, Follow Me* program!

**January:** [1-6](#), [7-13](#), [14-20](#), [21-27](#)

**February:** [Jan 28-Feb 3](#), [4-10](#), [11-17](#), [18-24](#)

**March:** [Feb 25-Mar 3](#), [4-10](#), [11-17](#), [18-24](#), [25-31](#)

**April:** [1-14](#), [15-21](#), [22-28](#)

**May:** [Apr 29-May 5](#), [6-12](#), [13-19](#), [20-26](#)

**June:** [May 27-Jun 3](#), [3-9](#), [10-16](#), [17-23](#), [24-30](#)

**July:** [1-7](#), [8-14](#), [15-21](#), [22-28](#)

**August:** [Jul 29-Aug 4](#), [5-11](#), [12-18](#), [19-25](#)

**September:** [Aug 26-Sep 1](#), [2-8](#), [9-15](#), [16-22](#), [23-29](#)

**October** [Sep 30-Oct 13](#), [14-20](#), [21-27](#)

**November:** Oct 28-Nov 3, 4-10, 11-17, [18-24](#)

**December:** Nov 25-Dec 1, 2-8, 9-15, 16-22, 23-29

### Resources

*Come, Follow Me* :

- [Come, Follow Me Resource Book](#)
- [Conversion is Our Goal](#)

*From our Prophets and Apostles* :

- [Making The Sabbath a Delight By Finding Your Ancestors](#)
- [A Call to Enlist and Gather Israel](#)
- [Make a Sacrifice of Time for Family History](#)
- [Family History and Temple Work: Sealing and Healing](#)
- [The Promised blessings of Family History](#)

### Using the Companion

Here are some suggestions for getting the most out of the *Come, Follow Me* Companion for family history:



- *Read the current week, but also skip around to other weeks.* There are plenty of great ideas, talks, videos, and activities in each week's lesson. You may find just what you need for family history inspiration or enjoyment in another week.
- *Try the full articles and videos.* There are plenty of links to Conference talks and other articles that you may enjoy reading in full, and there is a great assortment of videos that can "light your family history fire."
- *Share the Companion.* You can send links for Companion content to family members or friends that include a week's lesson, or selected content that you enjoy. Feel free to do this through email, social media, etc. (We would ask that you not post Companion content to other websites without our permission.)
- *Personalize and customize.* As you read content, seek for ways to apply it to your personal situation. When using any of the suggestions for activities, think about ways you might adapt them to best fit your personal or family circumstances.
- *Use additional resources.* Remember to use the [Activities](#) section in The Family History Guide for additional fun, as well as the [Study Center](#) for extra learning.

## Here's a Sample Lesson for Week of September 30 - October 13th!!!

### "For the Perfecting of the Saints"

#### Week 39: Ephesians

Do you see any connections between the messages in general conference and Paul's Epistle to the Ephesians?

**The Family History Guide** at <https://thefhguide.com/cfm.html> has many references in general conference messages that can help us understand Paul's epistle to the Ephesians in relation to the latter-day gathering of Israel. In fact, President Nelson's closing remarks in the April general conference, 2019 included this plea: "May we dedicate and rededicate our lives to serving God and His children—on both sides of the veil." The following activities correlated to this section of the Come, Follow Me resource can help us find fun ways to learn about, honor, and connect to our ancestors, strengthen our families, and serve God and His children on both sides of the veil through temple and family work—to "gather together in one all things in Christ" (see [Ephesians 1:10](#)).

#### [Ephesians 1:4–11, 17–19](#)

#### Has God "chosen" or "predestinated" some of His children to be saved?

Paul spoke of the Saints being "predestinated" by God and "chosen ... before the foundation of the world" to be His people. As President Henry B. Eyring has noted, the fact that so many people live and die without the chance to receive the gospel causes some to "conclude that God must have determined in advance which of His children He would save and made the gospel available to them, while those who never heard the gospel simply were not 'chosen.' But ... God's plan is much more loving and just than that. Our Heavenly Father is anxious to gather and bless all of His family" ("[Gathering the Family of God](#)," Ensign or Liahona, May 2017, 20–21). All of God's children can accept the gospel and its ordinances because of the work performed for the dead in holy temples. Although no one is predestined to be saved or not saved, modern revelation teaches that some were chosen or "foreordained" in the premortal world to fulfill certain responsibilities here on earth. This includes the responsibility that all Latter-day Saints have to share the gospel and help all of God's children on both sides of the veil come to Christ. (See "[Foreordination](#)," Gospel Topics, topics.lds.org.)

One idea is to review President Eyring's talk "[Gathering the Family of God](#)," Ensign or Liahona May 2017, and talk about our responsibility as Latter-day Saints. President Eyring states: "The work of gathering Heavenly Father's family is not just for young people, and it is not just for grandparents. It is for everyone. We are all gatherers."

President Eyring: "God knew that you would feel drawn to your ancestors in love and that you would have the technology necessary to identify them."

To help in this process, check out the [new fan chart options](#) on FamilySearch with a view of up to 7 generations. When you choose a display option, the fan chart is color-coded to show family lines, sources, stories, photos, birth countries, research helps, and ordinances for your ancestors. It's simple to create and print a free FamilySearch fan chart. Find instructions [TreeSeek site](#) here.

On the [TreeSeek site](#), you can use your FamilySearch account and print your family tree in many varieties, for free. Hang one on your wall! See [this blog post](#) for more details. If you are new to FamilySearch, you will find step-by-step instructions to set up your account [here](#).



For even more fun, learn more about the countries where your ancestors were born in The Family History Guide [Countries page](#). See [F1-03](#) in Activities for Families section of The Family History Guide to explore how to use Google Earth to virtually visit these countries and find your ancestral places of interest.

Another activity idea is to spend some time together as a family exploring the research help on your fan chart. Work as a team to resolve data problems, consider record hints, and follow research suggestions.

In addition to the fan chart, there are many additional ways to get to know your ancestors and to make and strengthen connections. Watch this video to see some more of the tools available, and how you can become a "discovery detective!" This activity can be repeated over and over for any ancestors you want to get to know better (and learn to love more). Find more activities on [FamilySearch Activities](#) for individuals and families to get to know your ancestors and check out the activities in [The Family History Guide](#).

President Eyring: "I bear testimony that Elijah did come. The hearts of the children—of you and me—have turned to our fathers, our ancestors. The affection you feel for your ancestors is part of the fulfillment of that prophecy. It is deeply seated in your sense of who you are. But it has to do with more than just inherited DNA ... to gather and unite God's family requires more than just warm feelings. It requires sacred covenants made in connection with priesthood ordinances.

Many of your ancestors did not receive those ordinances. But in the providence of God, you did. And God knew that you would feel drawn to your ancestors in love and that you would have the technology necessary to identify them. He also knew that you would live in a time when access to holy temples, where the ordinances can be performed, would be greater than ever in history. And He knew that He could trust you to accomplish this work in behalf of your ancestors." ([Gathering the Family of God](#))



One of the most important activities you will ever do as a family or as an individual, is to plan how you can make time to do more temple and family history work, and then do all you can to carry out your plan. Note: Find step-by-step instructions in the "Faiths" tab, [Church of Jesus Christ](#) section of The Family History Guide.

You might want to watch this video to review the invitation from President and Sister Nelson (Rootstech 2011) to make a [sacrifice of time](#) to do temple and family history work. This video describes many of the blessings for doing so. (See also Dale G. Renlund, "[Family History and Temple Work: Sealing and Healing](#)," General Conference, April 2018).

President Eyring: "...many youth have discovered that giving of their time to do family history research and temple work has deepened their testimony of the plan of salvation. It has increased the influence of the Spirit in their lives and decreased the influence of the adversary. It has helped them feel closer to their families and closer to the Lord Jesus Christ. They have learned that this work saves not just the dead; it saves all of us (see [D&C 128:18](#)). The youth have caught the vision admirably; now their parents need to catch up. There are now many people who have accepted baptism in the spirit world because of the work done by the youth, and they are waiting for other ordinances that only adults can perform in temples in this world. The work of gathering Heavenly Father's family is not just for young people, and it is not just for grandparents. It is for everyone. We are all gatherers. This is the work of our generation, what the Apostle Paul called "the dispensation of the fulness of times," when he said God would "gather together in one all things in Christ, both which are in heaven, and which are on earth; even in him" ([Ephesians 1:10](#)).



President Nelson to the youth: "You—my dear extraordinary youth—were sent to earth at this precise time, this most crucial time in the history of the earth, to help gather Israel," the prophet said. "There is nothing happening on this earth right now that is more important than that. There is nothing of greater consequence. Absolutely nothing. This gathering should mean everything to you. This is the mission for which you were sent to earth." ([Worldwide Youth Devotional June 3, 2018](#))

Elder Scott to the youth: "Do you young people want a sure way to eliminate the influence of the adversary in your life? Immerse yourself in searching for your ancestors" (Richard G. Scott, "[The Joy of Redeeming the Dead](#)," General Conference, October 2012).

Elder Bednar to the youth: "I promise you will be protected against the intensifying influence of the adversary. As you

participate in and love this holy work, you will be safeguarded in your youth and throughout your lives."

"As you respond in faith to this invitation, your hearts shall turn to the fathers. The promises made to Abraham, Isaac, and Jacob will be implanted in your hearts. Your patriarchal blessing, with its declaration of lineage, will link you to these fathers and be more meaningful to you. Your love and gratitude for your ancestors will increase. Your testimony of and conversion to the Savior will become deep and abiding (David A. Bednar, "[The Hearts of the Children Shall Turn](#)," General Conference, Oct. 2011).

### [Ephesians 2:19–22; 4:11–16](#)

**The Church is founded on apostles and prophets, and Jesus Christ is the chief cornerstone.**



From *Come, Follow Me* :

*Reading Paul's teachings about apostles and prophets can help you prepare to hear the messages of modern apostles and prophets during general conference. According to [Ephesians 2:19–22; 4:11–16](#), why do we have prophets and apostles? How have their teachings helped you not be "carried about with every wind of doctrine"? See also [Acts 4:10–12](#).*



### [Ideas to Prepare For General Conference](#)

#### [Activities for Children](#)

- [Teaching our Children About General Conference](#)
- [Youth Activities / Getting The Most Out of General Conference](#)
- [Conference Notebook for Youth](#)
- [Live Viewing Times and Options](#)
- [Format and Channel Availability](#)
- [Ways to Subscribe](#)
- [Ideas for Studying](#)
- [Review Promised Blessings: General Conference—No Ordinary Blessing - President Dieter F. Uchtdorf](#)
- [General Conference: Strengthening Faith and Testimony - Elder Robert D. Hales](#)
- [The Blessings of General Conference - Elder Paul V. Johnson](#)
- [Establishing Conference traditions](#)

"As you prepare for general conference, I invite you to ponder questions you need to have answered...There are messages in each general conference given as a gift and a blessing from heaven specifically for our personal life situations." (Dieter F. Uchtdorf, "[General Conference—No Ordinary Blessing](#)," Ensign, September 2011).

[Record personal questions](#) you would like to receive guidance on during the upcoming general conference. Encourage your children to do likewise using the [general conference notebook](#). As you receive personal revelation, record your feelings and gratitude along with writing about your plans to do what you have been inspired to do.

You might also want to consider recording your testimony sometime during general conference week-end, and share what you have learned during the last six months. You could also [review these testimonies](#) of the prophets and apostles. Conference time can also become a routine time to record other memories for yourself or others.



Check out the FamilySearch [Memories Project](#) in The Family History Guide. You will find [step-by-step instructions](#) on how to use the free FamilySearch mobile [Memories App](#) to make record what is important to you and your family. With this tool, you can take photos, record stories, and make audio recordings without having to first navigate to a person—you can even indicate later who is in the photos or stories. In the blog post "[Using FamilySearch Apps To Record Oral Histories](#)," Leslie Albrecht Huber writes that this app "was created to make it easy for you to preserve family memories no matter where you are and to connect these preserved memories to your tree." If you don't have a FamilySearch account, you can [get one here](#).

It may be interesting to learn about the personal histories of our prophet and the twelve apostles as you prepare for conference. Find their life stories [here](#), including photos and additional biography links. You could also study their [past conference addresses](#). You could play "20 Questions" with your family by having one member answer questions about a leader as others take turns asking questions and try to guess which leader it is. Keep track of the number of questions that are used until it reaches the limit of 20. If a player correctly guesses the leader before then, he or she becomes "it" for the next game and may choose the next prophet or apostle. You could also include any of the [general authorities](#) in this fun game.

