



Come Follow Me

HOMESCHOOL & FAMILY CURRICULUM
GRADES K-3

Week of August 17, 2026

Psalms 1-2; 8; 19-33; 40; 46

Monday

“The Lord Is My Shepherd”

“I am a child of God...” “Jesus wants me for a sunbeam!” “Put your shoulder to the wheel...” “Because I have been given much I too must give...” “When I’m helping I’m happy...”

Do all of these sound familiar? They are from songs that we sing in church and our homes.

We aren’t really sure exactly who wrote the book of Psalms. Chances are it was written by many people: poets, King David, musicians, & others. The Psalms are an important part of the bible, they were quoted often among the Israelites. The Psalms are a collection of words of praise to God, kind of like a hymnbook. The Israelites would memorize these words, sing them, share them, and use them to find peace. The Savior even loved to quote the Psalms!

We already learned that King David played the harp and sang to King Saul. Read the words from King David from Psalms 23:1-3 and then copy it in your best handwriting.

The Lord is my shepherd; I
shall not want. He maketh me
to lie down in green pastures:
he leadeth me beside the still
waters. He restoreth my soul.

Takeaway: Words can have a deep impact on us, when sung, when shared, and even when we are pondering them. This week as you are thinking about the beautiful words of the Psalms take some time to think about what songs help you draw closer to God.

Tuesday

The Lord offers me peace, strength, and guidance.

Those who wrote the Psalms we call Psalmists. They would share their testimony of the Savior through words and often put the words to music. With a parent read the words of the Psalms on the right and then match them to the best picture on the left. When you have matched them, choose one of the Psalms on the left and see if you can memorize the words!

PSALMS 32:7

Thou art my hiding place;
thou shalt preserve me from
trouble; thou shalt compass
me about with songs of
deliverance.

PSALMS 27:1

The Lord is my light and my
salvation; whom shall I fear?
the Lord is the strength of
my life; of whom shall I be
afraid?

PSALMS 46:1

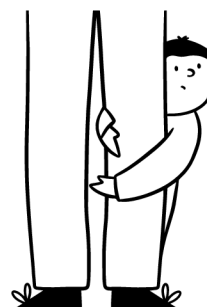
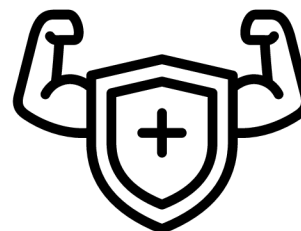
God is our refuge and
strength, a very present
help in trouble.

PSALMS 28:1

Unto thee will I cry, O
Lord my rock; be not
silent to me.

PSALMS 28:7

The Lord is my strength and
my shield; my heart trusted
in him, and I am helped:
therefore my heart greatly
rejoiceth; and with my song
will I praise him.



Takeaway: When we are sad, or frustrated, or even having bad thoughts come into our mind, we can fill our mind instead with things of God and light. Singing a song that reminds us that God is there for us can bring you joy when your thoughts are troubling you. Choose a song about the Savior that you love and work to memorize all the words to it this week. Do this by singing this song every day until you know all the words.

My song: _____

Wednesday Jesus Christ can turn sadness into joy.

Elder Rasband spoke of Psalm 30:5 in the April 2026 Conference. He lost his grandson, Paxton, and shared that he knew that sometimes we are sad here on earth, even mad sometimes and these are emotions we should feel. But joy will come through the Atonement of Jesus Christ when we will be able to be reunited in Heaven with our families and our Savior.



He Is Risen

For his anger endureth but a
moment; in his favour is life:
weeping may endure for a night,
but joy cometh in the morning.

In each of the boxes thoughtfully write, or draw, what makes you feel each of the emotions listed. The Lord wants us to know and feel and experience life including all the emotions.



happy



sad



surprised



silly



loving



angry

Takeaway: Even when we experience hard things we can remember, like Job, that God works all things for our good and we can know He is listening and helping us. When we have a hard time, remember that joy cometh in the morning and we can still praise God in all that we do.

Thursday

“Be still, and know that I am God.”

The Psalms have GREAT advice to remind us to follow the steps of our Savior. Read the advice in the Psalm and color the picture that goes along with it. One scripture that is simple, and beautiful is Psalm 46:10. It simply says:

Be still, and know that I am God.

Being still can be hard when you are young, in fact it can be hard when you are older too! But God needs us to remember Him in all we do. Here is some more great advice from the first book in Psalm that we can remember. Read the scripture with a parent and explain what each means.



Blessed is the man that walketh
not in the counsel of the ungodly



nor standeth in the way of sinners,
nor sitteth in the seat of the scornful.



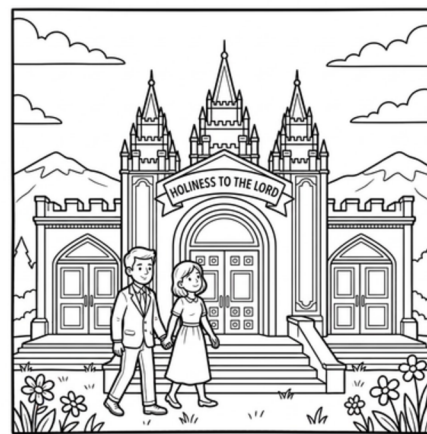
But his delight is in the law of the
Lord; and in his law doth he
meditate day and night.



And he shall be like a tree planted
by the rivers of water, that bringeth
forth his fruit in his season;



his leaf also shall not wither; and
whatsoever he doeth shall prosper.



Therefore the ungodly shall not stand
in the judgment, nor sinners in the
congregation of the righteous.

Takeaway: We are blessed when we become familiar with the scriptures! When we take time to be still and remember God in our actions and deeds we will be blessed! Today take some time to sit still and think of something beautiful you have in your life, then say a quiet prayer in your heart.

Friday

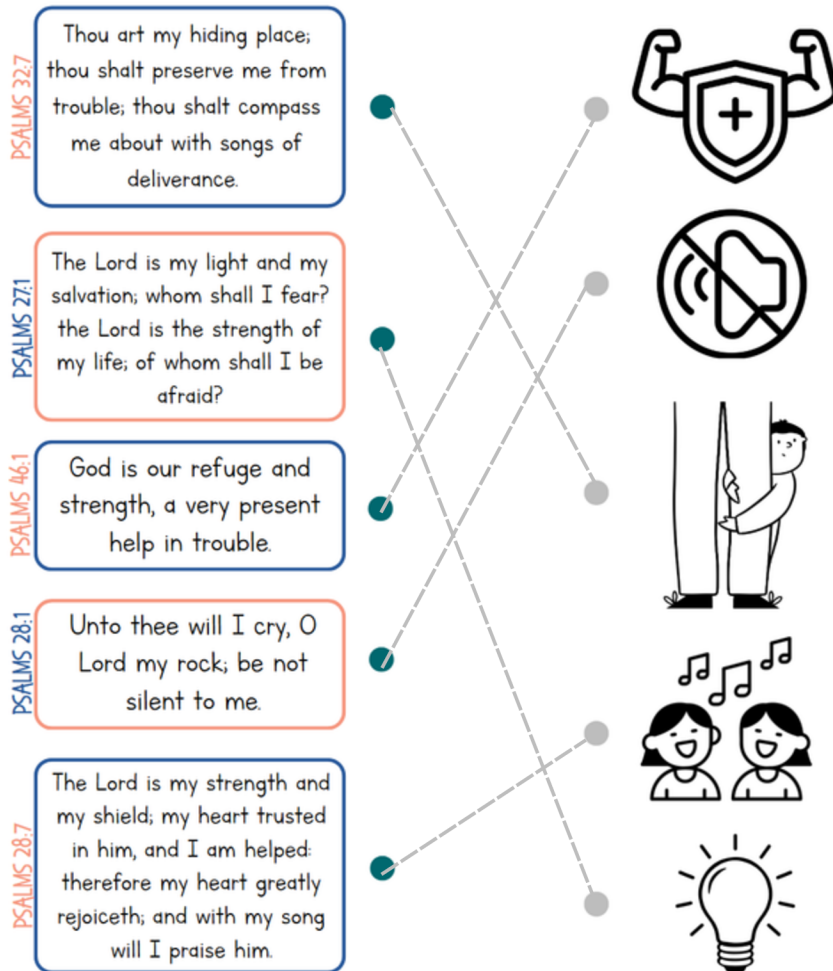
Learning and connecting the gospel to me

As a family sing “The Lord’s My Shepherd” in the Hymn book and choose one or more of the following:

- Read Psalm 61:2-3 and go collect some rocks to paint. Paint some rocks with a symbol of the gospel and place it somewhere special.
- Watch “God’s Story: Books of the Bible: Psalms” by Crossroad Kids’ Club on YouTube.
- Watch “David’s Prayers” by Saddleback Kids on YouTube.
- Watch “Psalm 23 Song | Kids on the Move” by Kids on the Move on YouTube.
- Choose an article out of the Friend Magazine and read it together.
- Listen to Elder Rasband’s talk “He is Risen” from the April 2026 General Conference while you color the picture below.



Answer Key (for parents)



Come Follow Me

HOMESCHOOL & FAMILY CURRICULUM
GRADES 4-8



Week of August 17, 2026

Psalms 1-2; 8; 19-33; 40; 46

Monday

"The Lord Is My Shepherd"

"I am a child of God..." "Jesus wants me for a sunbeam!" "Put your shoulder to the wheel..." "Because I have been given much I too must give..." "When I'm helping I'm happy..."

Do all of these sound familiar? They are from songs that we sing in church and our homes.

We aren't really sure exactly who wrote all of the book of Psalms, aside from the ones marked as written by King David. Chances are it was written by many people: poets, King David, musicians, & others. The Psalms are an important part of the bible, they were quoted often among the Israelites. The Psalms are a collection of words of praise to God, kind of like a hymnbook. The Israelites would memorize these words, sing them, share them, and use them to find peace. The Savior even loved to quote the Psalms!

We already learned that King David played the harp and sang to King Saul. Read the words from King David from Psalms 23:1-3 and then mark it carefully in your scriptures and copy it in your best handwriting.

"The Lord is my shepherd; I shall
not want. He maketh me to lie down
in green pastures: he leadeth me beside
the still waters. He restoreth my soul.
he leadeth me in the paths of
righteousness for his name's sake.

Takeaway: Words can have a deep impact on us, when sung, when shared, and even when we are pondering them. This week as you are thinking about the beautiful words of the Psalms take some time to think about what songs help you draw closer to God and how they make you feel.

Tuesday

The word of the Lord is powerful, "rejoicing the heart."

Psalms

BIBLE SCAVENGER HUNT



1 How many chapters are in the book of Psalms?

2 What book of the Bible comes before Psalms?

3 What book of the Bible comes after Psalms?

4 Which King wrote a lot of the Psalms?

5 Moses wrote Psalm 90.
Finish verse 12:
"Teach us to number our days so may gain
_____"

6 In Psalm 19 David sent his song to a chief

7 In Psalm 19:9 David writes "The judgments of the Lord are _____ and _____ altogether."

8 Many Psalms contain the word "Selah".
What does it mean?

9 In Psalm 23 what happened to the cup?

10 Which Psalm is the longest?

11 Which Psalm is the shortest?

12 Psalm 18:2
What is the Lord to David (pick 3)?

13 In Psalm 24:3-4 Who does David say can ascend to the Lord? Those with:

14 In Psalm 28:7 David proclaims the Lord is his strength and his

15 What does the word "Psalms" mean? (See the Bible Dictionary)

16 How many Psalms were thought to be written by David? (See the Bible Dictionary)

Takeaway: Satan is betting that we will turn from God in our trials. But we can choose ahead of time that we will trust in Him and turn to Him and know He will work things for our God. Have faith in trials, do not doubt as Satan would hope.

Wednesday

"I have trusted ... in the Lord."

Elder Rasband spoke of Psalm 30:5 in the April 2026 Conference. He lost his grandson, Paxton, due to genetic complications and shared that he knew that sometimes we are sad here on earth, even mad, and these are emotions we should feel. But joy will come through the Atonement of Jesus Christ when we will be able to be reunited in Heaven with our families and our Savior.



He Is Risen

*For his anger endureth but a moment;
in his favour is life: weeping may
endure for a night, but joy cometh in
the morning.*

As you read through the Psalms you start to notice how King David and the other writers use them to express all their emotions, even fear, sorrow, and anxiety. Having faith in the Lord doesn't mean that all the emotions will be lost and only joy will be present. The Lord intends us to feel the total human spectrum of emotions.

Read Psalms 1; 23; 26-28 and write in the box below all the words and words of imagery that describe peace, strength, and other blessings we receive when we turn to the Lord.

Takeaway: When we are sad, or frustrated, or even having bad thoughts come into our mind, we can fill our mind instead with things of God and light. Singing a song that reminds us that God is there for us can bring you joy when your thoughts are troubling you. Choose a song about the Savior that you love and work to memorize all the words to it this week. Do this by singing, or listening, to this song every day until you know all the words.

My song: _____

Thursday

"Full of the goodness of the Lord."

The Psalms have GREAT advice to remind us to follow the steps of our Savior. One scripture that is simple, and beautiful is Psalm 46:10. It simply says:

"Be still and know that I am God."

Being still can be hard when you are young, especially when you have so much you want to do! But God needs us to remember Him in all we do. Here is some more great advice from the first book in Psalm that we can remember. Read the scripture and explain below in your own words what each part means.



Blessed is the man that walketh
not in the counsel of the ungodly



nor standeth in the way of sinners,
nor sitteth in the seat of the scornful.



But his delight is in the law of the Lord;
and in his law doth he meditate day
and night.



And he shall be like a tree planted
by the rivers of water, that bringeth
forth his fruit in his season;



his leaf also shall not wither; and
whatsoever he doeth shall prosper.



Therefore the ungodly shall not stand
in the judgment, nor sinners in the
congregation of the righteous.

Takeaway: When we take time to be still and remember God in our actions and deeds we will be blessed! Today take some time to sit still and think of something beautiful you have in your life, listen to your song, then say a quiet prayer of gratitude in your heart.

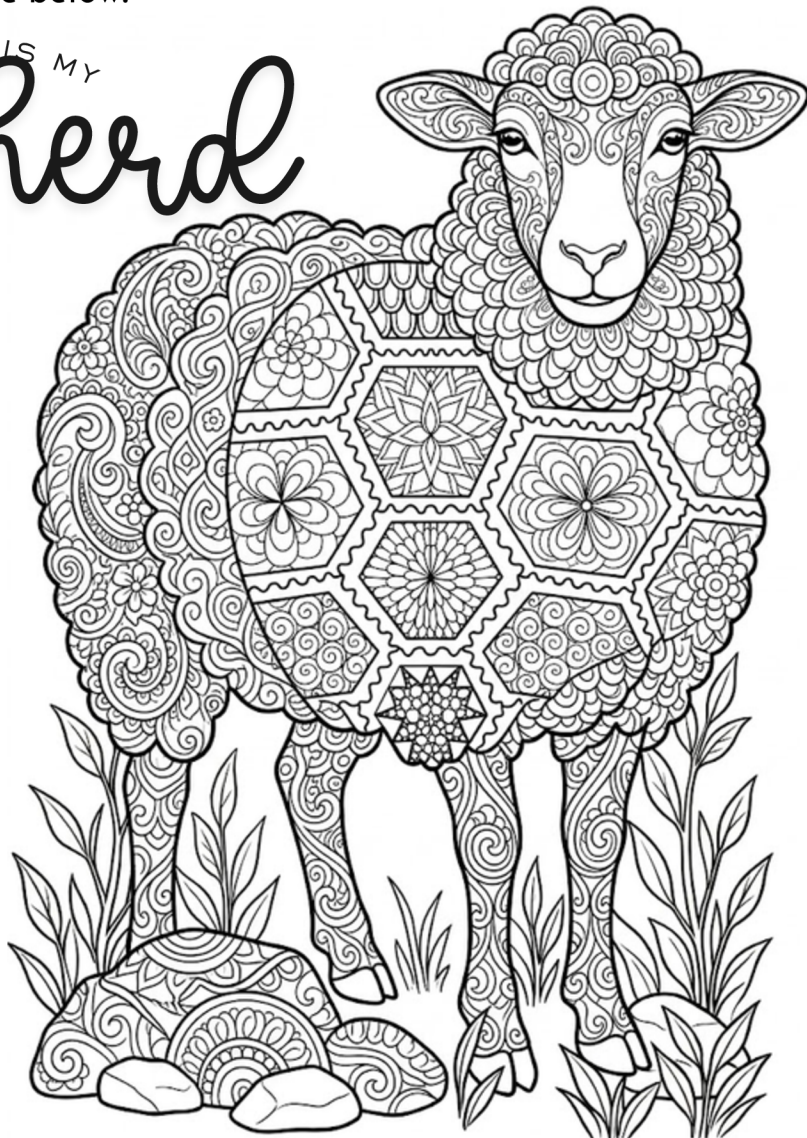
Friday

Learning and connecting the gospel to me

As a family sing “The Lord’s My Shepherd” in the Hymn book and choose one or more of the following:

- Read Psalm 61:2-3 and go collect some rocks to paint. Paint some rocks with a symbol of the gospel and place it somewhere special.
- Watch “God’s Story: Books of the Bible: Psalms” by Crossroad Kids’ Club on YouTube.
- Watch “David’s Prayers” by Saddleback Kids on YouTube.
- Watch “Psalm 23 Song | Kids on the Move” by Kids on the Move on YouTube.
- Watch “Book of Psalms Summary: A Complete Animated Overview” by BibleProject on YouTube.
- Choose an article out of the For the Strength of Youth Magazine and read it together.
- Using the list of the songs on the Come Follow Me page under the heading “The earth is full of the goodness of the Lord.” Choose a few of the songs to listen to and follow along in the hymn book, noticing how it was adapted for us today.
- Listen to Elder Rasband’s talk “He is Risen” from the April 2026 General Conference while you color the picture below.

THE LORD IS MY
Shepherd



Answer Key (for parents)



Psalms+

BIBLE SCAVENGER HUNT

1 How many chapters are in the book of Psalms?
150

2 What book of the Bible comes before Psalms?
Job

3 What book of the Bible comes after Psalms?
Proverbs

4 Which King wrote a lot of the Psalms?
David

5 Moses wrote Psalm 90. Finish verse 12:
"Teach us to number our days so may gain **a heart of wisdom**"

6 In Psalm 19 David sent his song to a chief **musician**

7 In Psalm 19:9 David writes "The judgments of the Lord are **true** and **righteous** altogether."

8 Many Psalms contain the word "Selah". What does it mean?
pause, reflect let it sink in

9 In Psalm 23 what happened to the cup?
it overfloweth

10 Which Psalm is the longest?
119

11 Which Psalm is the shortest?
117

12 Psalm 18:2 What is the Lord to David (pick 3)?
answers will vary, 7 given

13 In Psalm 24:3-4 Who does David say can ascend to the Lord? Those with: **clean hands & pure hearts**

14 In Psalm 28:7 David proclaims the Lord is his strength and his **shield**

15 What does the word "Psalms" mean? (See the Bible Dictionary)
praises

16 How many Psalms were thought to be written by David? (See the Bible Dictionary)
73