



Come Follow Me

HOMESCHOOL & FAMILY CURRICULUM
GRADES K-3

Week of August 24, 2026

Psalms 49–51; 61–66; 69–72; 77–78; 85–86

Monday

“I Will Declare What He Hath Done for My Soul”

Have you ever just felt like it was the WORST. DAY. EVER.? One that left you feeling frustrated and sad? Guess what, everyone has had those kind of days and moments.

The writers of the Psalms shared all their personal feelings in their poetry and songs. They wrote about feeling discouraged, afraid, and even sorry for the mistakes they had made. Sometimes they wrote about feeling worried that they couldn't seem to hear God, or that he wasn't there.

And sometimes they wrote about the joy they found in the gospel. They wrote about how amazing God is, and how they feel like He is watching over them. They wrote that they were so grateful God would forgive them again and again when they made mistakes and needed to repent.

The writers of the Psalms knew something important. They knew who to turn to when they needed help: God. Read the scripture from Psalm 61:2–3 and copy it in your best handwriting.

From the end of the earth will
I cry unto thee, when my heart
is overwhelmed: lead me to the
rock that is higher than I. For
thou hast been a shelter for me.

Takeaway: When anyone makes mistakes, it doesn't make God love them any less. We can turn to Him and He will help us be a little better each time. He loves us and He wants to care for us and offer us shelter when we are sad, overwhelmed, or need to repent.

Tuesday

Jesus can help me change.

We will all make mistakes in our lives. Elder Jeffrey R. Holland taught that “except in the case of His only perfect Begotten Son, imperfect people are all God has ever had to work with.” This means that all throughout history, God has used people who make mistakes to do amazing things.

King David made a bad mistake, and he felt terrible about it. He wrote Psalm 51 as a prayer to the Lord, asking for help to change and be a better man. Read his words below. Some of the words are missing. Can you guess which word is missing? Use the letter clues to help you and then either write the word on the line, or draw a line from the word to the blank word in the verse:

PSALM 51:1

Have mercy upon me, O God,
according to thy loving k _ _ _ n _ _ _ ,
According unto the multitudes
of thy tender m _ _ _ _ _

PSALM 51:2

Wash me thoroughly from mine i _ _ _ _ _ ,
and _ l _ a _ _ _ me from my _ _ n.

PSALM 51:3

For I acknowledge my transgressions;
and my sin is ever b _ f _ _ _ me.

PSALM 51:7

Purge me with h y _ _ _ _ ,*
I shall be clean:
wash me, and I will be whiter than _ _ _ w.

PSALM 51:12

Restore unto me the _ o _ of thy salvation,
and uphold me with thy free spirit.

PSALM 51:17

The sacrifices of God are a b _ _ _ _ _ spirit:
a broken and a contrite _ e a _ _

WORD BANK

before
broken
cleanse
heart
hyssop
iniquity
joy
kindness
mercies
sin
snow

*Hyssop? See parent key.

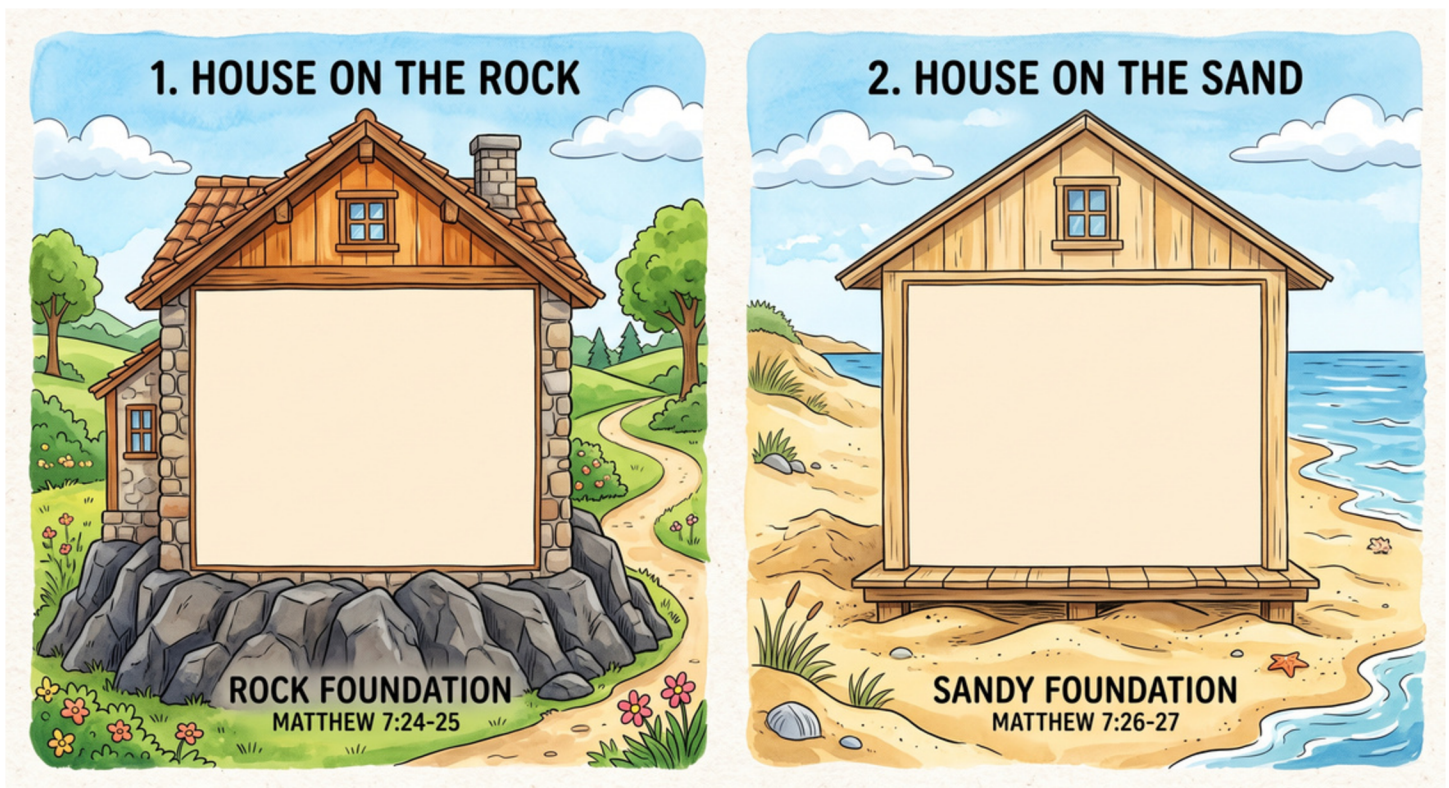
Takeaway: When David made a big mistake, he could have just given up. He could have turned away from God and said, "I always mess up, so I should just quit." But David did the right thing! He saw his mistake and knew he needed to fix his relationship with God. He prayed and asked God to forgive him and bring the Spirit back to his heart. We will all make mistakes in life. But just like David, we can pray to the Lord, ask for forgiveness, and ask the Spirit to help us.

Wednesday Jesus Christ is my rock.

Psalms 61:2-3 says, "From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I. For thou hast been a shelter for me, and a strong tower from the enemy."

When life gets hard, the Lord can be our safe place and our solid rock. Have you ever heard the song about the wise man and the foolish man? Go to YouTube and watch: "The Wise Man Built His House Upon the Rock Bible Song (With Lyrics)" by Sing And Learn The Bible. After you watch it, pause the video and talk about the different things the kids put on the strong house and the weak house.

Your Turn! Use your own words or pictures to fill in the houses below. On the house on the rock, show what helps us build a firm foundation on Jesus Christ. On the sandy house, show what builds a weak foundation.



When my heart is overwhelmed:
lead me to the rock that is
higher than I.

Takeaway: Building our lives on a strong foundation means making choices every day. How will we fill our time? What will we think about? What can we do to be more like Jesus Christ. Today, make a special choice that will help you build a stronger foundation.

Thursday

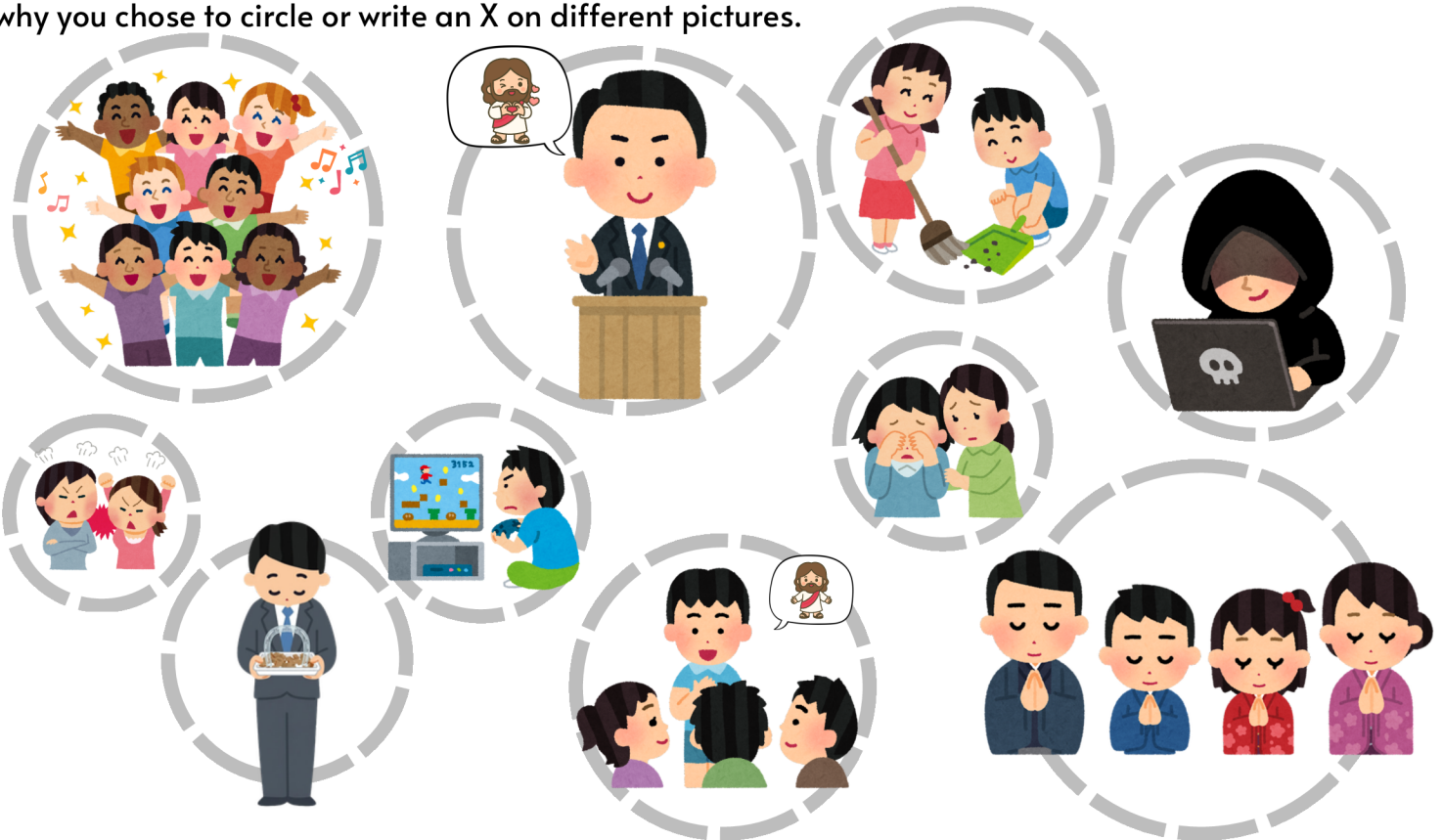
I can tell others about Jesus Christ.

Psalm 71:8 says, "Let my mouth be filled with thy praise and with thy honour all the day." Psalm 71:15 says "My mouth shall shew forth thy righteousness and thy salvation all the day."

We use our mouths for lots of things: speaking, eating, whistling, humming, brushing, sticking out our tongue for a silly face. We can also use our mouth to praise the Lord, to speak of Him, and say the kind of things that will make our Savior happy. Copy the scriptures Psalm 71:8 below.

Let my mouth be filled with
thy praise and with thy honour
all the day.

Below you will find some different pictures of ways we might praise God, and ways that we don't praise God. Circle all the pictures that show ways we can praise God. Draw an X through the pictures that do not help us praise God through our actions or words. When done, talk with a parent about why you chose to circle or write an X on different pictures.



Takeaway: Little actions we take can show how we feel about the Savior. It might be something we say, how we treat a sibling, a pet, or even the things we own. Set a goal today to choose words that will make you feel closer to the Savior, and words that will invite the Spirit into your home. It might be "I love you." "Thank you for helping me." "Can I play with you?"

Friday

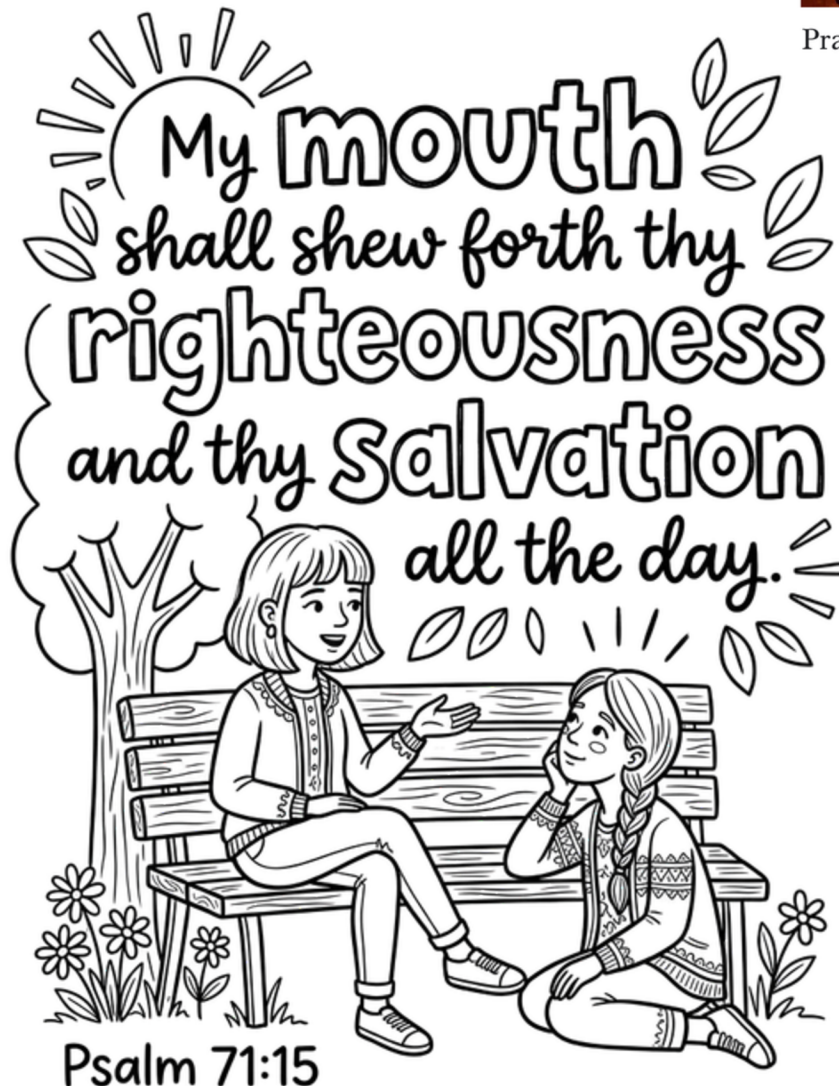
Learning and connecting the gospel to me

As a family sing “A Child’s Prayer” in the Children’s songbook and choose one or more of the following:

- Read Psalms 71:15-24 and talk as a family about words you can use to praise God. Have a testimony meeting with the family where everyone takes turns sharing their testimony. It can be through word, song, or even a drawing.
- Watch “Pearl the Panda Loves the Psalms - Bible Verse Story for Kids” by Listener Kids Storytime on YouTube.
- Watch “David” the movie (again if you have already seen it, pointing out that his songs are what we have been studying this week.)
- Watch “God Gave Us Songs (Book of Psalms Song)” by Minno - Bible Story for Kids on YouTube.
- Watch this week’s Thumb Follow Me on Youtube.
- Choose an article out of the Friend Magazine and read it together (“Puppet Show Prayers” is a cute one!)
- Listen to Susan H. Porters talk, “Pray, He Is There,” April 2024 General Conference while you color the picture below.



Pray, He Is There



Psalm 71:15

Answer Key (for parents)



PSALM 51:1

Have mercy upon me, O God,
according to thy loving k _ _ _ n _ _ _ ,
According unto the multitudes
of thy tender m _ _ _ _ _ .

kindness

mercies

PSALM 51:2

Wash me thoroughly from mine i _ _ _ _ ,
and _ l _ a _ _ _ me from my _ _ n _ .

iniquity

cleanse

sin

PSALM 51:3

For I acknowledge my transgressions;
and my sin is ever b _ f _ _ _ me.

before

PSALM 51:7

Purge me with h y _ _ _ ,
I shall be clean:
wash me, and I will be whiter than _ _ _ w _ .

hyssop

snow

PSALM 51:12

Restore unto me the _ o _ of thy salvation,
and uphold me with thy free spirit.

joy

PSALM 51:17

The sacrifices of God are a b _ _ _ _ _ spirit:
a broken and a contrite _ e a _ _ .

broken

heart

WORD BANK

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kindness
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snow

***Hyssop? This is a special plant used in cleansing ceremonies anciently. They also used hyssop to spread the blood of the lamb on the doors when the Israelites fled Egypt.**

Come follow Me

HOMESCHOOL & FAMILY CURRICULUM
GRADES 4-8



Week of August 24, 2026

Psalms 49-51; 61-66; 69-72; 77-78; 85-86

Monday

Jesus Christ is my rock.

Have you ever just felt like it was the WORST. DAY. EVER.? One that left you feeling frustrated and sad? We know that everyone has those moments where we have down days.

The writers of the Psalms shared all their personal feelings in their poetry and songs. They wrote about feeling discouraged, afraid, and even sorry for the mistakes they had made. Sometimes they wrote about feeling worried that they couldn't seem to hear God, or that He wasn't there.

And sometimes they wrote about the joy they found in the gospel. They wrote about how amazing God is, and how they feel like He is watching over them. They wrote that they were so grateful God would forgive them again and again when they made mistakes and needed to repent.

The writers of the Psalms knew something important. They knew who to turn to when they needed help: God. Read the scripture from Psalm 61:2-3, carefully mark it in your scriptures, and copy it in your best handwriting.

From the end of the earth will I cry
unto thee, when my heart is over-
whelmed: lead me to the rock that is
higher than I. For thou hast been a
shelter for me, and a strong tower
from the enemy.

Takeaway: When anyone makes mistakes, it doesn't make God love them any less. We can turn to Him and He will help us be a little better each time. He loves us and He wants to care for us and offer us shelter when we are sad, overwhelmed, or need to repent.

Tuesday

Because of the Savior's mercy, I can be forgiven.

We will all make mistakes in our lives. Elder Jeffrey R. Holland taught that “except in the case of His only perfect Begotten Son, imperfect people are all God has ever had to work with.” This means that all throughout history, God has used people who make mistakes to do amazing things.

King David made a bad mistake, and he felt terrible about it. He wrote Psalm 51 as a prayer to the Lord, asking for help to change and be a better man. Read his words below, looking for ways in which David was willing to repent (from the NIV Bible). Some of the words are missing. Can you guess which word is missing? Either write the word on the line, or draw a line from the word to the blank word in the verse (Hint: one word is used twice):

Word Bank

PSALM 51:1

Have mercy upon me, O God,
according to thy loving k _ _ _ n _ _ _ ,
According unto the multitudes
of thy tender m _ _ _ _ _

PSALM 51:2

Wash me thoroughly from mine i _ _ _ _ _ ,
and _ l _ a _ _ _ me from my _ _ n.

PSALM 51:3

For I acknowledge my transgressions;
and my sin is ever b _ f _ _ _ me.

PSALM 51:7

Purge me with h y _ _ _ _ ,*
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Restore unto me the _ o _ of thy salvation,
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*Hyssop? See parent key.

Takeaway: When David made a big mistake, he could have just given up. He could have turned away from God and said, "I always mess up, so I should just quit." But David did the right thing! He saw his mistake and knew he needed to fix his relationship with God. He prayed and asked God to forgive him and bring the Spirit back to his heart. We will all make mistakes in life. In our own lives, we are going to mess up sometimes, too. But just like David, we can always turn to the Lord, ask for His forgiveness, and invite the Spirit to be with us.

Wednesday

My testimony can help others come unto Him.

David's story of repentance and forgiveness is the story told over and over again throughout scripture. Creation - Fall - Redemption. David was given the seat of King, and then he fell, and fall hard he did, but his story did not end there. He turned back to the Lord and with all his heart pled for forgiveness.

Read David's words from Psalms 51: 11-15 "Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation...Then will I teach transgressors thy ways; and sinners shall be converted unto thee. Deliver me from blood guiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness. O Lord, open thou my lips; and my mouth shall shew forth thy praise."

When David repented he promised that he would find ways to share his testimony of the Savior with all he knew. He would sing, he would praise, he would open his mouth. Did he? Yes! Today, 3,000 years later (King David was anointed King in 1010 b.c.!) we are STILL reading of his testimony he shared in word and song.

Restore unto me the joy of thy
salvation. Deliver me... and my tongue
shall sing aloud of thy righteousness.

In the box, write about a time you felt God's love or learned something new about Him. Your testimony might feel big and strong, or it might be small like a little seed! Either way, writing down these special moments helps us remember the ways God is in our lives. Every single experience is an important part of your testimony. Use the back of the paper for more writing space if needed and then share with someone of your choice.



Takeaway: David had to rebuild his foundation. Building our lives on a strong foundation means making choices every day. How will we fill our time? What will we think about? What can we do to be more like Jesus Christ. Today, make a goal to set aside time that will help you build a stronger foundation and build your testimony.

Thursday

The Lord will help me in my time of need.

Psalm 68 describes how much David understood that he needed the Lord. Have you ever been in a situation where you desperately needed something? Water? A restroom? Food? A friend? If you have, bring that thought to your mind and think of how David's heart desperately wanted to connect with the Lord. Trace the words from Psalm 69:1 in your best handwriting.

"Thou art my God: early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is."

In the boxes below record in writing or illustration examples from the scriptures where someone was needing help desperately from the Lord. One example might be when Nephi begged the Lord to help him on the ship. Or when Jonah realized he had to repent if he wanted out of that stinky whale. Or when Joseph Smith pled for the Lord's help from Liberty Jail.

Takeaway: We don't have to be desperate to need the Lord, but we have to pay attention to the little things, the "God winks", in our lives that stand as testimonies that He and His angels are very much watching over us and helping us on our journeys.

Friday

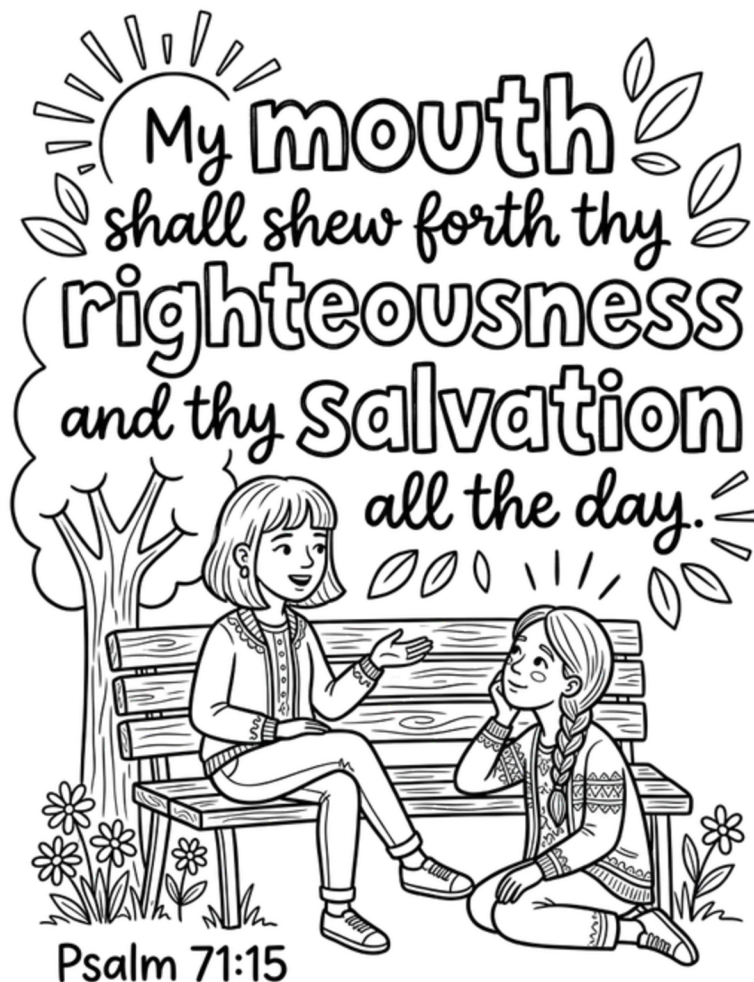
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- Watch “David” the movie with your family (again if you have already seen it, noting that his songs are what we have been studying this week.)
- Watch “The Book of Psalms” by the Bible Project (this one is different than the one you watched last week.
- Read through the “Study Helps” on the Come Follow Me page for the week.
- Choose an article out of the For the Strength of Youth Magazine from August 2026 and read it (Some good ones? “Praise the Savior with Song”, “5 Illusions Exposing Satan’s Confusions”, “He Just Wants You to Come Home”, & “Can Satan do bad things to us, like in the book of Job?”
- Listen to Susan H. Porters talk, “Pray, He Is There,” April 2024 General Conference while you color the picture below.



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