



Come Follow Me

HOMESCHOOL & FAMILY CURRICULUM
GRADES K-3

Week of August 3, 2026

Ezra 1; 3-7; Nehemiah 2; 4-6; 8

Monday

The Lord inspires people to accomplish His purposes.

Every year the Jewish nation celebrates Queen Esther at the Festival of Purim. It is a two day festival in March where they have a fun, often boisterous, community reading of the story of Esther, fast as Esther's people did, dress up, send gifts to friends and family to celebrate community, give to the poor, and have a big feast.

Why is Queen Esther celebrated? She was a poor, orphaned girl who became the queen of Persia. She was in a position at the right time and was able to save the Jewish nation from death. To honor her, the Purim celebration held yearly is to remember that the Lord is mindful of His people and will protect them when they turn to Him.

"What may appear to be a random chance is, in fact, overseen by a loving Father in Heaven. ... The Lord is in the small details of our lives" -Elder Ronald A. Rasband ("By Divine Design," Ensign or Liahona, Nov. 2017, 56).

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random chance is, in fact, over-
seen by a loving Father in
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small details of our lives."

Takeaway: The Lord is mindful of you and what your life is like. He knows YOU and has a great work for you to do. In your prayers tonight ask God to help you know if there is anything important you can do to help someone in your life?

Tuesday

The Lord can help me be brave.

Being brave means doing something that feels scary or difficult, even when you are afraid. It's about facing your fears and trying anyway!

What is something that you were scared to try, but you were brave and did it anyway? Maybe it was jumping off a diving board for the first time? Or riding a bike? Or going down a big hill? Or sharing your testimony at the microphone? In the box draw a picture or write a sentence describing a moment you were brave.

A moment when I was brave...

Queen Esther had a moment where she had to be brave also. Watch the story (or read) "Queen Esther" (in Old Testament Stories, 166–70). Then fill in the boxes below the picture (draw or write).



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Mordecai was brave when he...

Esther was brave when she...

Takeaway: There will be times in our lives where we will need to choose to be brave. It might be telling the truth when we make a mistake, it might be telling something important to a grownup, it might mean trying something new that makes our hearts pound, or it might be sharing the gospel with a friend. God has given you the power to do hard things, and you too are made to be brave.

Wednesday Fasting brings the Lord's blessings.

Here's the story, recapped: Esther becomes queen. Bad guy - Haman - was mad at Mordecai (Esther's cousin who adopted her). Haman is given some power under the King and one of the first things he wants to do? Destroy all the Jews! He gets the King to agree, and pretty soon all of God's people are worried and scared. They began to fast and pray. Mordecai goes to Esther and asks her to help. She is worried she will be killed too and asks that her people fast and pray for her. Esther also fasts and then approaches the King. She asks him to save her people. He agrees that it's a good idea, and the Jewish people are saved!

Read Esther 4: 15-17.

Read about fasting and then finish the handwriting quote by Esther.

fasting

THE SUPER PRAYER!

What is it?

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Think of it like a super prayer!



Why do we do it?

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How do I fast?

You begin a fast with a prayer. You tell Heavenly Father why you are fasting. You stop eating. Then when you are done, you end with a prayer before eating again.



When can I fast?

You will need to ask a parent. Some people can't fast for health reasons, and they can choose to give up something different for their fast. Our church fasts the first Sunday of each month. If you feel ready decide how long you want to fast (you might try skipping just one meal at first), and give it a try!

"Who knoweth whether thou art
come to the kingdom for such
a time as this?"

Takeaway: Choosing to fast is a sacrifice that brings great blessings. It provides food to the poor and needy and gives us a chance to prove to ourselves and God that we are willing to sacrifice for the things we need and want.

Thursday I can be an instrument in God's hands.

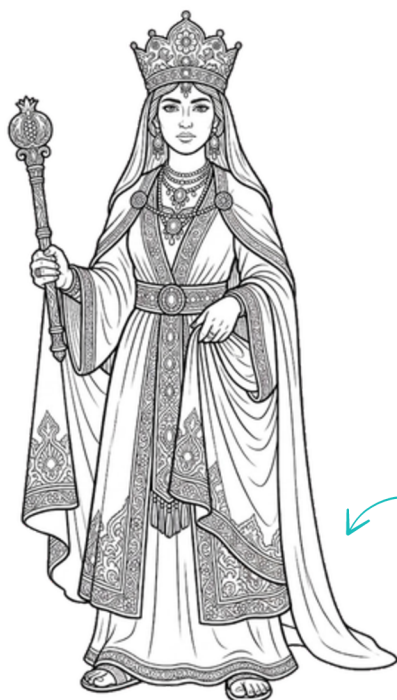
Queen Esther was put in the perfect position to help her people at a time in history. Just as she was set a part to help with the Lord's work, we too have chances to serve and help others. When Esther was afraid, Mordecai told her that the Lord had helped her become queen "for such a time as this."

Sing the song, or watch the video, "For Such a Time as This" by Shawna Edwards on YouTube.

President Dieter F. Uchtdorf taught that each of us "stands at a unique place and has an important task that only [we] can perform. ... The Lord gave you your responsibilities for a reason. There may be people and hearts only you can reach and touch. Perhaps no one else could do it in quite the same way" ("Lift Where You Stand," Ensign or Liahona, Nov. 2008, 56).

Word Search

Esther
Mordecai
Palace
Purim
King
Haman
Fast
Queen



Fun Fact: Queen Esther busted the bad guy's plans with the power of fasting. She taught us that the Lord will listen to His people when we fast and pray.

Takeaway: You have place to be, people to see, and things to do! When we are in a situation that seems impossible, remember we have the Lord on our side to help us through.

Friday

Learning and connecting the gospel to me

As a family sing “For Such a Time as This” by Shawna Edwards and choose one or more of the following:

- Watch “Queen Esther” by Thumb Follow Me on YouTube.
- Watch “Purim: Celebrating the Story of Queen Esther” by International Fellowship of Christians and Jews on YouTube.
- Watch “The Story of Queen Esther (Women of the Bible)” by Minno - Bible Stories for Kids on YouTube.
- Watch “Courageous Queen Esther” by God's Greenhouse | Bible Songs for Kids (by Minno) on YouTube (this one would be best for 6 and under).
- Choose an article out of the Friend Magazine and read it together.
- Listen to Elder Rasband’s talk “By Divine Design” from the October 2017 General Conference while you color the image below.



Answer Key (for parents)



Solution

E	A	A	I	U	E	E	A	E	N	F	N	E	S	T
E	P	U	R	I	M	R	P	U	L	N	Q	N	I	S
O	A	M	E	M	A	F	A	G	U	H	U	S	C	G
R	L	R	E	M	G	T	M	P	I	E	E	D	E	C
F	A	S	T	K	U	P	A	E	E	U	E	N	R	U
I	C	E	Q	C	A	F	M	E	F	H	N	D	N	A
T	E	R	F	C	M	S	O	M	A	T	C	A	R	P
G	E	R	C	N	M	E	E	H	E	C	O	A	R	T
S	A	U	T	F	O	U	A	C	I	E	E	A	N	K
P	U	I	H	D	R	U	H	R	H	A	M	E	A	I
C	I	N	K	C	D	T	U	U	E	H	A	M	A	N
P	E	S	T	H	E	R	S	E	A	F	A	U	E	G
E	A	T	M	R	C	P	E	G	M	T	S	S	R	C
T	O	T	I	N	A	E	T	T	I	S	M	M	A	P
I	M	E	N	K	I	E	S	A	U	A	N	I	E	E

Come Follow Me

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GRADES 4-8



Week of August 3, 2026

Ezra 1; 3-7; Nehemiah 2; 4-6; 8

Monday

Doing the right thing often requires great courage.

Every year the Jewish nation celebrates Queen Esther at the Festival of Purim. It is a two day festival in March where they do a fun, often boisterous, community reading of the story of Esther, fast as Esther's people did, dress up, send gifts to friends and family to celebrate community, give to the poor, and have a big feast.

Why is Queen Esther celebrated? She was a poor, orphaned girl who became the queen of Persia. She was in a position at the right time and was able to save the Jewish nation from death. To honor her, the Purim celebration held yearly is to remember that the Lord is mindful of His people and will protect them when they turn to Him. Copy the quote by President Thomas S. Monson in your best handwriting.

"There is a guiding hand above all things. Often when things happen, it's not by accident. One day, when we look back at the seeming coincidences of our lives, we will realize that perhaps they weren't so coincidental after all."

Takeaway: The Lord is mindful of you and what your life is like. He knows YOU and has a great work for you to do. In your prayers tonight ask God to help you know if there is anything important you can do to help someone in your life? Listen for the answer as you go about your day.

Tuesday

The Lord puts me in situations where I can bless others.

From the Come Follow Me Manual (churchofJesusChrist.org)

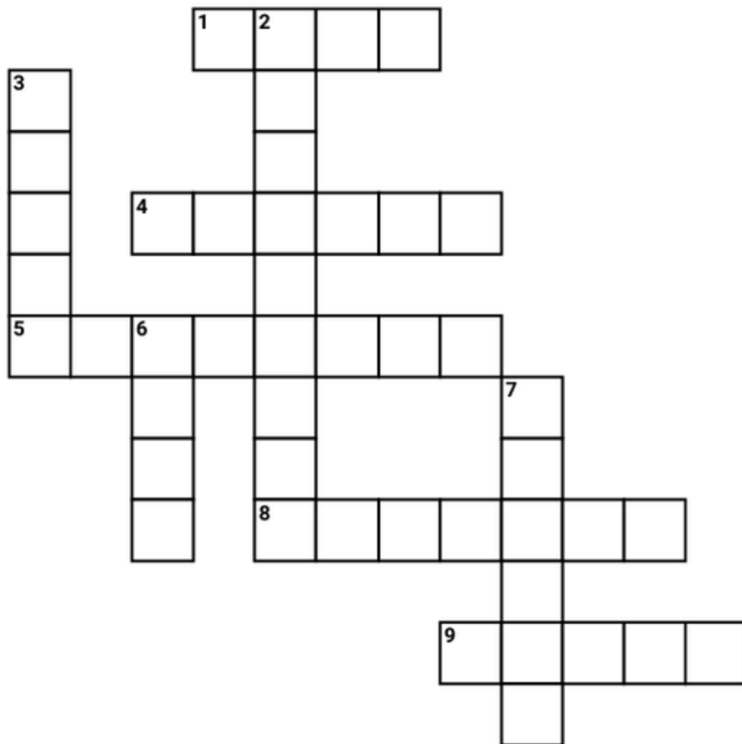
President Dieter F. Uchtdorf taught that each of us “stands at a unique place and has an important task that only [we] can perform. ... The Lord gave you your responsibilities for a reason. There may be people and hearts only you can reach and touch. Perhaps no one else could do it in quite the same way” (“Lift Where You Stand,” Ensign or Liahona, Nov. 2008, 56).

As you read the story of Esther, ponder how this statement applies to her. Look for ways the Lord made it possible for her to save the Jews (read Esther 2:21–23; 3:10–14; 4:14–16). Then ponder how He has given you opportunities to bless others. What are some circumstances or relationships that He has guided you to “for such a time as this”? (Esther 4:14).

Watch the video “For Such a Time as This” (from this week’s Come Follow Me, on the Church’s website, or on YouTube). Then complete the following crossword puzzle about Esther:



Queen Esther



Across:

- [1] Gather all the Hebrews in Susa and hold a _____ on my behalf. (Esther 4:16)
- 4] Queen _____ refused to see the King of Persia. (Esther 1:12)
- [5] Who raised Esther as his own daughter after her parents died? (Esther 2:7)
- [8] Esther approached the king and touched the _____. (Esther 5:2)
- [9] Esther invited Haman and the King to a _____. (Esther 5:4)

Down:

- [2] The King of Persia. (Esther 1:2)
- [3] “Therefore they called these days _____, after the term Pur.” (Esther 9:26)
- [6] What piece of jewelry did the king give Mordecai? (Esther 8:2)
- [7] Who did the king love more than the other women? (Esther 2:17)

Takeaway: If you have a patriarchal blessing, consider reading it to learn more about the work the Lord has for you to do. What can you do to accomplish this work? In your prayers ask God for help finding direction to accomplish the things that you are set apart to finish for such a time as this.

Wednesday

Pride and anger can lead to downfall.

In the book of Esther, we learn from the faithfulness of Esther and Mordecai, but we also learn from the pride and anger of Haman. As you read Esther 3; 5:9–14, note Haman's feelings, words, and actions. Write down some of the words and actions of Haman.

What do they reveal about him and his motivations? What consequences did he face? (see Esther 7).

Elder Uchtdorf compared charity and pride in his talk, "In Praise of Those Who Save." (April 2016 General Conference). Read his quotes and then below write down one thing you can do to have more charity, and one thing you can do to have less pride.

Charity

In the Book of Mormon we learn of a people who had discovered the secret to happiness. For generations, "there was no contention. ... And surely there could not be a happier people among all the people who had been created by the hand of God." How did they do it? "Because of the love of God which did dwell in the hearts of the people."

Whatever problems your family is facing, whatever you must do to solve them, the beginning and the end of the solution is charity, the pure love of Christ. Without this love, even seemingly perfect families struggle. With it, even families with great challenges succeed.

"Charity never faileth."

My more charity goal:

Pride

The great enemy of charity is pride. Pride is one of the biggest reasons marriages and families struggle. Pride is short-tempered, unkind, and envious. Pride exaggerates its own strength and ignores the virtues of others. Pride is selfish and easily provoked. Pride assumes evil intent where there is none and hides its own weaknesses behind clever excuses. Pride is cynical, pessimistic, angry, and impatient. Indeed, if charity is the pure love of Christ, then pride is the defining characteristic of Satan.

The way you treat your wife or children or parents or siblings may influence generations to come. What legacy do you want to leave your posterity? One of harshness, vengeance, anger, fear, or isolation? Or one of love, humility, forgiveness, compassion, spiritual growth, and unity?

My less pride goal:

Takeaway: We all have things we need to work on when it comes to having more charity and less pride. What changes can you work on? What do you need the Lord's help with? Tonight in your prayers include these things and ask for strength and humility in overcoming your shortcomings.

Thursday

Fasting shows that I trust and rely on the Lord.

Here's the story, recapped: Esther becomes queen. Bad guy - Haman - was mad at Mordecai (Esther's cousin who adopted her). Haman is given some power under the King and one of the first things he wants to do? Destroy all the Jews! He gets the King to agree, and pretty soon all of God's people are worried and scared. They began to fast and pray. Mordecai goes to Esther and asks her to help. She is worried she will be killed too and asks that her people fast and pray for her. Esther also fasts and then approaches the King. She asks him to save her people. He agrees that it's a good idea, and the Jewish people are saved!

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Takeaway: Choosing to fast is a sacrifice that brings great blessings. It provides food to the poor and needy and gives us a chance to prove to ourselves and God that we are willing to sacrifice for the things we need and want. Making a fast meaningful is a choice only you can make!

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- Watch “What is Purim? An introduction to the Jewish holiday” by BimBam on YouTube.
- Choose an article out of the Liahona Magazine or For the Strength of Youth and read it.
- Read the section called “Scripture Helps” from Come Follow Me for this week
- Listen to Elder Rasband’s talk, “By Divine Design” from the October 2017 General Conference while you color the image below.
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