



Come Follow Me

HOMESCHOOL & FAMILY CURRICULUM
GRADES K-3

Week of August 31, 2026

Psalms 102–103; 110; 116–119; 127–128; 135–139; 146–150

Monday

“Tellihim”

The book of Psalms is called “Tellihim” in Hebrew. It means to give God praise and to thank Him. It kind of sounds like “tell him”. “Tellihim” how great He is. “Tellihim” how kind He is. “Tellihim” how we will try and follow his commandments. “Tellihim” that we feel His love and mercy.

What would you like to “Tellihim”? _____

Copy the verses from Psalm 117 and “Tellihim” how awesome He is in your best handwriting!

O praise the Lord, all ye nations

praise him, all ye people.

For his merciful kindness is

great toward us: and the truth

of the Lord endureth forever.

Praise ye the Lord.

Takeaway: When we remember the kind things that our family, parents, and friends do for us we feel a warm, happy feeling inside. The same can happen when we take time in prayer to find all the beautiful things God does for us. It might be seeing the cutest puppy that cheered us up, it might be a new friend, or it might be having a family that loves you!

Tuesday

The Lord comforts me and gives me hope.



Circle one in each box!

We are going to write our own psalm in a choosing game, like Madlibs.

A parent will ask you to choose a word or phrase, you'll circle your choice, and then keep going until you have made a selection for each star color box. After you have filled in ALL the blank spots, your parent will read to you your awesome version of the MadLib Psalm that you wrote!

★ listen catch pay attention to	★ howl bellow roar	★ peekaboo tuck away veil	★ uh-ohs a predicament hot water
★ super fast like Lightning McQueen instantaneously	★ POOF! Gone. mystery vapor whoosh!	★ achy breaky sleepy bleh	★ yuck wrinkly raisins dried worms

★ my prayer, O Lord, and let my ★ come unto thee.

★ not thy face from me in the day when I am in ★; incline thine ear unto me:

in the day when I call answer me ★.

For my days are consumed like ★, and my bones are ★.

My heart is smitten, and withered like ★.

Read your Psalm, putting in the words you chose where the coordinating star is. For example, when you see a yellow star, look to see which word or phrase you chose and plug that into the yellow star spot. Keep going with all the other stars.

Wow! You just wrote an entire Psalm! Just like you had to think of EACH word or phrase to put into your own Psalm, so did the writer of the original Psalm. They worked hard and thought about all the special words in their songs and poems. Read, or have your grown up read the actual Psalm 102: 1-4 and listen for the words the author chose. How were they the same? How were they different?

Takeaway: Thinking of the words we say to God are important. He loves to hear from us because He LOVES us, more than we can imagine. He wants to hear our thoughts, what is stressing us out, what He can help us with. He wants us to feel like His ears are turned on the minute we call out to Him! Before you say a prayer tonight, try and take some time to think of something special you want to share with a loving God.

Wednesday Heavenly Father and Jesus Christ know me and love me.

Choose an adult or older sibling to do this activity with. Your partner will need a blank piece of paper. On their paper have them write down 3 or more good things you know about YOU. On your paper draw a picture of THEM. Then write down 3 good things that you know about them. Maybe they like to eat something? Maybe they like to go for walks? Maybe they have the best hugs?

A Drawing of Them:



Three Things About My Person:



Read and copy the scripture from Psalm 139: 23 in your best handwriting:

Search me, O God, and know my
heart: try me, and know my thoughts.

Heavenly Father can hear our thoughts! He can hear our prayers and knows what is in our hearts. When we pray we can even think our prayers, which means we can pray ANYWHERE. What are some prayers that are in your heart this day? Write down a thing you have been wanting to pray about in each of the hearts below:



Takeaway: Heavenly Father has known and loved us forever! He knows what we feel, but He still loves when we ask for help. Whenever you have a bad thought, saying a quick prayer or humming a primary song will turn your heart right back to God.

Thursday

God's word is like a light.

Have you ever been in the dark? It's really hard to see! Usually when it is dark we look for a light to turn on. Sometimes the Lord compares the feelings of being away from Him or needing to be near Him as darkness. When we are with Him we should feel lightness.

Copy this scripture from Psalm 119:105 in your best handwriting:

Thy word is a lamp unto my
feet, and a light unto my path.

Watch the video on YouTube "A Light Unto My Path | Animated Scripture Lesson for Kids" by Latter Day Kids. Then, answer the questions below:

Psalm
119 WALK WITH GOD

1 What did the flashlight represent?

2 Some bike riders decided not to take a light. Why?

3 Did they make it ok to the place they wanted to go?

4 One girl kept a light with her. What happened because she kept her light?

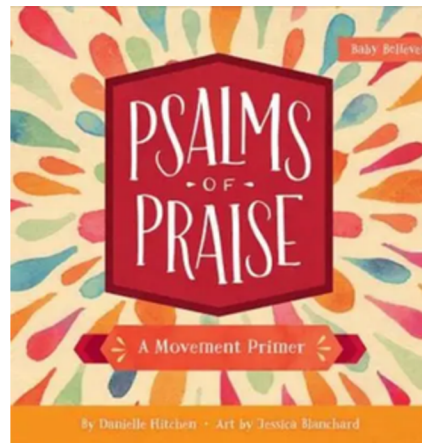
5 How can we make sure we keep our spiritual light on?

Friday

Learning and connecting the gospel to me

As a family sing a favorite song from the Hymn Book or Children's Songbook and choose one or more of the following:

- Make an instrument, or use homemade instruments and memorize the words to Psalm 119:105. March in a circle as you sing a song you made up together, playing your instruments. This is meant to be fun and joyful!
- Watch "ASL Verse of the day Psalm 119:11" by Sign with JP on YouTube.
- Watch "Your Word is a Lamp (Psalm 119:105) | Memory Verse Song for Kids" by Kids Enjoying Jesus on YouTube
- Watch "God Gave Us Songs (Book of Psalms Song)" by Minno - Bible Story for Kids on YouTube.
- Watch "Psalms of Praise: A Movement Primer - Read by Big Sky Life Books" by Big Sky Life Books on YouTube. Try and do all the moves!
- Choose an article out of the Friend Magazine and read it together.
- Listen to Clement M. Matswagothata, "He Knows You by Name," April 2026 General Conference while you fill out the "All About Me" paper on the next page.



ALL ABOUT ME!

My Full Name:

3 WORD TO DESCRIBE ME:

A drawing of something cool I did

MY FAVORITE THINGS:

Animal:

Subject:

Food:

Holiday:

MY INTERESTS:

MY TOP 3 EMOJIS

Come follow Me

HOMESCHOOL & FAMILY CURRICULUM
GRADES 4-8



Week of August 31, 2026

Psalms 102-103; 110; 116-119; 127-128; 135-139; 146-150

Monday

“Tellihim”

The book of Psalms is called “Tellihim” in Hebrew. It means to give God praise and to thank Him. It is closely related to the word “Hallelujah” which also means to give praise to God. “Tellihim” kind of sounds like “tell Him”. “Tellihim” how great He is. “Tellihim” how kind He is. “Tellihim” how we will try and follow his commandments. “Tellihim” that we feel His love and mercy.

What would you like to “Tellihim”? _____

This week we will spend some time reading the Psalms in a peaceful, pondering way. After you copy the scripture from Psalm 117, find a quiet spot and read through Psalm 119. Use a colored pencil and highlight a verse that really stands out to you, sharing that verse afterwards with a parent or sibling.

O praise the Lord, all ye nations

praise him, all ye people.

*For his merciful kindness is great
toward us: and the truth of the*

Lord endureth forever.

Praise ye the Lord.

Takeaway: When we remember the kind things that our family, parents, church leaders, and friends do for us we feel a warm, happy feeling inside. The same can happen when we take time in prayer to find all the beautiful things God does for us. It might be seeing the most beautiful rainbow after a thunderstorm, it might be a hug that you really needed, or it might be just feeling the warmth of the Spirit, but don't forget to “Tellihim” how grateful you are for those small gifts.

Tuesday

The Lord can comfort me in my suffering.

Some of the Psalms describe joy, anxiety, sadness, or just praise. Hearing that others 3000 years ago went through trials and felt joy and wanted to praise God is a reminder that no matter our challenges, our Father in Heaven, Savior, and angels are hear to meet the needs of the people, because they understand us.

Read the words from Psalm 102 and fill in the blanks using a copy of the scriptures.

A Prayer of the afflicted, when he is _____, and poureth out his
_____ before the Lord.

1. Hear my _____, O Lord, and let my cry come unto thee.

2. _____ not thy face from me in the day when I am in _____;
incline thine ear unto me:

in the day when I call answer me _____.

3. For my days are consumed like _____,
and my bones are _____ as an hearth.

4. My _____ is smitten, and withered like grass;
so that I forget to eat my _____.

6. I am like a _____ of the wilderness:
I am like an _____ of the desert.

7. I watch, and am as a sparrow alone upon the _____.

12 But thou, O Lord, shalt _____ for ever;
and thy remembrance unto all _____.

The Lord can bring us peace and help us during our afflictions. Afflictions are a way to say, “Hey, things are going so well over here!” We can turn to scriptures and be inspired by the words in the Psalms, we can read the words of Christ, we can listen to talks from General Conference, talk with the Lord in prayer, or even listen to music that brings peace to our hearts.

One young man, Jarom (@jaromthompson), shares his testimony through videos on Youtube playing hymns on his guitar. Look up his version of “Where Can I Turn for Peace?” Find a quiet spot and listen as he uses music, much like David, to quietly share his testimony of the Savior. Challenge yourself not to close your eyes and not get distracted by looking up random other videos afterwards! 😊

Wednesday

Jesus Christ fulfilled prophecies from the Psalms.

Did you know that the Psalms had multiple prophecies of Jesus Christ? Our Savior not only fulfilled these prophecies, but Christ quoted the Psalms often, even his last words came directly from the Psalms. Read the following scriptures and connect the scripture from Psalms and the New Testament scripture to the correct picture. Under each set of scripture write a note explaining what the Scripture was and how it applied to Christ. The first one has been done for you as an example.

Psalms 22:1 >>>> **Matthew 27:46**

Scripture: "My God, my God why hast thou forsaken me?" were the words of David crying out for help.

Application to Christ: These were words Christ said from the cross as He suffered.



Psalms 41:9 >>>> **Matthew 26:14-24**

Scripture: _____

Application to Christ: _____



Psalms 31:5 >>>> **Luke 23:46**

Scripture: _____

Application to Christ: _____



Psalms 118:26 >>>> **Matthew 21:8-9**

Scripture: _____

Application to Christ: _____



Psalms 110:1 >>>> **Matthew 22:41-44**

Scripture: _____

Application to Christ: _____



Takeaway: David, the King, the prophet, the poet, the slayer of giants, the shepherd, clearly had a vision of who the Lord is. He sought him dilligently, he listened closely to understand the prophecies, and he loved the Lord, We too can seek the Lord in our youth, in our older years, when things are good, and when things are hard. Prayer, meditation, studying the scriptures, and listening to the Spirit help us draw closer to our Savior.

Thursday

God's word will keep me on His path.

Copy the scripture from Psalm 119:105 in your best handwriting.

Thy word is a lamp unto my feet,
and a light unto my path.

Open up your scriptures to Psalm 119. What do you notice?

Maybe you noticed that it's REALLY long. You would be right! It is the longest chapter in the entire Bible. Maybe you noticed that it is broken up into different sections. These sections represent each letter in the Hebrew alphabet (Aleph, Beth, Gimel, Daleth, He, Vau...etc.)

Psalm 119 has verses that express longing for divine guidance, law, commandments, statutes, and decrees. It challenges us to think about these things and how they help us on our path closer to God.

Psalm
119 WALK WITH GOD



1 Read Psalms 119: 1-3. In the next section list 3 or more things we can do to be blessed.

2 Read Psalms 119: 14-16. In what should we rejoice (find happiness)?

3 Read Psalms 119: 18 & 27. What should we pray to have according to the Psalm?

4 Read Psalms 119: 59-60. How should we choose to keep the commandments?

5 Read Psalms 119: 80. How should our hearts be?

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:

- Watch “ASL Verse of the day Psalm 119:11” by Sign with JP on YouTube.
- If you have younger siblings participate with ALL your heart in their band this week. It will bring them joy!
- Watch “Psalm 119 - The Longest Psalm | Soothing Bible Reading & Ambience” by Marmalde Boy on YouTube (this is a fun one with Anime as the background to the Psalms).
- Watch “The original musical notes found in the Old Testament, played right before your eyes!” by History Makers TV on YouTube. Listen to some of the original harp music from the Old Testament!
- Read through the “Study Helps” on the Come Follow Me page for the week.
- Listen to this week’s “Follow Him” a podcast by Hank Smith and John Bytheway. Found on most podcast apps and YouTube.
- Choose an article out of the For the Strength of Youth Magazine from September 2026 and read it
- Listen to Clement M. Matswagothata, “He Knows You by Name,” April 2026 General Conference while you fill out the “All About Me” paper on the next page.



All About Me

Name

My Hobbies

My Favorite ...

Color:

Snack:

Pet:

Music:

Movie:

Season:

Drink:

Subject:

3 Positive Words
to Describe ME

The Best 3 Emojis

A Favorite Person and Why

Answer Key (for parents)



A Prayer of the afflicted, when he is overwhelmed, and poureth out his complaint before the Lord.

1. Hear my prayer, O Lord, and let my cry come unto thee.

2. Hide not thy face from me in the day when I am in trouble; incline thine ear unto me:

in the day when I call answer me speedily.

3. For my days are consumed like smoke, and my bones are burned as an hearth.

4. My heart is smitten, and withered like grass; so that I forget to eat my bread.

6. I am like a pelican of the wilderness: I am like an owl of the desert.

7. I watch, and am as a sparrow alone upon the housetop.

12 But thou, O Lord, shalt endure for ever; and thy remembrance unto all generations.

Psalms 22:1 >>>> Matthew 27:46

Scripture: "My God, my God why hast thou forsaken me?" were the words of David crying out for help.

Application to Christ: These were words Christ said from the cross as He suffered.



Psalms 41:9 >>>> Matthew 26:14-24

Scripture: _____

Application to Christ: _____



Psalms 31:5 >>>> Luke 23:46

Scripture: _____

Application to Christ: _____



Psalms 118:26 >>>> Matthew 21:8-9

Scripture: _____

Application to Christ: _____



Psalms 110:1 >>>> Matthew 22:41-44

Scripture: _____

Application to Christ: _____



Written answers may vary!