



Come Follow Me

HOMESCHOOL & FAMILY CURRICULUM
GRADES K-3

Week of September 28th, 2026
Isaiah 40-49

Monday

I can help prepare “the way of the Lord.”

Isaiah wanted to help people feel better. Long ago, he had warned them about when they were doing wrong things they needed to make changes. Later he shared beautiful messages to help them feel comfort and hope. He told them that even when life is hard or scary, God still loves them and remembers them.

Isaiah’s message for us this week is: “Don’t be afraid!” God is strong, and much stronger than all that worries us. He invites us to come back to Him over and over again. God wants us to feel safe, happy, and loved.

Copy the scripture from Isaiah 40:11 in your best handwriting.

The Lord God shall feed
his flock like a shepherd
he shall gather the lambs
with his arm, and carry them in
his bosom, and shall gently lead
those that are with young.



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*Note: “He” replaced
with “The Lord God”
for context only.*



Takeaway: Isaiah uses some beautiful words to describe how God will take care of you. Can you find these phrases you traced and draw a heart next to each one? The heart represents that God is happy to take care of you in a loving way!

“feed his flock
like a shepherd”



“gather the lambs
with his arm”



“carry them in
his bosom”



“gently lead”



Tuesday I can be a witness of the Lord.

What are some of your FAVORITE things? In the boxes below write or draw your answers:



My favorite food is:



I think this is the best thing to do in my free time:



This makes me laugh:

You are a WITNESS that THIS type of food is yummy, THIS type of activity is fun, and that THIS is hilarious!

A witness is someone who tells what they know because they saw it, heard it, or felt it. A witness is a person who can tell the truth about something because they know it's real. If you tasted a yummy cookie, you can be a witness that the cookie was yummy. If you saw a rainbow, you can be a witness that the rainbow was really there.



When we share our testimony we are sharing that we are witnesses of things we have felt, and experienced. Did you know missionaries are witnesses of Jesus Christ ALL DAY LONG? Next time you see a missionary, ask them to read their name badge. "JESUS CHRIST" is written in capitols on that badge. The apostles and prophets are also special witnesses of Jesus Christ. And get this, if you were baptized...YOU are a witness of Christ also because you bare his name!

Copy this important scripture from Isaiah 43:10. God has called YOU to be a witness.

Ye are my witnesses, saith the Lord,
and my servant whom I have
chosen: that ye may know
and believe me, and
understand that I am he.



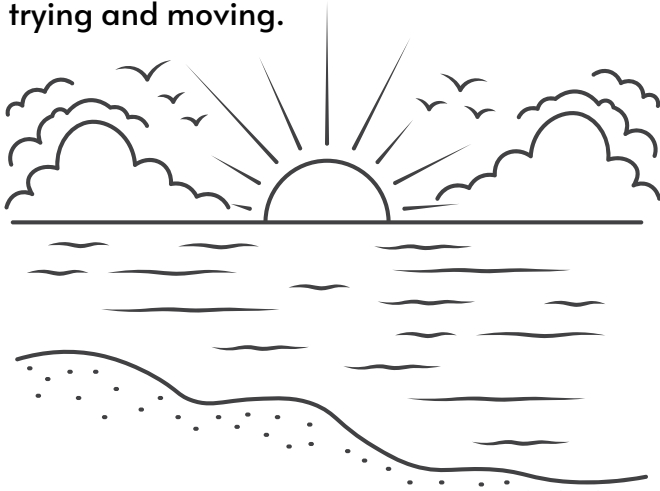
Takeaway: Sister Dalton promised us, "I testify that as you stand as a witness, obey the commandments, and press forward with "a steadfastness in Christ," you will never be alone. Building on this firm foundation will help you to become like Him." What can you do in your life to stand as a witness?

Wednesday Keeping God's commandments brings peace.

Isaiah liked to do comparisons through metaphors. A metaphor compares two things that aren't the same. One comparison he used was thinking of peace like water in a river or the waves of the sea.

Peace can be like a river because rivers move gently, keep going, and don't stop. It doesn't stay still like a lake or pond. So when God gives us peace, it can feel like that: calm, steady, soft, and always there.

Waves are strong, powerful, and never stop moving. They are full of movement and life. Righteousness—choosing what's right—can feel like that too. When we follow God, He helps us feel brave, strong, and able to keep trying and moving.



Isaiah 48

verse 17

I am the Lord thy God
which teacheth thee to
profit, which leadeth thee
by the way that thou
shouldest go.

verse 18

O that thou hadst
hearkened to my
commandments! then had
thy peace been as a river,
and thy righteousness as
the waves of the sea:

Kid friendly version:

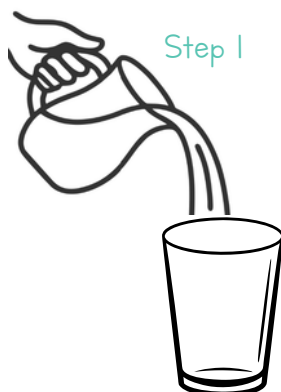
"I am the Lord your God. I
teach you what is good for
you. I show you the right
way to go."

Kid friendly version:

"I want you to listen to my
commandments! You'll have
peace like a river and be
strong like the waves of
the sea,"

When you read your scriptures and pray you can be given peace. Your heart will feel calmer, like a quiet river. You will be doing an activity and need to gather some supplies (if doing with a younger child have them do the actions while you read the words):

Materials Needed



Fill the glass with water and
say: "This water is like peace."



Add glitter and stir fast.
"Sometimes life can get messy
or too busy. When we don't take
the time to listen to God, our
hearts can feel stirred up and
noisy."



Let the water settle, then
drop in a few small rocks.
"These rocks are like God's
commandments. They are
steady and strong, even when
things are hard or crazy."



Takeaway: "God teaches us the right
way to have peace. With him, our hearts
feel peaceful like a calm river."

Thursday

The Lord will NEVER forget me.



Who are people that you love that you never, ever, EVER want to forget because they are so special? Trace your hand in the square, and then on your hand write the names of people that are important to you! (If your hand is too big for the square, do this on the back.)



Some people have worried that God has forgotten them. But He has our names written in a very special place. Copy this verse from Isaiah 49:15-16 and learn where our names are written (it might help to know that the word “graven” means carved, or etched into something permanent):

“Yet will I not forget thee.
Behold, I have graven thee upon
the palms of my hands.”



Where is your name written? You are written on the palms of each of Christ’s hands! With your pencil carefully write your name in your best handwriting on His hands.



Takeaway: The Lord will NEVER forget you. He loves you deeply, so much that you are written on His hands. When He came to earth He knew that one day this was going to be His story. That He would leave with YOUR name engraven on His palms.

Friday

Learning and connecting the gospel to me

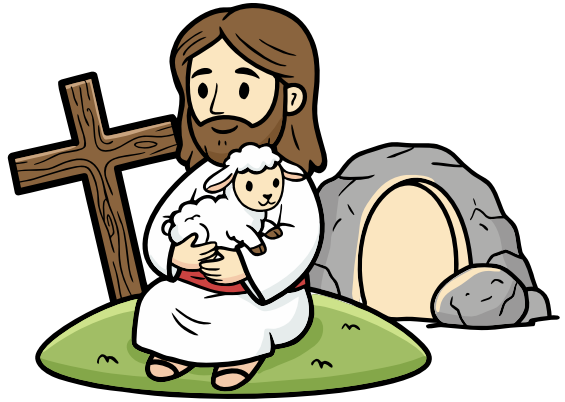
As a family sing “I Love to See the Temple” and choose one or more of the following:

- Plan an FHE using the game on the following page (your child will be in charge with help from you):
 - With your child have them create a gameboard that follows the covenant path (see the next page). On their path they will need to put the following things in this order (they can put the words there themselves or you can help them as they point to the space):
 - BAPTISM
 - CONFIRMATION
 - SACRAMENT
 - TEMPLE BAPTISMS
 - MISSION DECISION
 - ENDOWMENT
 - TEMPLE MARRIAGE
 - They can add in other things like “broke a commandment, back 2”, or “helped a neighbor, forward 2”.
- Go through the “More for Teaching Children section” on the Come Follow Me page. See below for some great stories or activities from that page.
- Choose an article out of the Friend Magazine and read it together.
- Watch “Isaiah 40-49 | Symbols of Christ | Come Follow Me 2022 | The Old Testament” by Scripture Explorers on YouTube
- Watch “Don’t Lose the Keys” by Thumb Follow Me on YouTube
- Watch “Isaiah 40-49 (36-49) | God Saves (when Assyria invades Jerusalem and more!) | LEGO Come Follow Me” by LEGO day Saints on YouTube

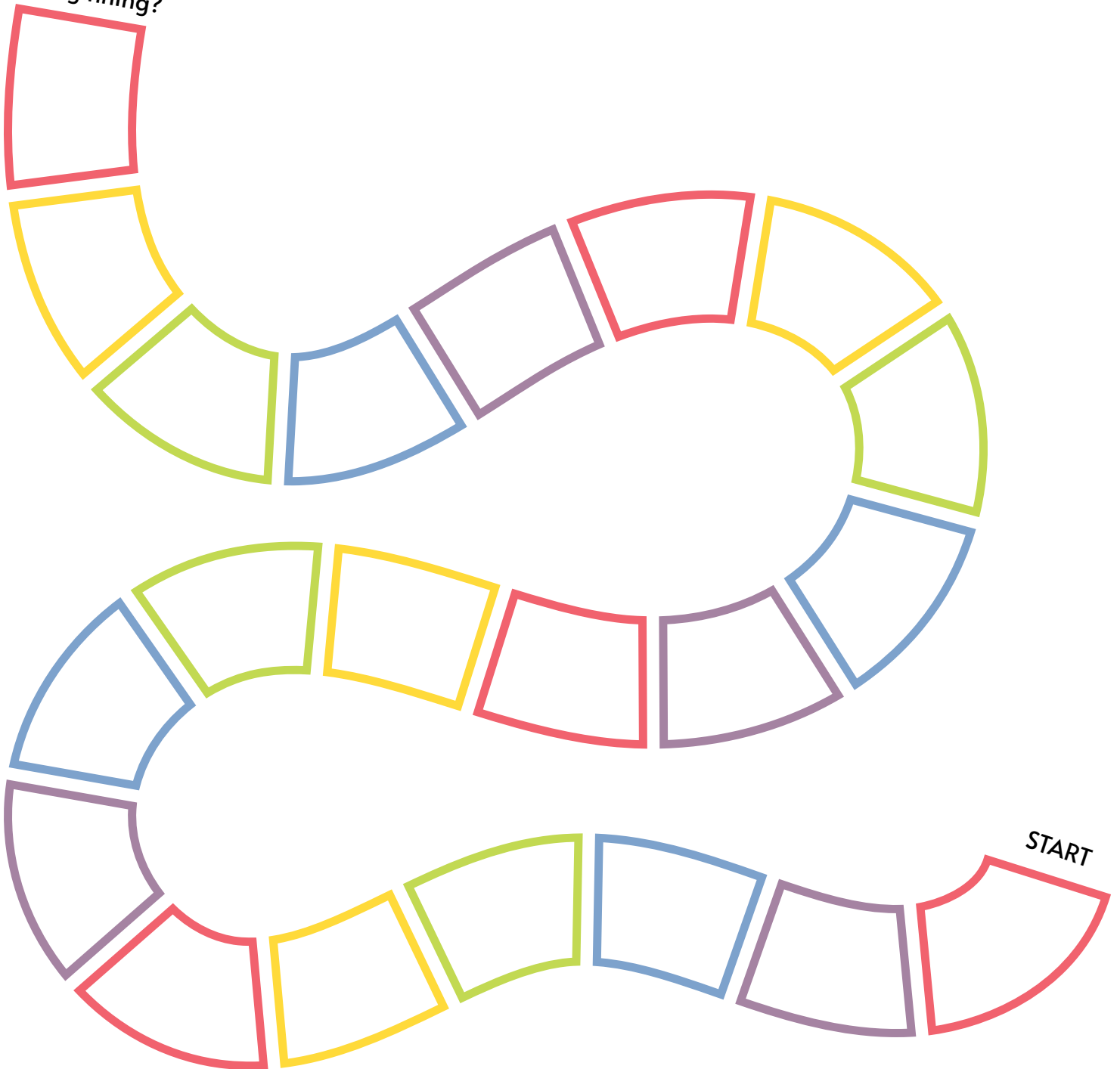


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My Covenant Quest



END...or is it the
beginning?



Come Follow Me

HOMESCHOOL CURRICULUM
GRADES 4-8



Week of September 28th, 2026

Isaiah 40-49

Monday

"Comfort Ye My People"

Isaiah wanted to help people feel better. Long ago, he had warned them about when they were doing wrong things they needed to make changes. Later he shared beautiful messages to help them feel comfort and hope. He told them that even when life is hard or scary, God still loves them and remembers them.

Isaiah's message for us this week is: "Don't be afraid!" God is strong, and much stronger than all that worries us. He invites us to come back to Him over and over again. God wants us to feel safe, happy, and loved.



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The Lord God shall feed his flock
like a shepherd he shall gather The
lambs with his arm, and carry Them in
his bosom, and shall gently lead Those
That are with young.

*Note 1: "He" replaced
with "The Lord God" for
context only.*

Note 2: We are trying a
new font this week!
Cursive is a writing art!



Takeaway: Isaiah uses some beautiful words to describe how God will take care of you. Can you find these phrases you traced and using a crayon match the color and underline each phrase? Isaiah teaches us that God is willing and joyful to teach us how God tenderly wants to care for us.

"feed his flock
like a shepherd"



"gather the lambs
with his arm"



"carry them in
his bosom"



"gently lead"



Tuesday

I can be a witness of the Lord.

What are some of your FAVORITE things? In the boxes below write or draw your answers:



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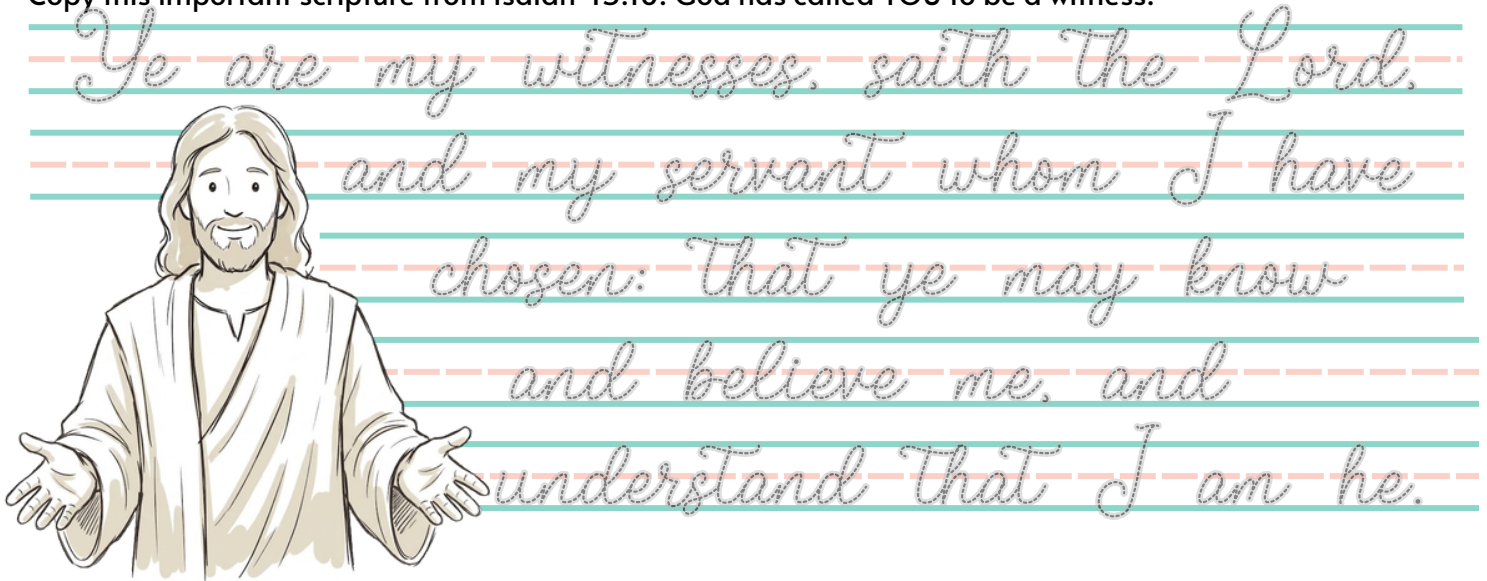
You are a WITNESS that THIS type of food is yummy, THIS type of activity is fun, and that THIS is hilarious!

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Copy this important scripture from Isaiah 43:10. God has called YOU to be a witness.



Takeaway: Sister Dalton promised us, "I testify that as you stand as a witness, obey the commandments, and press forward with "a steadfastness in Christ," you will never be alone. Building on this firm foundation will help you to become like Him." What can you do in your life to stand as a witness?

Wednesday

Jesus Christ can comfort me and give me hope.

The Story: A long time ago, the Israelites had to leave their homes and live in a far-away place called Babylon. They felt very sad and wondered if God had forgotten them. But God gave the prophet Isaiah beautiful messages to remind them that they are always loved!

Your Turn: Look up the scriptures below and mark them in your scriptures carefully. What is the Lord saying to you in these verses to give you comfort and hope? You can write your interpretation below or draw a picture that matches in the accompanying spaces.

Isaiah 40:31

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.



My Takeaway:

Isaiah 41:10

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.



My Takeaway:

Isaiah 41:17

When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I the Lord will hear them, I the God of Israel will not forsake them.



My Takeaway:

Isaiah 43:2

When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.



My Takeaway:

Isaiah 44:3

For I will pour water upon him that is thirsty, and floods upon the dry ground: I will pour my spirit upon thy seed, and my blessing upon thine offspring:



My Takeaway:

Isaiah 44:23

Sing, O ye heavens; for the Lord hath done it: shout, ye lower parts of the earth: break forth into singing, ye mountains, O forest, and every tree therein: for the Lord hath redeemed Jacob, and glorified himself in Israel.



My Takeaway:

Isaiah 46:4

And even to your old age I am he; and even to hoar hairs will I carry you: I have made, and I will bear; even I will carry, and will deliver you.



My Takeaway:

Isaiah 49:13

Sing, O heavens; and be joyful, O earth; and break forth into singing, O mountains: for the Lord hath comforted his people, and will have mercy upon his afflicted.

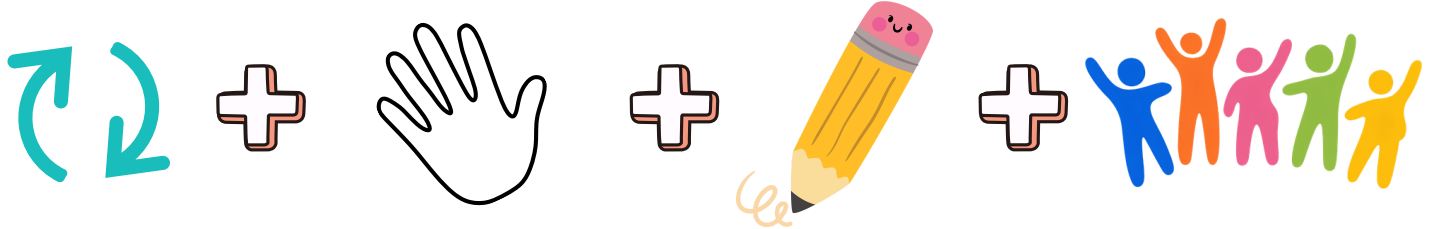


My Takeaway:

Thursday

The Lord will NEVER forget me.

Who are people that you love that you never, ever, EVER want to forget because they are so special? These could be friends, family, leaders, etc. Flip over the paper and trace your hands. Then on your hands write all the names of those people that mean the most to you.



Some people have worried that God has forgotten them when they are going through a hard time. Read Isaiah 48:10. God calls these our times of refining. When we are going through difficult trials, we are growing, developing, and becoming stronger. Watch the video “The Refiner’s Fire” found on the Come Follow Me Page this week.



Our Savior cannot forget us. He has our names written in a very special place. Copy this verse from Isaiah 49:15-16 and learn where our names are written (it might help to know that the word “graven” means carved, or etched into something permanent):

Yet will I not forget Thee.

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Where is your name written? You are written on the palms of each of Christ’s hands! With your pencil carefully write your name in your best handwriting on His hands.

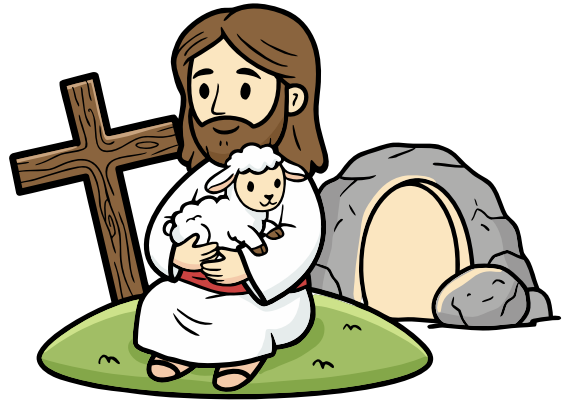


Takeaway: The Lord will NEVER forget you. He loves you deeply, so much that you are written on His hands. When He came to earth He knew that one day this was going to be His story. That He would leave with YOUR name engraven on His palms.

As a family sing “How Firm a Foundation” (Isaiah 41:10) and choose one or more of the following:

- Plan an FHE using the blank game on the following page :
 - Create a gameboard that follows the covenant path (see the next page). On the path you will need to put the following things in this order, in any space you want:
 - BAPTISM
 - CONFIRMATION
 - SACRAMENT
 - TEMPLE BAPTISMS
 - MISSION DECISION
 - ENDOWMENT
 - TEMPLE MARRIAGE
 - You can add in other things like “broke a commandment, back 2”, or “helped a neighbor, forward 2”, etc.
- Go through the “Scripture Helps” on the Come Follow Me website page for this current week.
- Read an article from “For the Strength of Youth”
- Spend some time reading and studying a section in the new “For the Strength of Youth” manual.
- Watch “Don’t Lose the Keys” by Thumb Follow Me on YouTube
- Watch “Isaiah 40-49 (36-49) | God Saves (when Assyria invades Jerusalem and more!) | LEGO Come Follow Me” by LEGO day Saints on YouTube
- Listen to the podcast “Follow Him” with John Bytheway and Hank Smith on Isaiah while you do something relaxing with your hands (coloring, designing, sewing, etc.)

My Covenant Quest



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beginning?

