

Besides giving the “business” of what everyone else is saying and I’m extremely impressed with many of the comments...

What can we do to be “MIGHTY IN THE SCRIPTURES”? [Acts 18:24-28](#)

How can we be more like the Saints in these scriptures we’re reading this week? See [Acts 17:11](#)

Finally, how does studying Come, Follow Me daily make us more “noble”?

Therefore, how could we comment DIFFERENTLY considering these 3-questions above that were taken directly from our CFM manual lesson for this week and help this FB member who wrote: **I am so confused with CFM. I thought it was supposed to be our third hour of church, but everyone talks about doing it every day or multiple times a week. I get doing it for FHE, but all this other “business” or stuff people are discussing seems excessive or unattainable. ***See examples of the “business” of people’s comments in two camps.**

Camp 1: General Advice or “Business” That Just Makes Sense	Camp 2: Personal Application Tips, Ideas & Serious “Business”
<p>Do what works for You and Your family...</p> <p>Emily says, Well, for me, it feels way more manageable to do 5-7 minutes a day with my toddlers than a whole hour in one sitting. Just do you. And keep it simple</p> <p>Heather says, I think the great thing about it is you can adapt it for your family! My little kids can't sit still for a whole hour so we break it up and do a little bit at a time multiple days but if what works for your family is all at once do that!</p> <p>JaLynn says, It's definitely a “do what is best for your family” type deal. It has so much content that people use it for scripture study too.</p> <p>Mary says, We are a busy family with teenagers and jobs and we manage to do Sunday for about 45 min to an hour but all the other days of the week is a joke! Don't feel bad do what works for your family!</p> <p>Janeene says, I have kids age 6 to 16, and my husband and I work opposite schedules, so we take 30 minutes after church for CFM. We</p>	<p>Personal Application...</p> <p>Amy says, We do ours every day and then watch the videos and review on Sunday. It is broken up really well to do small lessons. It would take us to long to do it all on Sunday. It's also designed to do as little or as much as works for your family. There isn't a right or wrong way.</p> <p>Michelle says, For our family, it's much easier to do a section a day. I have 5 kids, ages 3-11 and some have ADHD. There is no way we could sit through an hour-long scripture study! Doing a little each day makes it more attainable for us. We don't do anything fancy. The big kids read and talk while the little kids help read and color.</p> <p>Bess says, I usually read the scriptures 1 day - The lessons the next and then listen to the referenced talks the rest of the week</p> <p>Danielle says, I have to do it by myself, so I find that any time I can fit it in I do. Then I live it as an example tho my family and share when I feel inspired to. Just do what's best for your life. What matters is that we're learning of him and what he wants us to do and ally it in our</p>

try to have talking point questions at dinner a couple of times a week, with questions from the CFM manual. It's about teaching at home. Do whatever works best for you and your family situation! It doesn't have to be complicated.

Kelli says, Do what works, as others have said. If every day doesn't seem manageable for your family, do what you feel fits your style best! What I love about this curriculum is how it can be tailored to every family situation and still be edifying!

Ashley says, We do multiple days a week because we have little kids and an hour straight after already being at church is too hard for them. 5-15 minutes a day a few days a week is much easier for us. But I think it's great that we are able to customize it and do it how it works best for us, even if it looks different than what others do.

Whitney says, You just need to do what works for you and your family. Honestly, we don't do it on Sunday as the extra hour. I usually use that time to prep for the week. We use it in place of FHE, and it is our family scripture study as well. We read a little and discuss a little.

Chrissy says, That's the great part about CFM. The direction has been that it is flexible. Each family can do what's best for them. For families with children, it's easier to break it up and do a little throughout the week. For families with teenagers and adults, it might be easier to do it once a week. I love that they made it flexible to fit what is best for each family. We don't need to compare and feel proud or guilty ?? we just get to feel good about what we are doing

Tamara says, we do about 5-10 minutes every day after dinner. for us, it helps keep the gospel discussions and spirit in the house. But I know some who do it once a week others who do it every couple days. Find a way it works for you.

Cassie says, Try to unsee most of what you have seen on here and do what works best for you! We all have different circumstances and while swapping ideas can be helpful it can also make people feel inadequate. I think you're doing a great job and should continue to do

lives the best we can.

Amanda says, We just add it to our family scripture study...

Natalie says, you'll discover that before the end of this week's chapters, there is some preaching in Asia, or what they are calling Asia. It was just at that time they needed to go to Macedonia, because they were being prayed there. They couldn't detour to Asia or whatever the other place was that they started to go to, because they needed to get to Macedonia. They just didn't know it yet, because Paul had not yet had his vision about the Macedonian man asking them to come help. the Holy Ghost was just making sure they would be available when he did!

Janna says, We're doing it daily and not burning out, and prefer that to sit down for an hour on Sunday after my kids have already been sitting for two hours. My husband would hate that too, and would expect too much of them. A few minutes a day after our read- aloud novel works really well for us. I love that Heavenly Father left it open for each family to determine what works for them.

Jessica says, I study by myself and then we watch the video on Mondays and then I try to plan a small activity on Thursdays for my kids. We do not study every day together, mainly because at the end of the day my kids are so naughty I cannot stand them anymore and need a break.

Shanon says, It's never been delineated by the Church how it is supposed to be done. And for good reason. We need to learn to rely on the Spirit to know what is going to work best for us and our family. For me... we are lucky to have one day a week when all of us are home at the same time (and that even includes sleeping hours!). So Sunday is our day... but I can see if I had small children I was trying to teach it might work better to break it up into smaller increments to account for their attention spans. The purpose is to make the home the center of gospel learning. How you choose to do that... well, there is likely to be as many different approaches as there are members of the church!

what you feel works best for your family

Brooke says, The whole purpose of CFM is to do it at your own pace. Some people do it every day, some people read through it Sunday after church. A lot of people get hung up on it because they want the church to say “spend X amount of time doing it on X days” but really, It’s whatever you want to do with it.

Libby says, It works better for our family to do a little every day. It keeps a good routine and I like the spirit it brings daily. It has replaced our daily family scripture study.

Samantha says, I’m not great at it. But I’m trying to do the daily devotionals from saving talents.com because 5 minutes is easier for my children than 1hr.

Sydney says, It is what you want it to be. If you can only do it Sunday, only do it Sunday. We had a Bishop promise if we incorporated it into our day every day in some way, we would see miracles in our family. I can say that miracles do happen. It doesn’t have to be a 45-minute lesson every day but I think the point is to just incorporate gospel discussion with your family every day!

Maryann says, I think you have to do what works for you. I am finding short periods of time work for me. Perhaps share some stories/conversation at dinner w the family. I think the idea of CFM is to spend a little time each day to read scripture or talk, something that helps us remember Jesus and how we can follow him. Help us remember our covenants

Lynne Marie Judd Jacobs Flexibility & individual circumstances. It would not work at all to try to make my family sit for another hour on Sunday, but a more focused approach spread throughout the week has been a huge blessing. Do what works best for you.

Laura says, This is not supposed to be another LDS culture checklist item but something to bring us closer to Christ. You do what’s best for you one day a week or more if you want!

Laura says, Do what works for your family. We use it each night during family scripture study. With prayers and everything we usually spend about 20-25 minutes a night.

Machelle says, My kids' ages 11-17 would rather do it a few minutes each day than try to cram in all the content on Sundays. I personally wouldn't try this approach with young kids, but for my family, we are focusing on conversion to the gospel, not just crossing Sunday School off the list. So I've taught my kids that they are ultimately responsible for their own gospel learning... they need to take the initiative, rather than just waiting to be spoon-fed. So each day before they are allowed to turn on the TV or any other electronic devices they have to take 10 or 15 minutes to do Come follow me on their own, then when we come together as a family for FHE or Sunday morning discussions, they share their individual insights and we are able to have really wonderful family discussions on things people have been learning in their individual study. We used to read the book of Mormon together as a family every morning before the kids left for school, but now we do a combination of come follow me and Book of Mormon throughout the week. We usually listen to the Meridian Magazine CFM podcast sometime during the week as a family. Since we had already been reading scriptures together as a family on a regular basis, switching from more random independent study to an integrated curriculum like come follow me has been a tremendous blessing. For the first time in my life, it seems like my family is joyfully immersed in the scriptures, and really learning doctrine and principles, and learning to love the stories of the scriptures. I think this approach has been so seamless for us because we were already reading the scriptures regularly. But I think the point is that this program is intended to be used in the way that works for your family and meets the goals you have. We all have to start somewhere, then we can take baby steps to work on the areas where we can make it better. I personally feel one of the reasons there is so much more content than can realistically be covered in one sitting is because the brethren are trying to get us away from a checklist approach to the gospel, and to make discipleship and gospel learning more of a lifestyle that is interwoven throughout our lives, not just with formal

Michon says, I study it every day or every other day. I think of it as an investment into a deep connection to my maker. I don't think CFM is to be an occasional thing for me. I enjoy the immersion. It's like sitting with the Savior with some level of intimacy. Deeply personal and even sacred.

Jessica says, The manual explains the function of Come Follow Me pretty comprehensively! If you don't have a manual in your home yet, ask your bishop for one, and he should be able to get it for you. Just take the manual to God and ask Him how He wants you to incorporate it.

Rosana says, We do it on Sunday. You have to do what works for your family. Don't worry about other people, just focus on your family. Good luck

gospel learning on Sunday. I believe if every family just starts where they are and does what they can, the blessings will come, and the Lord will enable us to find simple and easy ways to make that time more meaningful and to meet the needs of our individual families. It's not intended to be a burden, and we shouldn't try to run faster than we are able

Julie says, You can do whatever works for your family. It's a lot of reading so it takes longer than an hour on Sunday. That's why we do it more than one day. When we finish it, we then read the BOM for the rest of the week.

Emma Dean We do Sunday and FHE. I think it's what your family can do. There is also suggested reading that some use as their family scripture study but we read the Book of Mormon because it's been counseled to read that daily as well.

Cindy says, I am with you. It does not need to be every day. We were instructed as you said, the third hour (50 min). Some people break it up - 20-minute lesson for kids and 30-minute private study during the week. Some do 5 minutes a day before family prayer, as part of dinner discussion, Sunday lesson and done for the week, FHE. It's up to the family for what works best for them.

Stacie says, Our family needs the spiritual boost every day. Besides the fact that each week is loaded with things that I personally don't feel like we can discuss on one day, let alone one hour. But when CFM was released they basically said do it however you need and want, whatever works best for your family. It doesn't matter what anyone else is doing. You teach as the Spirit guides you for yourself and your family.

Tarry says, We do a little bit every day just because we have tiny kids (2 & 4) and we want to go through it with them but they can't sit still long enough to do the whole 3rd hour after church. We as a couple try to do it together after the kids are down for their naps on Sunday so that we can talk about it together before going through it with the boys. There are tons of extra resources if you WANT to use them, but

it's totally up to you. It's all about making it Home Centered and Church Supported, so they are trying to give us everything we could want to make it completely effective and beneficial for each family, regardless of situations and circumstances.

Melissa says, We do come follow me for scripture study which is daily and always has been (i mean ideally and as far as we've been taught at church - we do well m-f on school days, but somehow get out of the routine on weekends and summer! We obviously have some work to do! We don't do anything exciting we just read and discuss- dad makes it fun with his strange comments.

Nette says, My grandchildren, do it with me. I am reminded every night it's time. We do a selected scripture a video. And a song. It's meant to draw us closer together. Some night we just pick a topic to talk about. Or pick a word for the day. What we always do is remember each night something about Jesus.

Hillary says, My kids are 6, 4, and 3. We tried doing it as "third hour" and that's just not realistic for our kids/family. It was a nightmare. I break the lesson up into 5-10 min chunks I can do every night at bedtime and it's more reasonable. The point is you do what works for you and your family. If it was just hubby and me, or when our kids are older we are going to do it in one chunk on Sunday. Also, right now we have 9-11 church so we spend 10 min after lunch talking about what the kids learned/talked about in their classes.

Catharine says, There is no right and wrong way to do it. I break it up into small 10-15 minute "devotionals" that we do every night before bed, my kids are 6,4,2 and 3 months. I plan it all out on Sunday nights so it's done for the week. It's perfect for us and the benefits have been huge. However, a lot of other families do it once a week after church, or once a week on some random night, or around the dinner table each day, etc. The "right" way to do is just doing it in the first place!

Mareva says, I feel we live and study our religion every day, not just on Sunday. There's way too much material to do it all in one day. I

think it's more attainable that way (to break it in parts) than trying to do it all in one day.

Emmerin says, Do what works for you. My kids are 6, 3, and 3. Sitting for an hour straight is NOT going to happen. So we do 5-15 minute lessons every night (well, ideally. Obviously some nights get skipped). It works really well for our young family. However, if I had teenagers who were spread to the four winds every night, that wouldn't work at all, and I would be doing an hour on Sunday.

And I keep my lessons simple. We watch a lot of church videos. We read stories from the Friend. I will often print out coloring pages that relate. But I almost never do more than one "Pinterest" activity a week. Often not even one.

Kirsten says, You do what works for you and your family! We do a little lesson on Sunday with a small section of it. Then take five minutes each evening at dinner or right before bed to talk about it. Some weeks and months we have just been able to manage it on Sunday. Then I'll remember randomly at the park or at the grocery store that we forgot to talk about it all week and I'll start talking about Jesus or a scripture story with my girls right there and then. Throw out perfection or what others are doing and do what you're inspired to do!! I had to learn this the hard way. Haha!
And know you are awesome and giving your family tidbits of the gospel they need. Small and simple things are great things brought to pass!

Jocelyn says, I don't think there is a right or wrong way....only your way. Every family has different needs, so the same thing doesn't work for everyone. Our family likes to cover a small section of material every day, just because there is way too much material to cover in one hour. But that's just our family. It is working for us so far. It has been a learning curve to see what works for us. Don't feel pressure, just do what works for you and your family.

Kendra says, You do what works for your family - you and the Lord only know what that is! Don't stress. I did until I found this link below and it has been ideal for my family. They do a weekly newsletter,

video, and worksheet - it's AWESOME!!!! Don't Miss This

Debbie says, I think (personal thought here) that the leaders are encouraging us to develop a stronger habit of studying the gospel in our homes and to make that study more meaningful. Gospel study should not be relegated solely to our church meetings There are so many benefits to this - we are able to feel the Spirit more every day. As this happens, our ability to receive revelation for our families grows stronger. Remember that President Nelson taught us that we would need a strong personal revelation to stay strong in these latter days. And, as I read above in one of the posts, we can then receive miracles in our lives. I truly believe this. It is designed to be flexible and at your own pace. But I also believe that as you stay constant your ability to do more may increase. Ways will be provided. Also, developing this habit and culture within ourselves and our families will prepare us for whatever may come in the future when we will need all the strength we can find. Sorry for the long post - I feel really strongly about this.

Janene says, When you are on these CFM pages it comes with people who study an hour daily, an hour a week, 10 minutes a day. On the church website, they show a family who spends ten minutes each Sunday and that's it. Many people on this page like to share their findings in hopes it breaks down the scriptures into little lessons that may help others who don't have that luxury of time. At least that is the intention of my posts.

Deziray says, we are asked to read scriptures daily if possible. So for me, I just read the sections and sectioned included during the week. Keeps kids

Kind fresh and thinking about Christ all week! This summer has become a little more difficult. But in the winter and school year, we get into a great schedule of reading every day. And on Sunday's we watch the Emily bell freeman videos for the upcoming week. Then my kids understand the scriptures we read all week a little better. Each family needs to do what works best for them!

Sydney says, We as adults are responsible for our third hour of

church. We personally should be studying it in full. Based on your family dynamic (I have 3 children 3 and under) you do what works for you. In my case, that's one section 5-10 minutes a day with a doctrine, song and occasionally short clip. For someone with teenagers, I do envision a more in-depth, lengthy discussion less frequently.

Ann says, I have read all the comments below. Come follow me is designed to immerse us in the New Testament and bring us closer to our Savior. Review of the CFM family and Primary manuals show a method to study over the 6 days till the next in Church lesson that in Sunday School or Primary is a review of what you and your children learned over to 2 weeks for SS and weekly for Primary. It is intended to a fun activity with little bites daily and not crammed into a rushed last-minute session. As teachers, we hold a class at the end of the week and although we have studied and pondered over the lesson are aim to have you or your children tell us what you have learned and allowed the class to share and learn from each other. As a Primary teacher 10-11, I and my partner are delighted when children share what you have taught them and we try to enlarge on that theme. We do have a lesson prepared in case we have visitors or we get blank stares, but usually, we let the child speak for the 15-20 minutes we have available. The main thing makes scripture study fun with videos NT storybook or cutouts and games in the Primary manual.

Karen says, The best part is you get to incorporate it how it works best for you and your family! We have found a rhythm that works for us with a Monday FHE lesson that kicks off the week of study and then we add ideas or insights as they come throughout the week. Tuesday-Saturday we read the Book of Mormon together when we can and then finish up the CFM week on Sunday by adding anything we learned from Sunday school/church or individual study and discussing it.

Christy says, We do our reading on Sunday as our third hour of church. Then, we review it through the use of the study guide as our daily family scripture study in 5-10 minute segments. Realistically

that's four days a week.

Miranda says, We do a review of what was discussed on Sunday or for that week if it wasn't Sunday school, then we introduce the next topic and lesson for the new week. Then on Thursday we usually do a follow up on whatever was planned by the one who gave that lesson. Not sure if that made any sense. We have been way out of practice with being gone so much and a big move coming soon, but that's what we did. I was super overwhelmed at first, but learned what for our family best and went with that. Nothing perfect, nothing every day. Just effort I think is all that matters. Do what's best for your families needs and situation