

Comfort Ye My People

Come, Follow Me: Isaiah 40-49

Lesson focus

The Lord knows His children, strengthens them, and never forgets them.

SCRIPTURE FOCUS

Isaiah 40:28-31; 41:10; 43:1-4; 49:15-16

5-MINUTE OPENER

Ask children to hold a small weight at arm's length for a few seconds. Talk about how strength runs out and how the Lord can give spiritual strength.

TEACH THESE TRUTHS

- God is powerful and dependable.
- The Lord can strengthen me when I am afraid or tired.
- He remembers and loves His covenant people.

DISCUSSION QUESTIONS

- When have you needed courage?
- What does Isaiah 41:10 promise?
- How can we remember that the Lord remembers us?

CLOSING CHALLENGE

Choose one verse from this week to memorize or place somewhere visible.

Use with the official Church lesson.

This Papa Awesome help is independently created supplemental material and is not an official publication of The Church of Jesus Christ of Latter-day Saints.

Official lesson: <https://www.churchofjesuschrist.org/study/manual/come-follow-me-for-home-and-church-old-testament-2026/40?lang=eng>