

October 5-11

He Hath Borne Our Griefs, and Carried Our Sorrows

Come, Follow Me: Isaiah 50-57

Lesson focus

Jesus Christ suffered for our sins, pains, sicknesses, and sorrows and brings peace and healing.

SCRIPTURE FOCUS

Isaiah 53:3-5; 53:10-12; 55:6-9

5-MINUTE OPENER

Show a heavy backpack. Add a few books labeled with words like sorrow, mistake, fear, pain. Explain that Jesus Christ understands every burden we carry.

TEACH THESE TRUTHS

- Jesus Christ willingly suffered for us.
- Because of His Atonement, we can repent and be healed.
- The Lord's thoughts and ways are higher than ours.

DISCUSSION QUESTIONS

- What does it mean that Christ bore our griefs?
- How does repentance help us come to Him?
- When can we ask the Savior for help?

CLOSING CHALLENGE

Invite children to pray specifically for the Savior's help with one burden.

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-2026/41?lang=eng>