

November 23-29

Seek the Lord, and Ye Shall Live

Come, Follow Me: Amos; Obadiah; Jonah

Lesson focus

The Lord asks us to seek Him, care about what is right, and extend mercy to others.

SCRIPTURE FOCUS

Amos 5:4, 14-15, 24; Jonah 3:5-10; 4:2, 10-11

5-MINUTE OPENER

Put a small object across the room and ask a child to “seek” it. Connect seeking to deliberate choices that bring us closer to God.

TEACH THESE TRUTHS

- Seeking the Lord requires action.
- God cares about justice and goodness, not empty worship.
- The story of Jonah teaches about repentance and mercy.

DISCUSSION QUESTIONS

- What does it look like to seek the Lord?
- Why did Nineveh receive mercy?
- Who might need more patience or kindness from us?

CLOSING CHALLENGE

Do one act of mercy for someone who is difficult to understand.

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-2026/48?lang=eng>