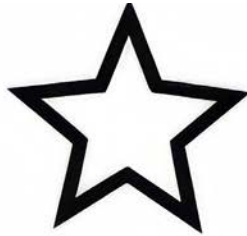


September 16–22

## 3 Nephi 1–7

“Lift Up Your Head and Be of Good Cheer”



### Handwriting Practice

Practice your handwriting by tracing the sentence below.

The prophets' words are  
always fulfilled.

September 16–22

### 3 Nephi 1–7

“Lift Up Your Head and Be of Good Cheer”

Instructions: Fill in the blank by adding words from the box below to finish the scripture.

### 3 Nephi 5:13

Behold, I am a disciple of \_\_\_\_\_

\_\_\_\_\_, the \_\_\_\_\_ of God.

I have been \_\_\_\_\_ of him to declare

his \_\_\_\_\_ among his people, that

they might have everlasting \_\_\_\_\_.

word  
called

Son  
Jesus







Christ  
life

### Hidden Word

Write down the first letter of each picture in the box beneath it to find the hidden word. Not sure what the picture is? Find the key to the code on last 2 pages of this book or download it from [ColorMeChristian.org](http://ColorMeChristian.org).

Then, find and circle that same word from the Come, Follow Me manual in the sentence below:

**We are stronger when we gather together.**

September 16–22

### 3 Nephi 1–7

“Lift Up Your Head and Be of Good Cheer”

Instructions: Can you solve this puzzle? Every column, row, and group of four must contain every letter in the word **STAR**. Check the answer at the back of the book or on [ColorMeChristian.org](http://ColorMeChristian.org).

	A	R	
	R		
	T	A	S

“A new **star**  
appeared when  
Jesus Christ was  
born.”

Come, Follow Me Manual 2024



September 16–22

### 3 Nephi 1–7

“Lift Up Your Head and Be of Good Cheer”

Instructions: Find the bold words from the scripture in the puzzle below. To help you, the beginning letter of each word is circled. Circle the whole word when you find it. The words go from top to bottom ↓ and left to right. →

### 3 Nephi 1:13

**Lift** up your head and be of good **cheer**; for behold, the **time** is at hand, and on this **night** shall the **sign** be given, and on the morrow come I into the world, to show unto the **world** that I will **fulfil** all that which I have caused to be spoken by the mouth of my holy **prophets**.

G L K Y W V L M I S Q I  
V I E J N S C B U I L W  
W F O U T B H W L G C O  
C T N Y M L E P R N P R  
G M W O Q J E R T Y Q L  
I G Y A A J R O A S M D  
R F N Y N I C P K S J Y  
K D X D P C B H W M D C  
D Q D K V Y L E C S M F  
Z T N I G H T T T I M E  
F U L F I L M S B H Y N  
M G R K Z G E J U L Y H

prophets

world

cheer

Lift

night

sign

time

fulfil