

A vertical rectangular image featuring a sunset over a body of water. The sky transitions from a pale yellow near the horizon to a soft teal at the top. In the foreground, several tall, thin reeds with feathery heads stand in the water, their reflections visible on the calm surface. The overall mood is peaceful and contemplative.

COME FOLLOW ME: NEW TESTAMENT

Be It Unto Me
according to thy word

JANUARY 7-13

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Monday January 7th

Read [Luke 1:28-35](#). How would you have responded to the angel Gabriel if you were Mary?

Read [Matthew 1:18-25](#).

How would you have responded if you were Joseph?

Write in your study journal how you can be like Mary and Joseph when God asks you to do hard things.



Monday January 7th continued

President Russell M. Nelson explained that **the Atonement of Jesus Christ, “required a personal sacrifice by an immortal being not subject to death. Yet he must die and take up His own body again. The Savior was the only one who could accomplish this. From His mother He inherited power to die. From His Father He obtained power over death”** (“Constancy Amid Change,” *Ensign*, Nov. 1993, 34).

Like Mother Eve before her, and other righteous women through the ages, Mary chose to answer a seemingly impossible call from God. In doing so, she was able to help move God’s plans forward.

The Extra Mile: Make a list of all the women you know who have done hard things and made your life better. What faithful and humble things did they do? How were they good examples?

Tuesday January 8th

Matthew was a Jewish publican, or tax collector, whom Jesus called as one of His Apostles. He wrote his Gospel (or testament) for fellow Jews and therefore emphasized how Old Testament prophecies of the Messiah were fulfilled through Jesus's life and ministry.

Luke was a gentile physician who traveled with the Apostle Paul. He wrote his Gospel (or testament) after the Savior's death to a non-Jewish audience and testified of Jesus Christ as the Savior. He recorded eyewitness accounts of events in the Savior's life, and he included more stories involving women compared to the other Gospels.

Both were **asked to do difficult things by God**, just like Mary and Joseph were.

Mary said, "With God nothing shall be impossible" (Luke 1:37). Write in your study journal about something difficult you accomplished with God's help.

The Extra Mile: read this [BYU Devotional](#) and write in your journal about one way you can increase your faith in God like Brother Arapata Meha.

Wednesday January 9th

Read [Luke 1:5-25, 57-80](#). (For younger children, watch [this video](#) while you read.)

Elisabeth and Zacharias are examples of how God's blessing comes in His own time. If we find ourselves waiting for a blessing or it seems that God isn't hearing your prayers, you can think on Elisabeth and Zacharias. As Elder Holland said, **“Some blessing come soon, some come late, and some don't come until heaven; but for those who embrace the gospel of Jesus Christ, *they come.*”** What was a blessing you had to wait a long time for?

The Extra Mile: Watch [this video of Mary and Elisabeth](#) and try to count how many times they smile. They were both doing something very difficult but it brought them joy. What joy can you find in your difficult circumstances?



Thursday January 10th

Read [Luke 1:26-38](#). Like Mary we sometimes find that God's plans for our lives are quite different from what we had planned. What do you learn from Mary about accepting God's will? Make a table like the one below in your journal and fill out at least three messages for you.

Angel's words to Mary	Message for Me
"The Lord is with thee" (verse 28)	The Lord is aware of my struggles

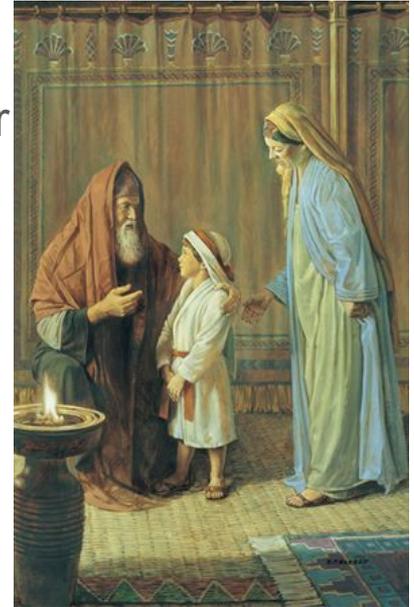
The Extra Mile: Read [Mosiah 3:19](#), [Luke 22:42](#), and [Helaman 10:4-5](#). What are the messages for you from those scriptures? Add them to the table in your journal.

Friday January 11th

Read [Luke 1:46-55](#). Mary received a testimony of Christ's mission before she even gave birth to Him. Make a list in your study journal of the things you learn about Jesus from Mary's words.

Hannah's attitude about her son Samuel's calling was similar to Mary's attitude. Read [1 Samuel 2:1-10](#). What can you learn by comparing Hannah and Mary's words?

The Extra Mile: Read [Matthew 5:4-12](#). How do the Savior's teachings compare with what Mary and Hannah learned? Consider memorizing some or all of Mary's words about Christ or the Beatitudes to help you further internalize a humble attitude.



Saturday January 12th

Read or listen to the full text of [Elder Holland's address, "An High Priest of Good Things to Come."](#)

Write down in your study journal times you've faithfully waited for a blessing, submitting to God's will. Think of how you could share one experience with your family or in a testimony meeting.

The Extra Mile: If you had to write a talk about Mary's response to the angel Gabriel, which parts of Elder Holland's address would you use? Write down a basic outline for that talk in your study journal.

Sunday January 13th

Family scripture study!

First, have one of your kids retell the stories of Gabriel visiting Mary and Joseph. Quiz them and see if they can/have memorize [Luke 1:37](#).

Next, help your family come up with a definition for what it means to be humble and submissive. Come up with a list of times when humility has helped your family be happier.

Finally, play a game of gospel picture dictionary where you draw pictures of scripture stories. Whoever guesses the picture first and can say how the people in that story were a good example gets to draw next! Try looking through the [Gospel Art Book](#) for ideas :)