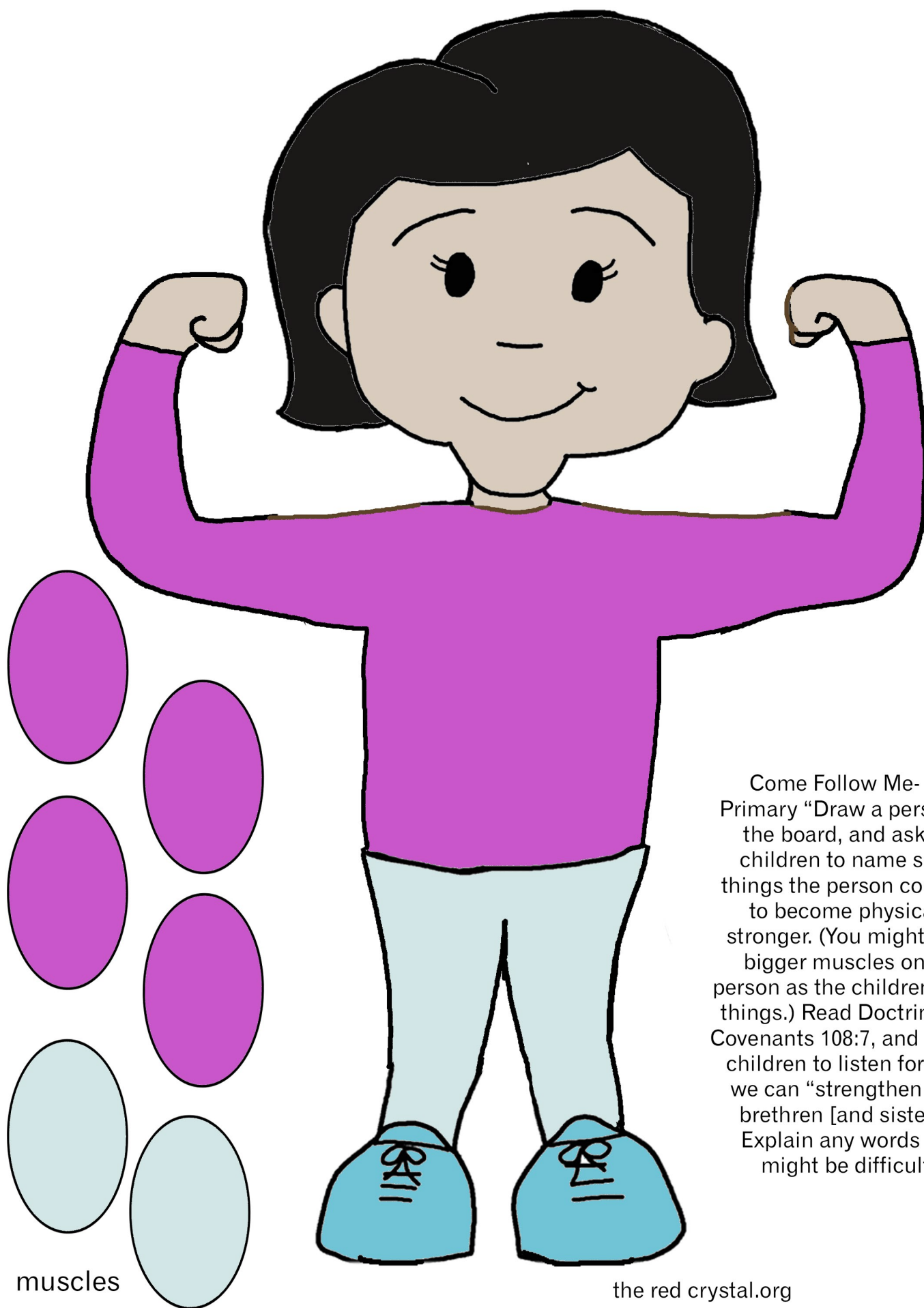


I can strengthen others.



Come Follow Me- For Primary "Draw a person on the board, and ask the children to name some things the person could do to become physically stronger. (You might draw bigger muscles on the person as the children name things.) Read Doctrine and Covenants 108:7, and ask the children to listen for ways we can "strengthen [our] brethren [and sisters]." Explain any words that might be difficult."

muscles