

— A *Seek Me* GUIDEBOOK —

Old Testament

Notes from a class at the Institute of Religion
Church of Jesus Christ of Latter-Day Saints

Finding Christ in the Old Testament

Info Packet

Available December 2025

Contents

Side-By-Side with Come Follow Me 2026

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**Use as a side-by-side resource with
2026 Come Follow Me Old Testament Curriculum**

Project began in 2025 and ongoing through 2026

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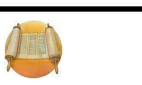

Old Testament Contents

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Side-By-Side with Come Follow Me

Come, Follow Me—For Home and Church: Old Testament 2026		Seek Me Guidebook: Old Testament
		<div>Available</div> <div>Upcoming - not yet available</div> <div>Pairs with material in Context & Study section</div>
		Context & Study Sections completed: January: Ancient Israel's connection to Lehi's family January: Ancient Israel's connection to Christ: Covenants
		Context & Study Sections in progress: February: The family tree of Abraham February: Birthright: Heirs and joint-heirs March: Children of Israel by birth and by adoption March: Ancient Israel's connection to us April: The Law of Moses: Points to Christ April: Sacrifice and Sacrament May: Tabernacles and Temples May: The Doctrine of Christ in 2 Nephi June: Gathering Israel June: Kings and Prophets July: Visitors to the Kirtland Temple: Sealing Power July: The Prophet's Mantle
		Preface
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	December 29–January 4 Introduction to the Old Testament	
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	January 5–11 Moses 1; Abraham 3	Pairs well with material in Context & Study section
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	January 12–18 Genesis 1–2; Moses 2–3; Abraham 4–5	Module 1: Creation Part 1: Gifts From God Give Life
"In the Beginning God Created the Heaven and the Earth"		
	January 19–25 Genesis 3–4; Moses 4–5	Module 2: Creation Part 2: Trading Our Bitter For Christ's Sweet
The Fall of Adam and Eve		Module 3: Creation Part 3: Covered in Christ
	January 26–February 1 Genesis 5; Moses 6	
"Teach These Things Freely unto Your Children"		
	February 2–8 Moses 7	
"The Lord Called His People Zion"		
	February 9–15 Genesis 6–11; Moses 8	Module 4: The Way of God Part 1: The True and Living Way vs. A Counterfeit Way
"Noah Found Grace in the Eyes of the Lord"		
	Thoughts to Keep in Mind The Covenant	See Module 5
	February 16–22 Genesis 12–17; Abraham 1–2	
"To Be a Greater Follower of Righteousness"		

	February 23–March 1 Genesis 18–23	Module 5: The Way of God Part 2: Making Covenants: The Promises Made to the Fathers
	“Is Any Thing Too Hard for the Lord?”	Module 6: The Way of God Part 3: Keeping Covenants - Planted in the Hearts of the Children
	Thoughts to Keep in Mind The House of Israel	See Module 8
	March 2–8 Genesis 24–33	Module 7: Putting on the Firstborn: Becoming Abraham’s Seed
	“Let God Prevail”	
	March 9–15 Genesis 37–41	Module 8: Jacob’s Sons and the Tribes of Israel
	“The Lord Was with Joseph”	Module 9: Joseph in Egypt Part 1: A Savior to the House of the Lord
	March 16–22 Genesis 42–50	Module 10: Joseph in Egypt Part 2: God Sent Me Before to Preserve You
	“God Meant It unto Good”	
	March 23–29 Exodus 1–6	Module 11: Who Shall I Say is the One Who Can Deliver Us?
	“I Have Remembered My Covenant”	
	March 30–April 5 Easter	
	“He Will Swallow Up Death in Victory”	
	April 6–12 Exodus 7–13	Module 12: Journey to the Land of Promise Part 1: Delivered from Bondage - Sacrifice & Sacrament
	“Remember This Day, in Which Ye Came Out from Egypt”	
	April 13–19 Exodus 14–18	Module 13: Journey to the Land of Promise Part 2: Lessons in the Wilderness
	“Stand Still, and See the Salvation of the Lord”	
	April 20–26 Exodus 19–20; 24; 31–34	Module 14: Journey to the Land of Promise Part 3: Come Up to the Mountain of the Lord
	“All That the Lord Hath Spoken We Will Do”	
	Thoughts to Keep in Mind The Tabernacle and Sacrifice	See Module 15
	April 27–May 3 Exodus 35–40; Leviticus 1; 4; 16; 19	Module 15: Tabernacle
	“Holiness to the Lord”	
	May 4–10 Numbers 11–14; 20–24; 27	Module 16: Manna and Managing Appetites
	“Rebel Not Ye against the Lord, Neither Fear”	
	May 11–17 Deuteronomy 6–8; 15; 18; 29–30; 34	
	“Beware Lest Thou Forget the Lord”	
	Thoughts to Keep in Mind The Historical Books in the Old Testament	
	May 18–24 Joshua 1–8; 23–24	
	“Be Strong and of a Good Courage”	
	May 25–31 Judges 2–4; 6–8; 13–16	
	“The Lord Raised Up a Deliverer”	
	June 1–7 Ruth; 1 Samuel 1–7	Module 17: Re-Obtaining Promises Lost: Naomi, Ruth, and Boaz
	“My Heart Rejoiceth in the Lord”	

	June 8–14 1 Samuel 8–10; 13; 15–16	
“The Lord Looketh on the Heart”		
	June 15–21 1 Samuel 17–18; 24–26; 2 Samuel 5–7	Module 18: Becoming a Priest and a King: Samuel and David
“The Battle Is the Lord’s”		
	June 22–28 2 Samuel 11–12; 1 Kings 3; 6–9; 11	
“Hear Thou in Heaven Their Prayer”		
	June 29–July 5 1 Kings 12–13; 17–22	Module 19: Prophets as Types of Christ Part 1: Elijah
“If the Lord Be God, Follow Him”		
	July 6–12 2 Kings 2–7	Module 20: Prophets as Types of Christ Part 2: Elisha Module 21: Prophets as Types of Christ Part 3: Shunem
“There Is a Prophet in Israel”		
	Thoughts to Keep in Mind Jesus Will Say to All Israel, “Come Home”	Pairs well with material in Context & Study section
	July 13–19 2 Kings 16–25	
“He Trusted in the Lord God of Israel”		
	July 20–26 2 Chronicles 14–20; 26; 30	
“Our Eyes Are upon Thee”		
	July 27–August 2 Ezra 1; 3–7; Nehemiah 2; 4–6; 8	
“I Am Doing a Great Work”		
	August 3–9 Esther	Module 22: Esther A Mediator to the People: Esther and Mordecai
“Thou Art Come ... for Such a Time as This”		
	Thoughts to Keep in Mind Reading Poetry in the Old Testament	
	August 10–16 Job 1–3; 12–14; 19; 21–24; 38–40; 42	
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	August 17–23 Psalms 1–2; 8; 19–33; 40; 46	
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	August 24–30 Psalms 49–51; 61–66; 69–72; 77–78; 85–86	
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	August 31–September 6 Ps 102–3; 110; 116–19; 127–28; 135–39; 146–50	
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	September 7–13 Prov 1–4; 15–16; 22; 31; Eccles 1–3; 11–12	
“He Shall Direct Thy Paths”		
	Thoughts to Keep in Mind Prophets and Prophecy	
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	September 21–27 Isaiah 13–14; 22; 24–30; 35	Module 23: Building Zion
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	September 28–October 4 Isaiah 40–49	
	“Comfort Ye My People”	
	October 5–11 Isaiah 50–57	
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	October 12–18 Isaiah 58–66	
	“The Redeemer Shall Come to Zion”	
	October 19–25 Jeremiah 1–3; 7; 16–18; 20	Module 24: Portraits of a Deeply Sensitive God: Jeremiah, Ezekiel, Hosea
	“Before I Formed Thee in the Belly I Knew Thee”	
	October 26–November 1 Jeremiah 31–33; 36–38; Lamentations 1; 3	
	“I Will Turn Their Mourning into Joy”	
	November 2–8 Ezekiel 1–3; 33–34; 36–37; 47	
	“A New Spirit Will I Put within You”	
	November 9–15 Daniel 1–7	Module 25: Stories of Faith: Daniel (possibly Jonah)
	“There Is No Other God That Can Deliver”	
	November 16–22 Hosea 1–6; 10–14; Joel	
	“I Will Love Them Freely”	
	November 23–29 Amos; Obadiah; Jonah	
	“Seek the Lord, and Ye Shall Live”	
	November 30–December 6 Micah; Nahum; Habakkuk; Zephaniah	
	“He Delighteth in Mercy”	
	December 7–13 Haggai 1–2; Zechariah 1–4; 7–14	
	“Holiness unto the Lord”	
	December 14–20 Malachi	
	“I Have Loved You, Saith the Lord”	
	December 21–27 Christmas	
	“We Have Waited for Him, and He Will Save Us”	