

APRIL 2024

# the Friend

Following Jesus Together



Sharing  
LOVE!

See pages 16-17



## Dear Friends,

Heavenly Father loves you and wants to help you. You can pray to Him anytime you are scared or need help. You can pray just to thank Him. You can pray about anything.

Turn the page to read what President Nelson taught about prayer. Then read about Emma's prayer in "Road-Trip Trouble" on page 4. And see how Xóchitl learned that prayer really works on page 36.

Remember that Heavenly Father will always listen!

The *Friend*

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The Friend Magazine



@thefriendmag



Look for this icon to find articles that go with this month's *Come, Follow Me* readings.



## Friends by Mail

### Where I Read the *Friend*

**Jaylen T., age 7,** reads the *Friend* in English in Wellington, New Zealand.



### Art from the *Friend*

I looked through past issues of the *Friend* and made a poster of Christ to help me remember Him.

**Audrey C., age 11,** Maine, USA



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### I Love to See the Temple

**Fletcher C., age 7,** went to the Atlanta Georgia Temple.



Find 3 Hidden Bulgarian CTR Rings

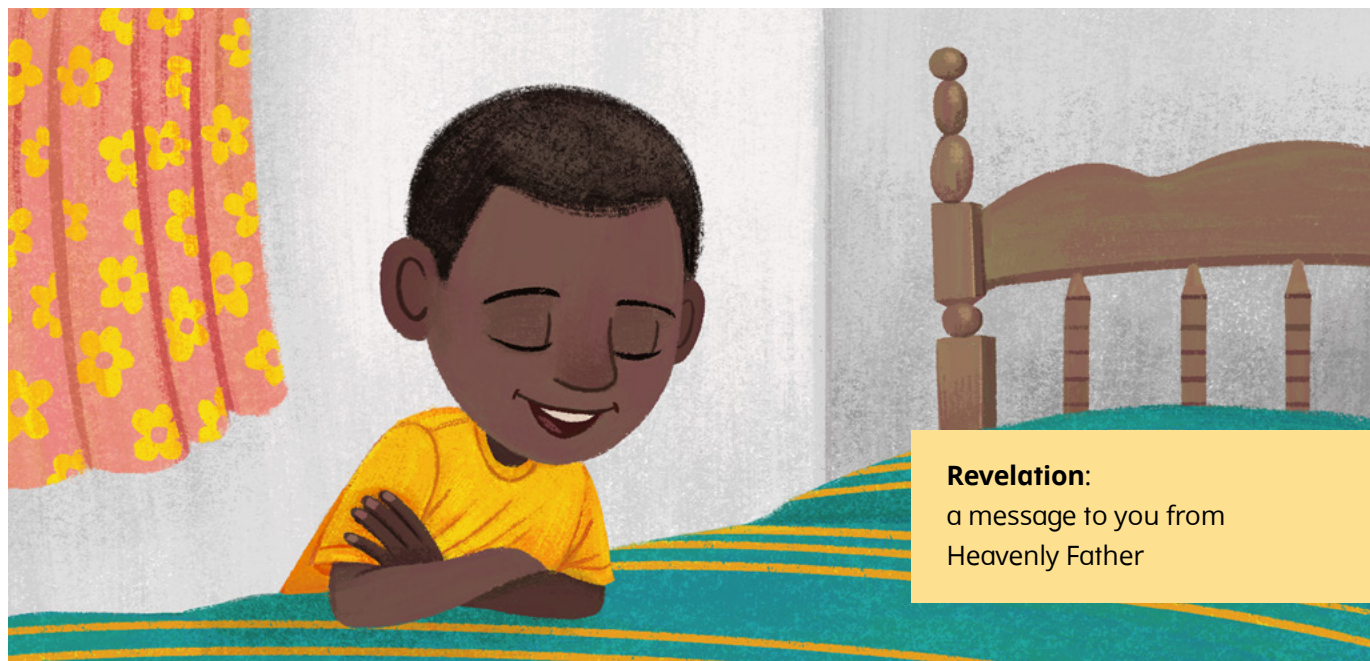


- Hard:** Sincerely sorry
- Harder:** A broken truck
- Hardest:** Smells like bacon

Front cover by Samara Hardy

Share your stories and photos with the *Friend*! See the back cover to learn how to send us your own mail.

WE LOVE HEARING FROM OUR FRIENDS!



By President  
Russell M. Nelson

## The Miracle of Prayer

The Savior taught us how to pray. We pray to our Heavenly Father, in the name of Jesus Christ. We close our prayers by saying, “in the name of Jesus Christ, amen.” When we hear another person’s prayer, we also say “amen.” This means, “That is my prayer too.”

The Prophet Joseph Smith set an example for us to follow in asking questions. He took his questions directly to Heavenly Father. And his prayers were answered.

Think about this miracle! We can all pray to our Heavenly Father and get answers.

Find a quiet place where you can go. Pour out your heart to your Heavenly Father. Turn to Him for answers and for comfort. Pray about your worries, your fears, and the longings of your heart. And then listen! Write the thoughts that come to your mind.

As you repeat this process, you will grow and learn to receive **revelation.** ●

*Adapted from “Sweet Power of Prayer,” Liahona, May 2003, 7–9; and “Revelation for the Church, Revelation for Our Lives,” Liahona, May 2018, 93–96.*

## What I Pray About

When we pray, we talk to Heavenly Father. Draw what you pray about in the boxes below. Heavenly Father loves to hear from you!

Things I am thankful for:

People I pray for:

Things I need help with:

# Road-Trip TROUBLE

By Kyla Kaye Hill  
(Based on a true story)

*This story happened in Germany.*

Emma put the last sleeping bag into the camper van. Her family was driving to Italy for a holiday weekend. They were all so excited!

She got into her seat with a blanket and some snacks. Her brother, Max, sat next to her.

"Everyone ready?" Dad asked.

"Yes!" Emma and Max said.

They drove past buildings and trees. The roads were very busy. After a few hours, it was so crowded that all the cars stopped.

Emma looked out the window at the people in the cars next to them. Some looked bored. Others looked upset.

A man behind them got out of his car. He walked over and knocked on Dad's window.

Dad rolled down his window. "Hi. Can I help you?"

The man pointed to their van. "One of your tires is flat."

"Oh no!" Dad said. He got out to look and talk to the man.

Dad got back in the van. "We have two choices. We can stop at the next rest area. Or we can drive





*“Let’s pray again,” Emma said.*

carefully to the closest camper site. Let’s pray about it.”

Mom said the prayer. She asked Heavenly Father to help them know what they should do.

They were all quiet. Emma listened closely to hear the Holy Ghost. “I think we should drive to the campsite,” she said.

“Me too,” said Dad.

When they got there, Mom and Dad called someone for help. A few hours later, a worker came to look at the tire.

“It’ll be hard to find a tire that fits,” he said. “We’ll order a new one, but all the shops are closed for the holiday. We can’t get the tire until Tuesday.”

Emma frowned. Tuesday was far away—and what if the tire was

late? She was excited to go to Italy. But now they might not get there!

“Let’s pray again,” Emma said.

“Great idea,” Mom said. “Just remember that even if we’re not blessed with a tire, Heavenly Father always hears our prayers. We can still have a great trip.”

Emma nodded. “Dear Heavenly Father,” she prayed, “thank Thee for keeping us safe on our trip. If possible, please help us find the right tire for our camper.”

The next morning, the worker came back. He was rolling a big tire toward them.

“Looks like we’ll make it to Italy after all!” Dad said. Emma and Max cheered.

“How did you find a new tire so fast?” Max asked the worker.

“I asked some other people here if they had a spare tire that would fit,” the worker said. “And someone did!”

The worker put the new tire on. They were ready to go! Emma said a silent prayer of thanks. Their family trip hadn’t gone the way they’d planned, but Heavenly Father had heard their prayers. ●

**How did Heavenly Father answer Emma’s prayer?**





**MEET RORY!**



# Following Jesus in Northern Ireland






How are ya?



## How Rory Follows Jesus



Rory helps his family clean their house. He thinks washing the dishes is fun. "Mummy can be really busy looking after five children and studying for her university degree," Rory says. "So if I do something she normally would do, she can have a rest."



Comforting others is another way Rory follows Jesus Christ. His little sister recently joined a new youth club. She was nervous to go the first time. Rory comforted her and told her it would be OK. "I wanted to help her so that she could have fun like I did when I went," he says. "I felt good knowing that I helped her be happy." ●

## About Rory

**AGE:** 10

**FROM:** Country Antrim, Northern Ireland

**LANGUAGE:** English

**GOALS:** 1) Become a football player. 2) Serve a mission.

**HOBBIES:** Playing football, board games, and card games

**FAMILY:** Mum, Dad, three brothers, and one sister

---

## Rory's Favorites

**BOOK OF MORMON STORY:** Ammon protecting the king's sheep (see Alma 17)

**FAMILY TRADITION:** Wearing matching pajamas for Christmas

**FRUIT:** Pineapple

**COLOR:** Blue

**PRIMARY SONG:** "We'll Bring the World His Truth" (*Children's Songbook*, 172-73)

## You Can Follow Jesus Too!

What's something you've done to follow Jesus? Write and tell us! Turn to the back cover to see how.



Learn about  
Heavenly Father's  
children all over  
the world.

# Hello from NORTHERN IRELAND!

Northern Ireland is a part of the United Kingdom. It is on an island sometimes called the Emerald Isle because it's so green! Almost 2 million people live there.



## EARLY MISSIONARIES

Northern Ireland was one of the first places that missionaries visited outside of the USA.



ILLUSTRATIONS BY HECTOR BORLASCA



## SPORTS

Rugby is a popular sport in Northern Ireland. It's played by running with an oval-shaped ball and touching it down in the other team's goal area.



## Irish Names

Old Irish last names showed who you are related to. What would your last name be? Write in the blank!

**Example:** The son of someone named Hugh would write "MacHugh" on the first line.

**BOYS: Mac** \_\_\_\_\_  
(your father's name)

**OR Ó** \_\_\_\_\_  
(your grandpa's name)

**GIRLS: Nic** \_\_\_\_\_  
(your father's name)

**OR Ní** \_\_\_\_\_  
(your grandpa's name)



## MUSIC

Traditional Irish music often includes fiddles, flutes, and banjos. You can hear it played around the island, but Irish music is also popular around the world!



## LANGUAGE

English is the most common language in Northern Ireland. Gaelge (Irish) and Ulster Scots are also important there. Gaelge is one of the world's oldest languages!

That means "good day" in Gaelge!

Dia duit!



## RECIPE

### Boxty

Try this version of Irish potato pancakes!

1. Stir **1 1/2 cups grated potatoes** and **1 cup mashed potatoes** in a bowl. Mix in **1 cup flour** and **1/2 teaspoon salt**.
2. In a separate bowl, whisk **1 egg** and **1 tablespoon milk**. Pour into the potatoes and mix.
3. Heat **cooking oil** or **butter** in a pan. Scoop a spoonful of mix into the pan. Cook for 3 to 4 minutes on each side. Repeat for each pancake.

Be sure to get an adult's help!

April 2024 9

**By Jessica Larsen**  
(Based on a true story)

*This story happened in the USA.*

**I**t started with four square. Four square was a game some kids played outside the school at break time. Four players stood in a square and bounced a ball to each other. If they missed the ball, they had to leave the game.

I was nervous the first time I played. But I was pretty good at it. It was fun!

Then the girl across from me missed the ball. She said Heavenly Father's name and laughed. "Good shot, Gwen," she said. "Guess I'm out!"

I held the ball tightly. She had just taken the Lord's name in vain! That was like swearing.

But no one else seemed to think it was bad. They all laughed, like it was funny or cool.

We kept playing. Then it happened again. Someone missed the ball and said Heavenly Father's name like a swear word.

A few minutes later, I missed the ball too. And just like the others, I took the Lord's name in vain. Kids laughed and high-fived me as I got back in line to play again.

After that, I played four square every day . . . and I said the Lord's name more and more.

One day my friend Abby joined the game. She passed the ball to me. I missed it and said Heavenly Father's name.

Abby blinked in surprise. "You never used to say that."

She was right. At home and in Primary, I learned that the Lord's name was special and we shouldn't use it to swear or joke around. And that's what I'd been doing—for weeks! I felt sick.

After school, I found Mom in her office. "Hi, sweetie!" she said.

I burst into tears. I told her all about four square and taking the Lord's name in vain. "I don't know if I can stop," I said with a sniff.

She hugged me tight. "It might feel that way right now. But I know Heavenly Father can help you."

"How?" I asked.

"Repentance means turning back to Heavenly Father and trying hard to do better," Mom said. "It won't be easy, but you can pray for help. As you use better words, your old habit will fade."

Mom helped me make a list of new words I could say instead of the Lord's name. Then we prayed

# A Better Habit

An illustration at the bottom of the page shows a woman with red hair in a purple shirt and a boy with dark hair in an orange shirt looking towards the right. In the background, a child in a teal shirt and blue shorts is running on a path through a grassy field with flowers.

together. I told Heavenly Father how sorry I was and asked for help to use good language.

The next day I took a deep breath before I played four square. When I missed the ball, I almost said Heavenly Father's name again, but I stopped. Instead, I said a word from my list.

"Oh, bananas!" I said. That felt good!

Each day I tried hard to use better language. I still messed up sometimes. But I kept praying and trying. Soon I went a whole game without saying the Lord's name. Then a whole week. Then a whole month!

I knew Heavenly Father and Jesus Christ helped me repent and change my habit. That felt better than winning any game! ●

## WHAT DOES IT MEAN TO TAKE THE LORD'S NAME IN VAIN?

One of the Ten Commandments is, "Thou shalt not take the name of the Lord thy God in vain" (Exodus 20:7). This means that we should always speak about Heavenly Father and Jesus Christ with reverence and love. We should not joke about Them or use Their names without respect. This commandment also means that we should represent the Savior well. When we call ourselves followers of Jesus Christ, we should do what He would do.\*

\*See Dale G. Renlund, "Accessing God's Power through Covenants," *Liahona*, May 2023, 36.

In Primary, I learned that the Lord's name was special.



# I'm Trying to Be Like Jesus

(Simplified)

With commitment ♩ = 104-116

Words and music by Janice Kapp Perry

1 1 5 1 2

B $\flat$  F E $\flat$  E $\flat$ m B $\flat$

1. I'm try - ing to be like Je - sus; I'm fol - low - ing  
2. (I'm) try - ing to love my neigh - bor; I'm learn - ing to

2 1

E $\flat$  F B $\flat$  B $\flat$ 7

in His ways. I'm try - ing to love as  
serve my friends. I watch for the day of

4 1 2

E $\flat$  E $\flat$ m B $\flat$  E $\flat$  D7

He did, in all that I do and say. At  
glad - ness when Je - sus will come a - gain. I

1 2 1

Gm Dm E $\flat$  B $\flat$  E $\flat$

times I am tempt - ed to make a wrong choice, But I try to  
try to re - mem - ber the les - sons He taught. Then the Ho - ly

5 5

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Dm E $\flat$  F B $\flat$

lis - ten as the still, small voice whis - pers,  
Spir - it en - ters in - to my thoughts, say - ing: "Love one an -

5 1 1 5 2 4 1

B $\flat$ 7 E $\flat$  B $\flat$  E $\flat$  B $\flat$  C7

oth - er as Je - sus loves you. Try to show kind - ness in all that you

2 3 1 1 3

F B $\flat$  B $\flat$ 7 E $\flat$  E $\flat$ m

do. Be gen - tle and lov - ing in deed and in thought, For

2 1

B $\flat$  F7

1. B $\flat$  2. B $\flat$

these are the things Je - sus taught." 2. I'm taught."

1 5 1 5 4 1 4 1

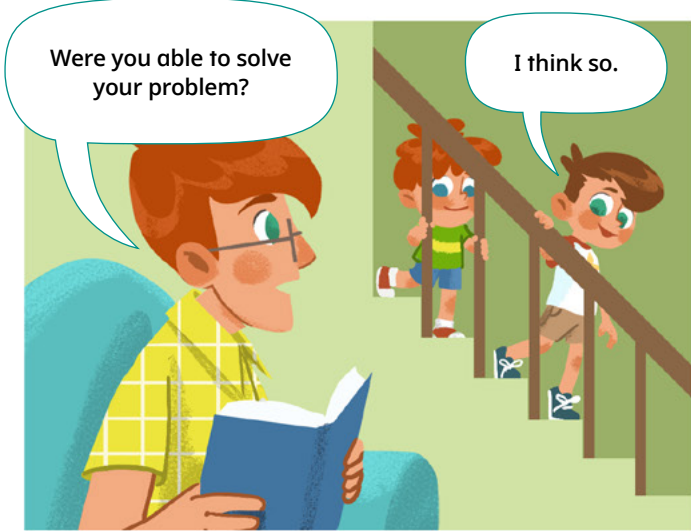
# We Can Solve It



By Jim Franckum  
(Based on a true story)







"I urge you to *choose* to be a peacemaker, now and always."

President Russell M. Nelson, "Peacemakers Needed," *Liahona*, May 2023, 100.

This story happened in the USA.



**By Elder  
David A. Bednar**  
Of the Quorum of the  
Twelve Apostles

# How Can I Show Love to Others?

Say “I love you” often—and mean it.

---

Do things that show your love.

---

Show love often to remind others that you care.

---

Jesus Christ can help you show the love you feel.

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*Adapted from “More Diligent and Concerned at Home,” Liahona, Nov. 2009, 17–20.*



## Did You Know?

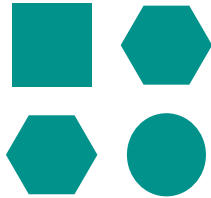
When Elder Bednar grew up, he baptized and confirmed his father as a member of the Church.

# SHOWING LOVE

Follow the matching shapes along the paths to see how each child shows love! How do you show love to others?



Levi



Sarah



Reading my brother a story



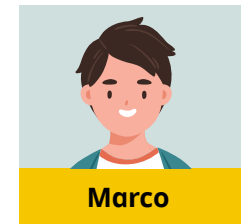
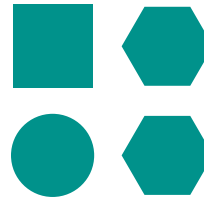
Washing the dishes



Lani



Being a good friend



Marco

By LaNae H. Poulter  
(Based on a true story)

# Shine On

*This story happened in Zimbabwe.*

The sun was shining, and Lynn ran outside to play. The other children in the village were playing kickball. They had made their own ball by crunching up papers and wrapping them tightly with plastic bags.

Lynn hurried to join them. But then something made her stop.

Sitting under a nearby tree was a girl named Awesome. Some other children pointed at her and laughed. But Awesome didn't laugh. Instead, she covered her face with her hands. Big tears rolled down her cheeks.

Soon the others joined the kickball game and left Awesome alone.

Lynn looked at the children having fun. Then she looked at Awesome. She wanted to do what Jesus Christ would do.

"Are you OK?" Lynn asked. She smiled at Awesome.

Awesome wiped her tears and nodded.

Lynn picked up two small sticks and handed one to Awesome. "Want to draw with me?"

"Sure." Awesome took the stick and drew a circle in the dirt.

"That looks like a sun," said Lynn. "The sun always makes me happy." The girls giggled as they drew more pictures. Lynn liked Awesome.

Then Lynn had an idea. "Would you like to come to church with me tomorrow? We'll sing songs and learn about Jesus Christ. It's really fun."

"OK," said Awesome. "Let me ask my mother."

As Awesome ran to find her mother, Lynn felt a little nervous. She knew some people in their area had bad feelings about the Church.

But soon Awesome ran back. "My mother said yes!" She gave Lynn a big hug. "I told her you are my best friend ever!"

The next morning, Lynn and Awesome went to church. It was a long walk. Lynn taught

Lynn wanted to do what the Savior would do.



Awesome some Primary songs as they walked.

On the way, they saw other children walking with their families to church. Some of them were the ones who had been mean to Awesome.

"Are they coming to church too?" asked Awesome nervously.

"Don't worry," Lynn said. "It will be OK."

Lynn said a little prayer in her heart that the others would be nice to her new friend.

When they walked into Primary, the other children smiled at Lynn. But when they saw Awesome, some of their smiles faded. They seemed a bit worried and nervous too.

Sister Moyo read a scripture. "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."\* She looked up. "We can share our light by showing love to others. Can anyone share how you helped someone feel loved?"

No one spoke. Some of the children shuffled their feet under their chairs.

At last, one of the boys said, "Uh, Awesome, we were not very kind to you. We are sorry we made you cry. Can you forgive us?"

Lynn looked at Awesome. What would she say?

Awesome nodded slowly. "Yes," she said. "I forgive you."

Sister Moyo smiled. "That was brave and kind of both of you. I know you've made the Savior very happy."

The next day, Lynn and Awesome sat under the tree and sang songs they learned in Primary. Soon the other children heard them singing and joined them. Music filled the air as they all sang.

Lynn felt like sun was shining in her heart. She was grateful she had shared Jesus Christ's love with her friend. ●

**Awesome kept going to church with Lynn. Later, she was baptized!**

\*Matthew 5:16

# Following Jesus Together



I have autism spectrum disorder. Drawing buildings I love helps me calm down when I feel anxious or angry.

**William P., age 8, Utah, USA**



**Primary children in Koror, Palau, meet on Sundays and learn together about Heavenly Father's plan.**



**Amelia and William T., ages 10 and 7, Virginia, USA**



**David T., age 9, Texas, USA**



**Armando R., age 9, Norte Region, Portugal**



I follow Jesus by helping my little sister get dressed on Sunday mornings.

**Malea R., age 9, with Estelle R., age 3, Lucerne, Switzerland**



**Kezia M., age 9, Gauteng, South Africa**



I served at the food bank with my family. I washed eggs, threw the cracked eggs away, and sorted frozen meat. I know Jesus teaches us to serve others.

**Saylor B., age 9, Oklahoma, USA**



I couldn't find my eraser to correct my homework. I prayed to Heavenly Father for help, and soon I found it in my English class bag.

**Terry X., age 9, New Taipei City, Taiwan**



I get mad sometimes. I take deep breaths and say prayers to help me feel good inside. I know the Holy Ghost is that good feeling.

**Gwen S., age 7, New York, USA**



My favorite part of church is when I bear my testimony because I feel like I am getting closer to Heavenly Father.

**Max S., age 7, Cautín Province, Chile**

**Send in your art and stories!**

Turn to the back cover to see how.

# What Are Temple Baptisms?

Jesus Christ taught that we need to be baptized to live with God again (see John 3:5). If a person dies without being baptized, someone can be baptized for them in the temple. Then the person who died can choose to accept the baptism. Prophets have promised that doing temple baptisms will help us love our ancestors more.

- This was the second temple built in the United Kingdom.
- The Missionary Training Center is next door to the temple!
- The outside is made of white granite from an Italian island.



**Preston England Temple**

- This will be the second temple built in the country. A third is on its way!
- Right now, the nearest temple is 1,500 miles (2,400 km) away.
- It will be built near a lake called Lac Kipopo.



**Lubumbashi Democratic Republic of the Congo Temple**



*Cut out the cards, fold on the dotted line, and tape them closed.  
Find more temple cards at [friend.ChurchofJesusChrist.org](http://friend.ChurchofJesusChrist.org).*





# Hearing King Benjamin

The Nephites gathered with their families to hear King Benjamin speak (see Mosiah 2:5-8). Can you find the hidden objects? Where does your family gather to listen to the prophet speak today?



# The Story of the Olive Trees

The prophet Jacob told a story about the master of an olive vineyard and his servants. They cared for the trees. They cut off bad fruit and added new branches to help the trees grow stronger. They cared for the trees to help them grow.

As you read the story in Jacob 5, look for these things:

The master of the vineyard cared for the trees because they were precious to him.

The trees and branches are like the Lord's people. The servants helped the master care for them.

Grafting means adding new healthy branches to make trees stronger.

Pruning means cutting off bad fruit and branches.

Just like how the master took care of the trees with the help of servants, Jesus Christ takes care of us with the help of prophets and leaders. ●





# Scripture Challenge

Who is Jacob speaking to in Jacob 3:1?

\_\_\_\_\_

Which prophet does Jacob quote in Jacob 5?

\_\_\_\_\_

Enos knew that God could not do what? (See Enos 1:6.)

\_\_\_\_\_

## I Can Read the Book of Mormon!

After you read, color part of the picture. You can read these scriptures that go along with each week's reading from *Come, Follow Me*.

Week 1: Jacob 3:1

Week 2: Jacob 6:11

Week 3: Omni 1:26

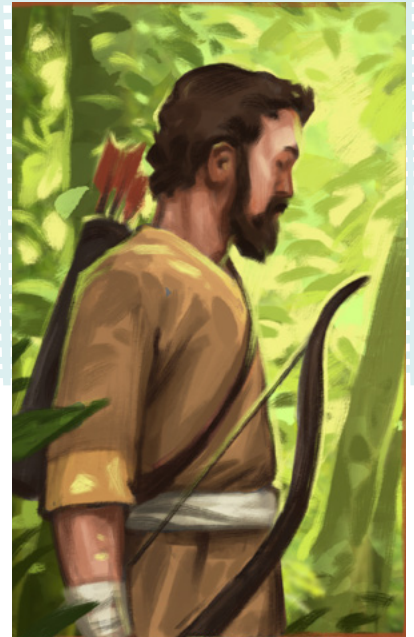
Week 4: Mosiah 2:22



Make something that reminds you of Jesus Christ's love for you. You could draw a picture of your family or something from nature. Share what you made with us!

# Enos's Prayer

*You can read this story in Enos 1.*



Enos was in the wilderness hunting for food. While there, he thought about what his father, Jacob, taught him about eternal life.



Enos knelt and prayed to Heavenly Father. He prayed all day and into the night.



Enos heard Heavenly Father's voice. He told Enos he was forgiven for his sins. Enos felt his guilt go away. He asked how it was done. Heavenly Father said it was because of his faith in Jesus Christ.



Enos kept praying. He prayed for his people. He even prayed for his enemies. He asked Heavenly Father to keep the scriptures safe. His prayers were answered because of his faith. ●

# Come, Follow Me Activities

*For home evening or scripture study—  
or just for fun!*

April 1–7

## Sharing Together

FOR JACOB 1–4

Jacob taught that we should be “free with [our] substance” (Jacob 2:17). That means sharing what we have with others. Make a treat to share with some neighbors or friends!

**For younger children:** Even small acts of service can help people feel lots of love. Help your children think of a kind thing they can do for someone else.



April 8–14

## Team Tag

FOR JACOB 5–7

Jacob asked us to “cleave,” or stay close, to God with all our hearts (Jacob 6:5). Play a game about staying together as a team! Choose one person to be the chaser. When the chaser tags someone, they join hands and chase the other players. When the next person gets tagged, they join hands with one of the chasers too. Keep playing until everyone joins hands.

**For younger children:** When we “cleave” to someone, we hold tightly to them. Have your children hug a stuffed animal or comfort toy. Talk about how we can be closer to Heavenly Father and Jesus Christ by praying and reading the scriptures.



April 15–21

## Family Links

FOR ENOS—WORDS OF MORMON

People in the Book of Mormon wrote their family history on the plates (see Omni 1:1). You can write your family history too! Write your name on a strip of paper. Tape or glue the ends together to make a ring. Then write the name of a family member on another paper and loop it through the ring. Tape or glue the ends together. Add as many family links as you can!

**For younger children:** Heavenly Father wants us to remember and care about our families. Look at or draw pictures of your family. Have your children point to each family member you name.



April 22–28

## Turn to the Prophet

FOR MOSIAH 1–3

The Nephites turned their tents toward King Benjamin so they could hear his words (see Mosiah 2:6). Make your own tent with blankets, pillows, and furniture. Then watch or read one of the prophet's talks inside together!

**For younger children:** We are blessed when we listen to the prophet. Play a game about turning to the prophet's words. Have your children close their eyes. Stand nearby and read or play one of the prophet's talks. See how fast your children can turn to his words!



# Lowie, Nephi, and the Piano

By Noelle Lambert Barrus

(Based on a true story)

*This story happened in Taiwan.*

“Ready, Louie?” Miss Li asked.

“Ready, Louie?” Miss Li asked. Louie nodded. He put his fingers on the black and white piano keys and began to play. *Plink, plink, plink.* He loved playing all the notes together to make music. He played through the whole first page and moved to the next.

*PLUNK.* Oops. He always had trouble playing that part. It had lots of quick notes. Louie started again from the beginning.

*PLUNK.* Louie frowned. Not again!

“That’s OK,” Miss Li said. “Let’s try again slowly.”

Louie practiced with Miss Li’s help a few more times. But he still couldn’t play through that part very well.

“This part is tricky, but I know you can do it,” Miss Li said. “Do you think you can practice more at home before the performance?”

“I think so,” Louie said.

The next day, Louie practiced piano again. But he kept messing up the same part! *Plink, plink, PLUNK.*

Dad came into the room. “How’s it going?” he asked.

*PLUNK! This part of the song was hard.*







Louie pointed at the notes on the music sheet. "This part is really hard. I keep having to do it over and over!"

"That does look hard," Dad said. "But this reminds me of a story in the Book of Mormon. The story about Nephi going back to get the plates."

Louie's eyes got big. "I love that story! Nephi kept going back to try again. And Heavenly Father helped him."

Dad smiled. "That's right. I think if you keep trying, Heavenly Father will help you like he helped Nephi."

Louie nodded and started over. Dad sat in a chair close to Louie and listened. Louie focused on the part that was hard. He played each note slowly.

Then Louie played through the whole song again. Each time he played, he got faster. At last he played all the notes right! He felt so good. He didn't even notice how long it took.

"You did it! Great job," Dad said.

Mom stood in the doorway. "It sounded great, Louie!"

"Thanks," Louie said. "I finally learned the hard part."

Mom gave Louie a hug. "I'm proud of you for working so hard."

On the night of the performance, Louie was nervous. His heart was pounding. His hands were sweaty.

Finally, his name was called. He walked onto the stage and looked at the parents and kids listening. He said the name of his song, then sat down on the hard bench.

Louie took a deep breath and placed his hands on the shiny keys. He knew he had done all he could. Heavenly Father would help him.

Louie started to play. The notes came just as he had practiced. Then it was time for the hard part.

He played each note right. It didn't feel quite so hard this time!

Finally he played the last note of the song. Everyone clapped as he lifted his fingers from the keys. Louie smiled and bowed. He saw Mom, Dad, and his sisters clapping and smiling. He did it! He had tried again even when it was hard, just like Nephi. And Heavenly Father had helped him. ●





By Elder  
Kyle S. McKay  
Of the Seventy

# Lions in the Woods

When I was six, our family went hiking in the mountains. On the way back, my older brother, Barrie, and I ran ahead. We were excited!

We loved seeing the rocks, flowers, birds, and small creatures. But soon we realized we were alone, and the trail was gone.

We didn't know how to get back. Trees were all around us. I imagined lions hiding behind each one! Barrie said we should shout for help. We shouted for a long time, but no one heard us.

Finally, Barrie turned to me and said, "I think we should pray."

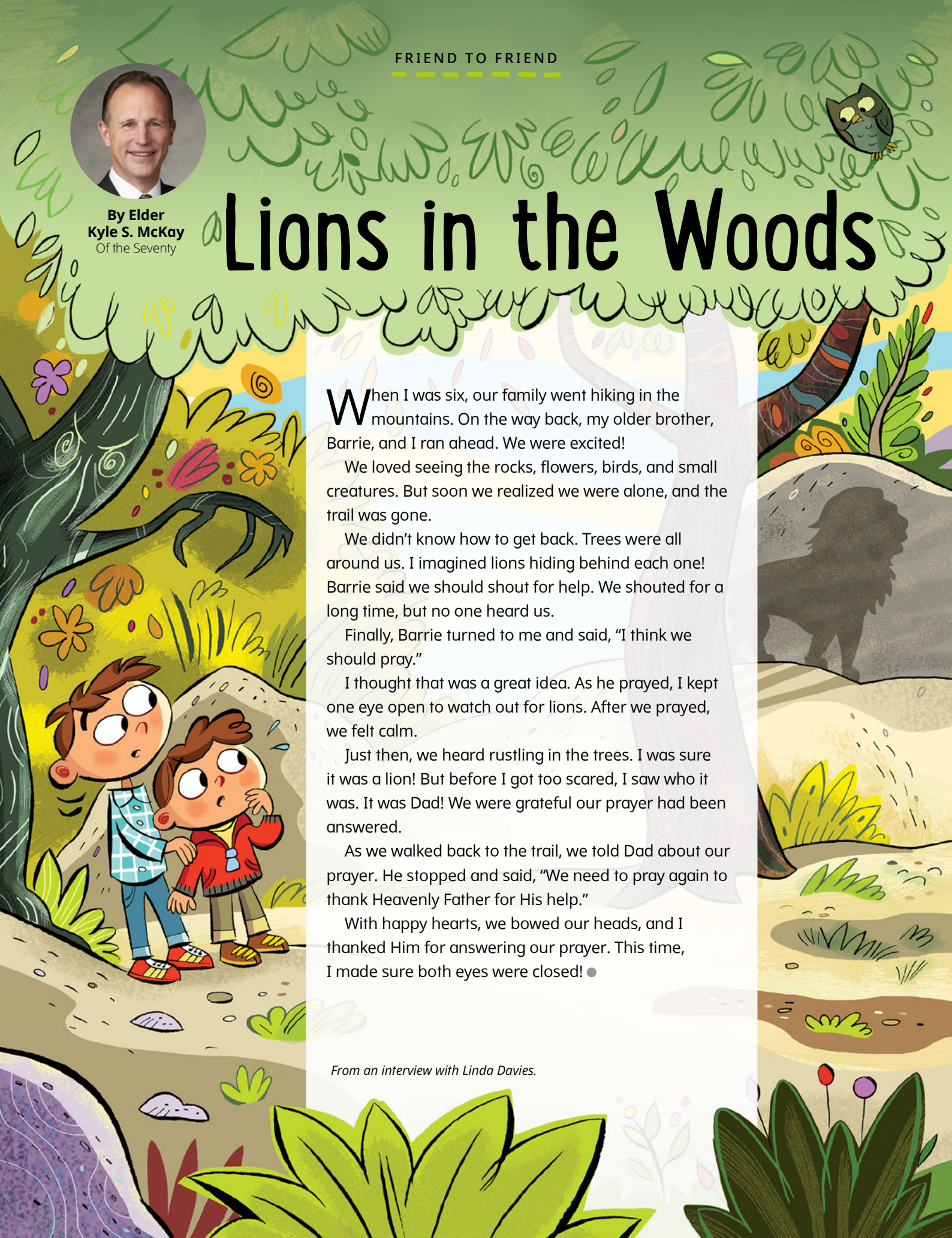
I thought that was a great idea. As he prayed, I kept one eye open to watch out for lions. After we prayed, we felt calm.

Just then, we heard rustling in the trees. I was sure it was a lion! But before I got too scared, I saw who it was. It was Dad! We were grateful our prayer had been answered.

As we walked back to the trail, we told Dad about our prayer. He stopped and said, "We need to pray again to thank Heavenly Father for His help."

With happy hearts, we bowed our heads, and I thanked Him for answering our prayer. This time, I made sure both eyes were closed! ●

*From an interview with Linda Davies.*



# Lost in the Trees

Can you help the brothers follow the trail back to their dad?



ILLUSTRATIONS BY KELLY KENNEDY

When have you prayed for help?





# MARGO and PAOLO



# Older Kids' Section

## What's Inside:

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### Quick Quiz

Who wrote about praying all day and all night?

- A. Jacob
- B. Sherem
- C. Zenos
- D. Enos



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### Inspiring Words

“WHEN YE ARE  
IN THE SERVICE  
OF YOUR FELLOW  
BEINGS YE ARE  
ONLY IN THE  
SERVICE OF  
YOUR GOD.”

—MOSIAH 2:17



# The Prayer Question

*Was God really listening when Xóchitl prayed?*

**By Xóchitl Bott Rivera**  
(Based on a true story)

*This story happened in the USA.*

Xóchitl lay in her bunk bed, looking up at the bed above her. Her family had just said family prayer, and it was time to sleep. She hadn't said her own prayer before bed yet.

*Why do we need to pray?* she wondered. Her family always said the same things, like thanking God and asking Him for good dreams. Were their prayers really answered? Sometimes she still had bad dreams anyway.

What would happen if she stopped praying? Ready to test her new idea, she turned over on her side and fell asleep.

For the next few days, Xóchitl didn't pray. Then the days turned into weeks. Nothing really changed. She didn't feel much different.

She finished the rest of the school year, and soon it was summer. Xóchitl had fun going to swimming lessons and playing with her dogs. She got to see her cousins at a big family gathering.

Every night, she joined her family for prayer. But she still didn't pray on her own.

Soon summer had to end, and Xóchitl started to get ready for school. But she wasn't excited at all. A few days before school started, she met her new teacher, found her locker, and got a new backpack. Whenever she thought about going to school, she felt sick. Every day the feeling got worse.

One night she stayed awake in her bed, thinking about school. *I don't want to go. It's scary,* she thought.



Xóchitl smiled. She was still nervous to start school, but she felt much stronger knowing God could comfort her. She really could pray for comfort anytime, anywhere, because God really was listening. ●

Then she remembered what her parents taught her about prayer. They said she could pray anywhere and that she could pray for help and comfort.

Xóchitl knelt next to her bed and took a deep breath. For the first time in months, she said her own prayer. She prayed to Heavenly Father. She thanked Him and asked Him for good dreams just like they did in family prayers. When she finished, she didn't feel much different inside.

The next night, she tried again. And again. She asked Heavenly Father to bless the prophet and her family. Soon she was telling Him her feelings and what she hoped for at her new school.

"Heavenly Father," she said one night, "I'm so scared about school. I can't sleep. Can you help me not feel scared anymore?" She felt a strong feeling of peace wrap around her, almost like a warm blanket. Right away, she knew it was the Holy Ghost.

*So this is why we pray*, she thought. *To feel Heavenly Father's love*. It was an amazing feeling. For all those months she didn't pray, she had been missing out on this feeling.



**"God hears and answers  
the prayers of His children."**

Elder Dieter F. Uchtdorf of the Quorum of the Twelve Apostles, "Waiting on the Road to Damascus," *Liahona*, May 2011, 70.

# Breakfast Is Ready

By Mariah Welch  
(Based on a true story)



This story took place in the USA.  
The smell of spaghetti sauce made David's stomach rumble. "When will dinner be ready?"

"Just a few more minutes," Papá said, stirring the sauce. He looked over at David. "What are you working on?"

David held up his *Children's Guidebook*. "I'm trying to pick a new goal. But I'm not sure which one to do. They're all good."

"What are some of the options?" David flipped through the guidebook. "Sing a Primary song, serve your neighbors, welcome others. . . ." Then he saw another one. "Oh! Papá, will you help me learn how to cook?"

"Of course," Papá said. "I'm going to make my special Sunday breakfast tomorrow. Will you wake up early and help me?"

*The more David practiced cooking, the more confident he felt.*







"OK!" David said.

The next morning, David woke up early and met Papá in the kitchen. While Papá got out the ingredients, David washed his hands.

Papá showed David how to hold a knife and cut fruit safely. He had David mix all the pancake ingredients. Then it was time for the best part. Bacon!

David used tongs to carefully turn the bacon over in the pan. The bacon sizzled, and some grease splattered onto his fingers. "Ouch!" David said.

"Careful," Papá said. He turned on the faucet and had David hold his hand under the cold water for a minute. Then he gave David an oven mitt to wear to protect his hands from the hot grease.

"Cooking is tricky," David said.

"Yep," Papá said. "Learning new things is hard work. That's why you need to learn the right methods."

"And practice a lot," David said. "I learned in Primary that not even Jesus Christ knew everything at first."

Dad nodded. "Even He had to learn things a little at a time."

They finished cooking the bacon and put all the food on the table. The whole family loved it.

Their cat, Nacho, meowed under the table.

"I think Nacho wants some too!" David's sister Sarah said.

David helped Papá in the kitchen a lot after that. Papá showed him lots of recipes in their recipe book. David learned how to measure ingredients for cookies, how to scramble eggs,

and how to make his favorite drink, horchata.

The more he practiced cooking, the more confident he felt.

Then one Sunday morning, David finally felt ready. "Papá, can I make breakfast on my own today?" David asked as he joined Papá in the kitchen.

"All right," Papá said. "I'll be right here if you need any help."

David got out the things he needed and started working. He sliced the strawberries and bananas the way Papá had shown him. He flipped the pancakes carefully without burning any.

And when he cooked the bacon, he knew just what to do. He wore an oven mitt and an apron to keep the grease from splattering on him.

When he was done, David put all the food on the table. The rest of the family sat down. His younger sister Emily said a prayer, and they started eating.

"This is really good," said his brother, Jeremie. "Thanks, Papá."

"Actually," Papá said, "David made it all on his own."

"Really?" Jeremie said. He looked at David. "You've gotten really good!"

David smiled. It had taken a lot of practice, but it felt good to make breakfast for his family. He couldn't wait to try more recipes. ●



**Isabela Q., age 10,  
Buenos Aires Province,  
Argentina**

## BOTTLES OF LOVE

I helped with a project at school to make “bottles of love,” which are plastic bottles filled with single-use plastics. These are items that are used once and thrown away, like plastic bags. Each family made bottles of love and took them to school. The bottles were sent to an organization that made them into plastic bricks. The bricks could

be used to build outdoor benches and houses for people in need.

I realized that my family uses a lot of plastic daily, which is a real environmental problem. I wanted to start caring for the environment. But I couldn’t do it alone. So I decided to ask people at church to help too. I spoke with my leaders and the bishop of the ward.

What do you do to help care for the world Heavenly Father and Jesus Christ created for us?

He asked me to talk about the project in a meeting. Many people joined the project. After a few months, we collected more than 100 bottles of love!

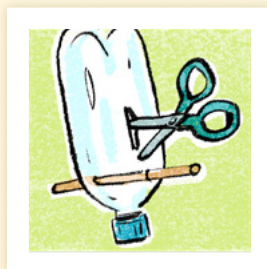
The project continues today. When I collect a lot of bottles, I go with my family and Primary friends to the drop-off area. We leave the bottles there to be turned into building materials.

I like this project. It makes me feel that I can really help this world that God created for us. It helps me value and respect nature and animals. Taking care of nature is one way I can follow the Savior. I also like that it's a way to help others.

Sometimes it's not easy to take the time to make the bottles of love. But I feel that we can change and choose to do small, good acts daily. I also learned that to do something "big" we need the help of others. We can impact others and help them join the change. I believe this is an important part of the gospel of Jesus Christ: to change, help others, and do good in the world. ●

## Bottle Bird Feeder

Use an empty plastic bottle to make a bird feeder!



1. Wash a **plastic bottle** and remove the labels. Then let it dry.
2. Have an adult cut two small holes in the bottom of the bottle. Pull a **string** through the holes and tie it in a loop.
3. Poke two small holes on both sides of the bottle near the lid. Push a **stick** through the holes to make a place for the birds to stand.
4. Cut a thin slit 2 inches (5 cm) above each stick. This is where the birds will get the seeds!
5. Cover the holes with your fingers and have someone pour **birdseed** into the top.
6. Screw the lid on the bottle and carefully turn it over. Use the string to tie the feeder to a branch.

# 5 Ways to Be a Peacemaker

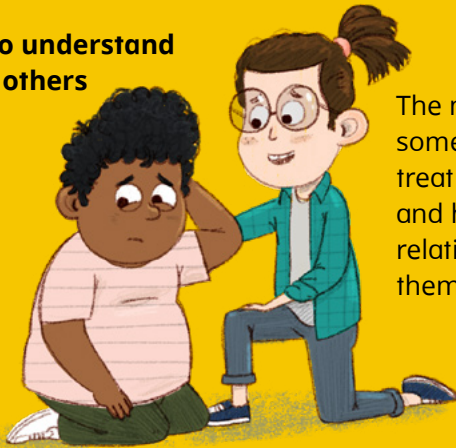
By Charlotte Larcabal Speakman

When you think of a peacemaker, what do you see? Do you picture yourself? You should! Jesus Christ asked us to be peacemakers (see Matthew 5:9). You don't need to fight armies or be a world leader to do that. Here are five ways you can be a peacemaker right here, right now.

- 1. Listen even when you don't agree.** When you're arguing with someone, stop and listen. When someone has a different idea, stop and listen.



- 2. Try to understand how others feel.**



The more you understand someone, the easier it is to treat them with kindness and have a peaceful relationship with them.



- 3. Practice problem-solving.** Lots of people point out problems. Peacemakers also point to solutions. The more you practice thinking of solutions, the better you will be at problem-solving.

- 4. Choose patience.** Think about the last time you felt impatient. Was it a peaceful feeling? Probably not. When you feel those impatient feelings, take a deep breath. When you're patient with yourself and others, you can feel more peace.



- 5. Remember Jesus Christ.** "Pray to have the courage and wisdom to say or do what He would," taught President Nelson. "As we follow the Prince of Peace, we will become His peacemakers."\*



\*"Peacemakers Needed," *Liahona*, May 2023, 101.

# Little Friends' Section



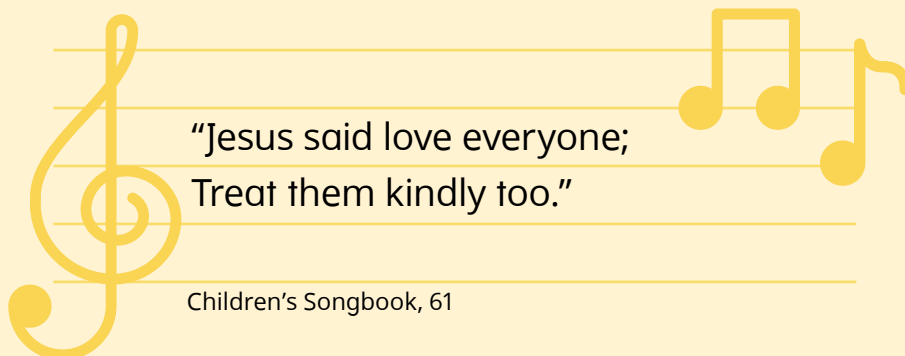
I help my family by washing the dishes.

**Elena U., age 5,  
Cautín Province, Chile**



I built a temple out of blocks!

**Emilian F., age 3,  
California, USA**



Children's Songbook, 61

# I Can Follow Jesus by Saying Sorry



Sometimes I say mean words to others.



But Jesus Christ taught how I can make things right.



I can say I'm sorry when I make someone feel bad.

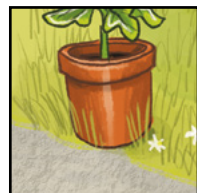
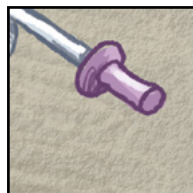
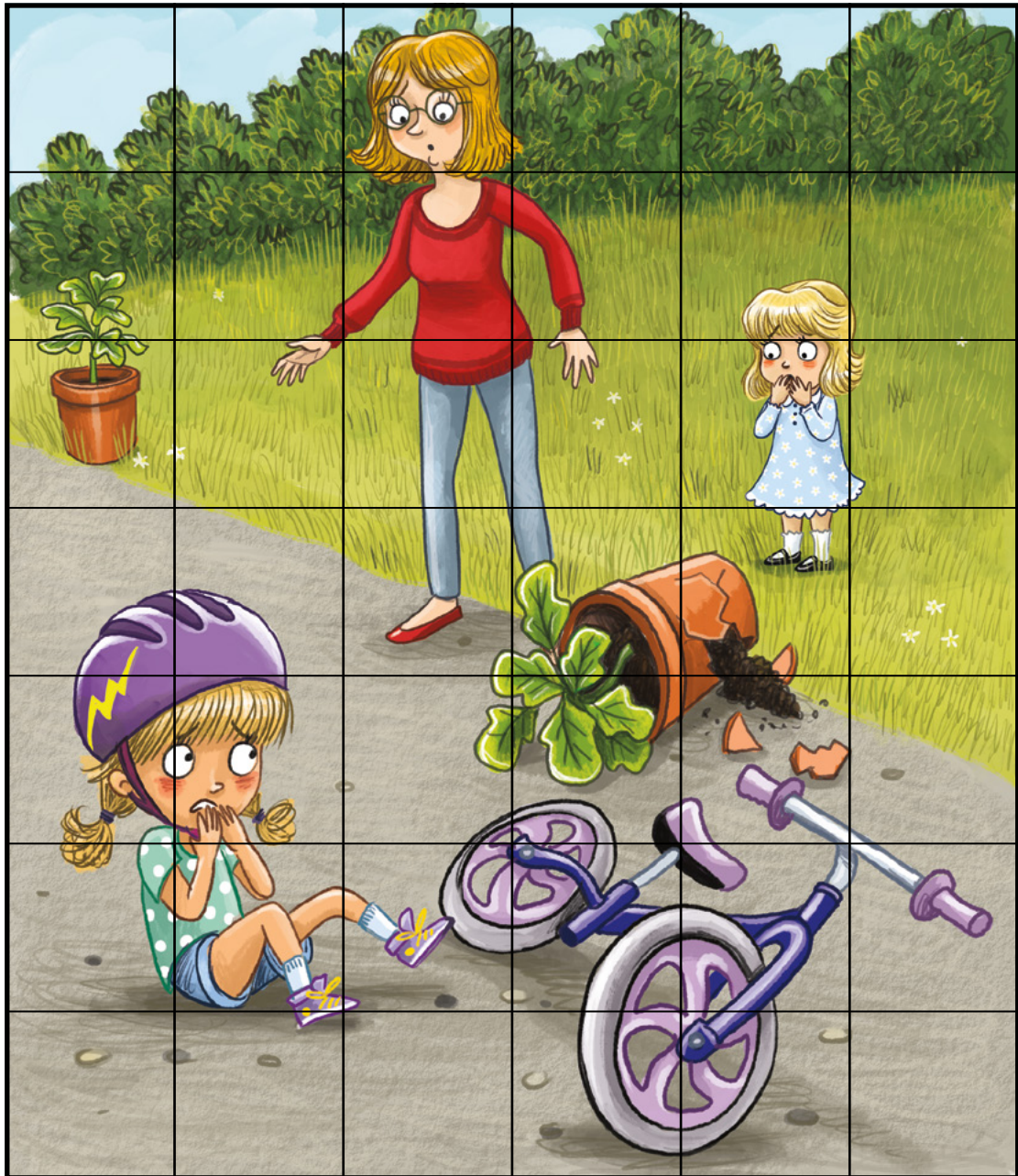


I can try to be kinder each day, just like Jesus.

# Activity Time

Find the pieces below in the bigger picture.

When have you said sorry after making a wrong choice?



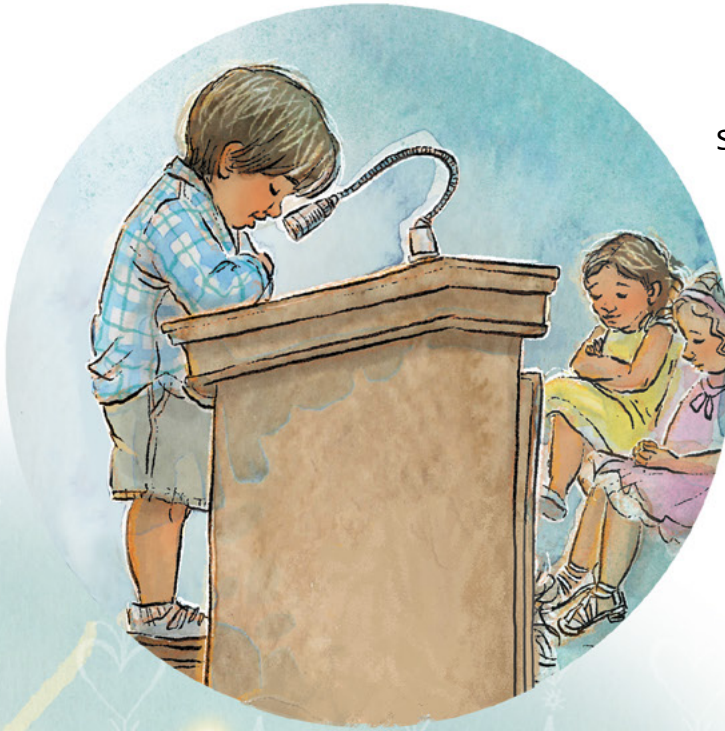
# What Is Prayer?

Prayer is how we  
talk with Heavenly Father.

We can pray anytime,  
anywhere. Heavenly Father will  
always hear us.





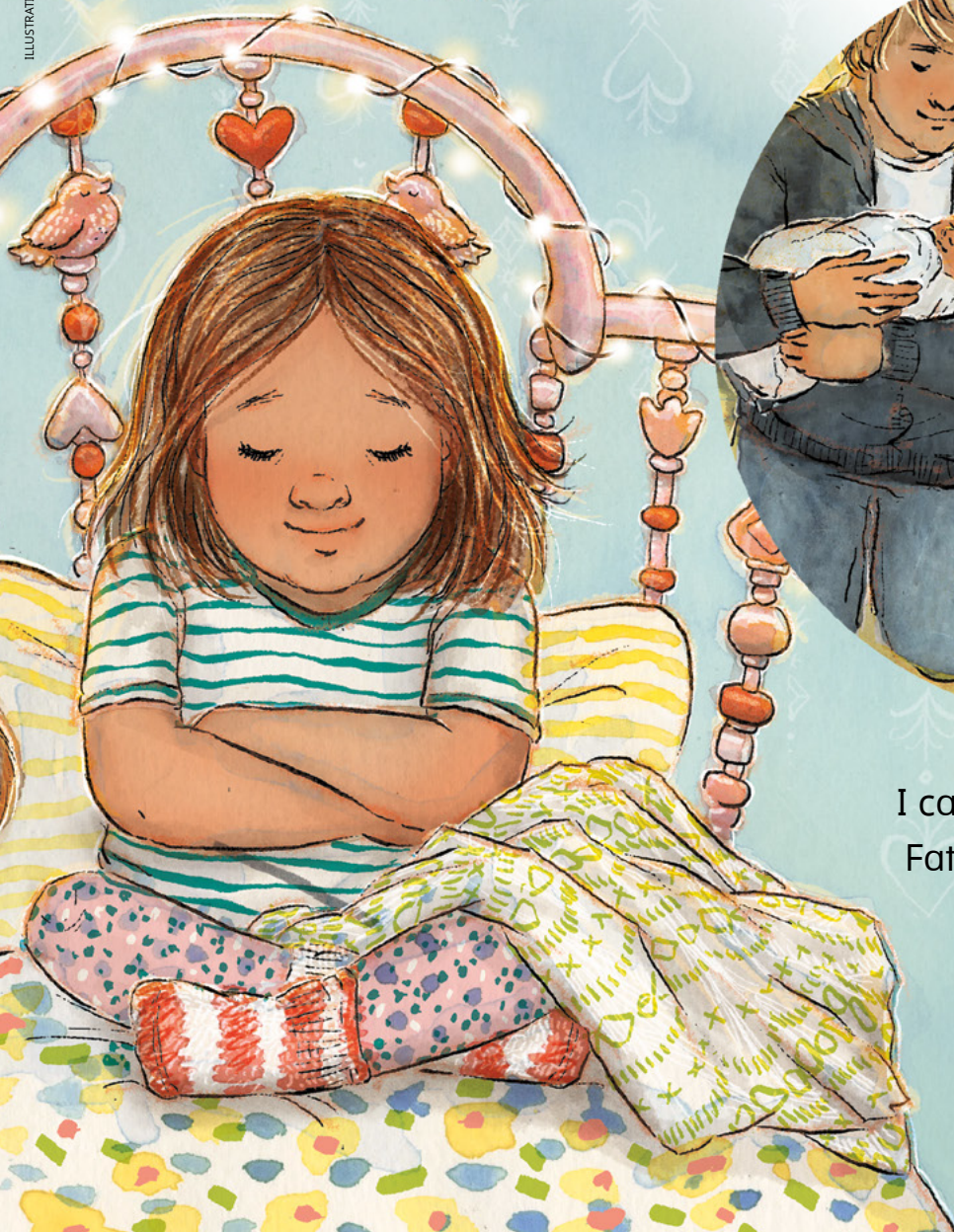


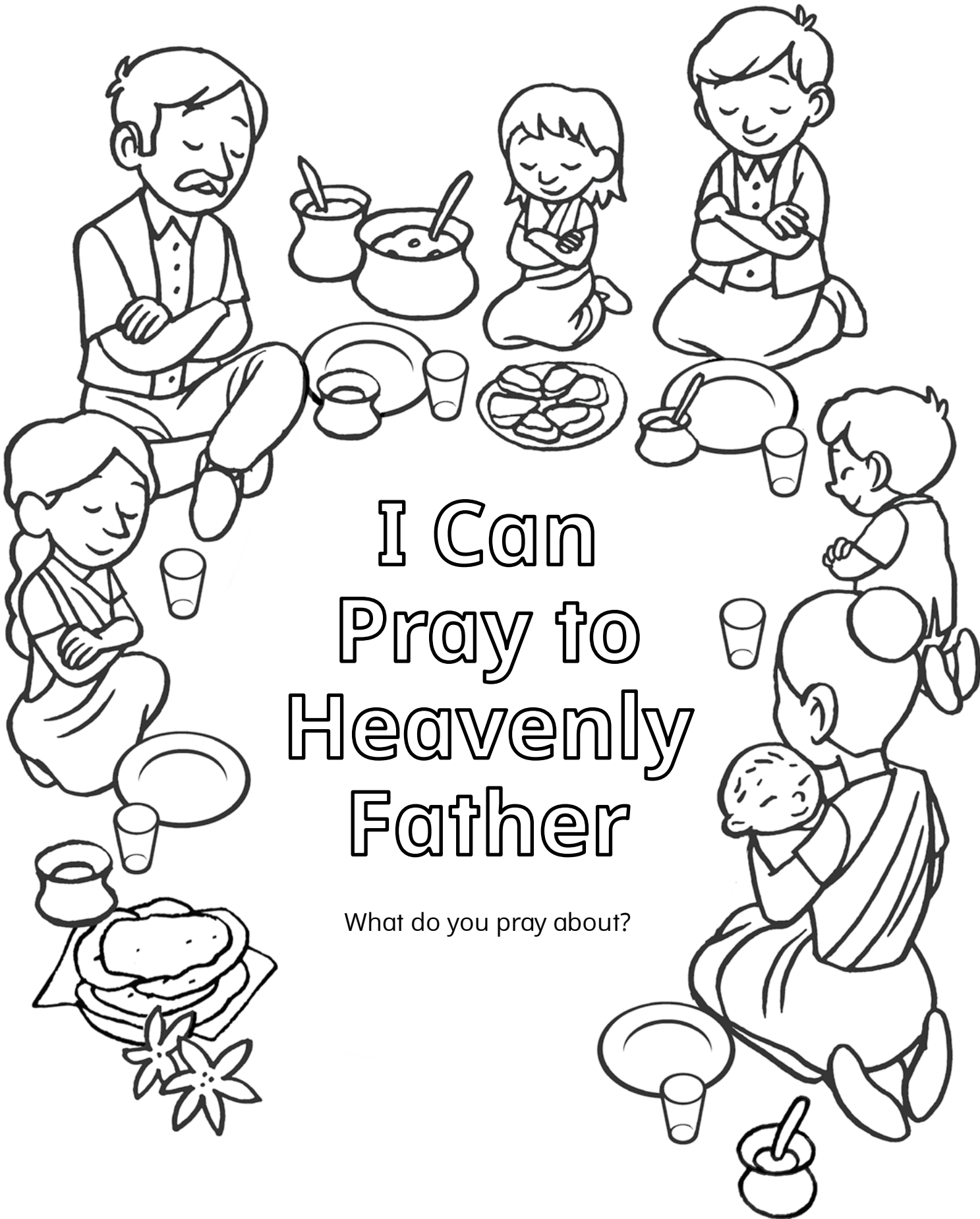
We use words that show love and respect when we pray.

We thank Heavenly Father for our blessings. And we can ask Him for help.



I can feel Heavenly Father's love each time I pray!





# I Can Pray to Heavenly Father

What do you pray about?



PAINTING BY CASEY CHILDS



# DEAR PARENTS,

Help your children know that their words are important. They can choose to use good language (page 10), be a peacemaker (page 42), and say they're sorry (page 44). Read these pages with your children and help them practice using good words. Words are powerful—especially when we use them for good!

Love,  
The *Friend*



**HAPPY, HEALTHY KIDS**  
Read "Breakfast Is Ready" together (page 38). Now make a family recipe with your children!



**PLEASE SEND YOUR SUBMISSION TO:**

- Friend Magazine
- 50 E. North Temple St., Rm. 2393
- Salt Lake City, UT, USA 84150-0024
- Or email: [friend@ChurchofJesusChrist.org](mailto:friend@ChurchofJesusChrist.org)

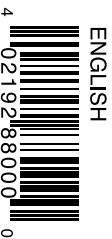
**The following information and permission must be included:**

First and last name		
Age	Boy / Girl	State / Province / Region, Country

I give my permission to The Church of Jesus Christ of Latter-day Saints to use my child's submission and photo on the Church websites and social media platforms as well as for Church reports, print products, video, publications, and training materials.

Signature of parent or legal guardian	Date
---------------------------------------	------

Email of parent or legal guardian
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May the *Friend* contact you with a survey?

 YES NO