

BAPTISM AND CONFIRMATION



A SPECIAL ISSUE OF THE *FRIEND* MAGAZINE





Our Dear Young Friends,

We hope you will enjoy this special issue of the *Friend*. It is all about being baptized and confirmed.

If you have just been baptized, we welcome you as a new member of The Church of Jesus Christ of Latter-day Saints!

When you are baptized, you are following the example of our Savior, Jesus Christ. You promise to remember the Savior and keep His commandments. These promises are called covenants. When you are confirmed, you receive the gift of the Holy Ghost. The Holy Ghost can comfort, guide, and inspire you throughout your life.

If you have already been baptized, we encourage you to remember the covenant you made at baptism and try to follow Jesus every day.

If you haven't been baptized yet, we hope you will prepare by learning more about this important step.

We are so very proud of each of you. We know that Heavenly Father is watching over you. He loves you very much, and so do we.

The First Presidency

To order more copies of this baptism and confirmation booklet, see the back cover.

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FOLLOWING JESUS CHRIST BY BEING BAPTIZED

You can be baptized like Jesus was!

Jesus Showed Us the Way



Jesus Christ is Heavenly Father's Son. He came to earth to show us how we can return to Heavenly Father someday. Jesus was baptized. He taught that we should be baptized too.



Jesus showed us how to live. He loved and helped everyone. He wants us to follow Him.



Jesus felt all of our pain and suffered for our sins. Then He died for us. This is called the Atonement of Jesus Christ. He was resurrected. That means He lives today! Because of Jesus Christ, we will also live again after we die.



Jesus did all these things for us because He loves us. Because of Him, we can live with our Heavenly Father and our families someday.

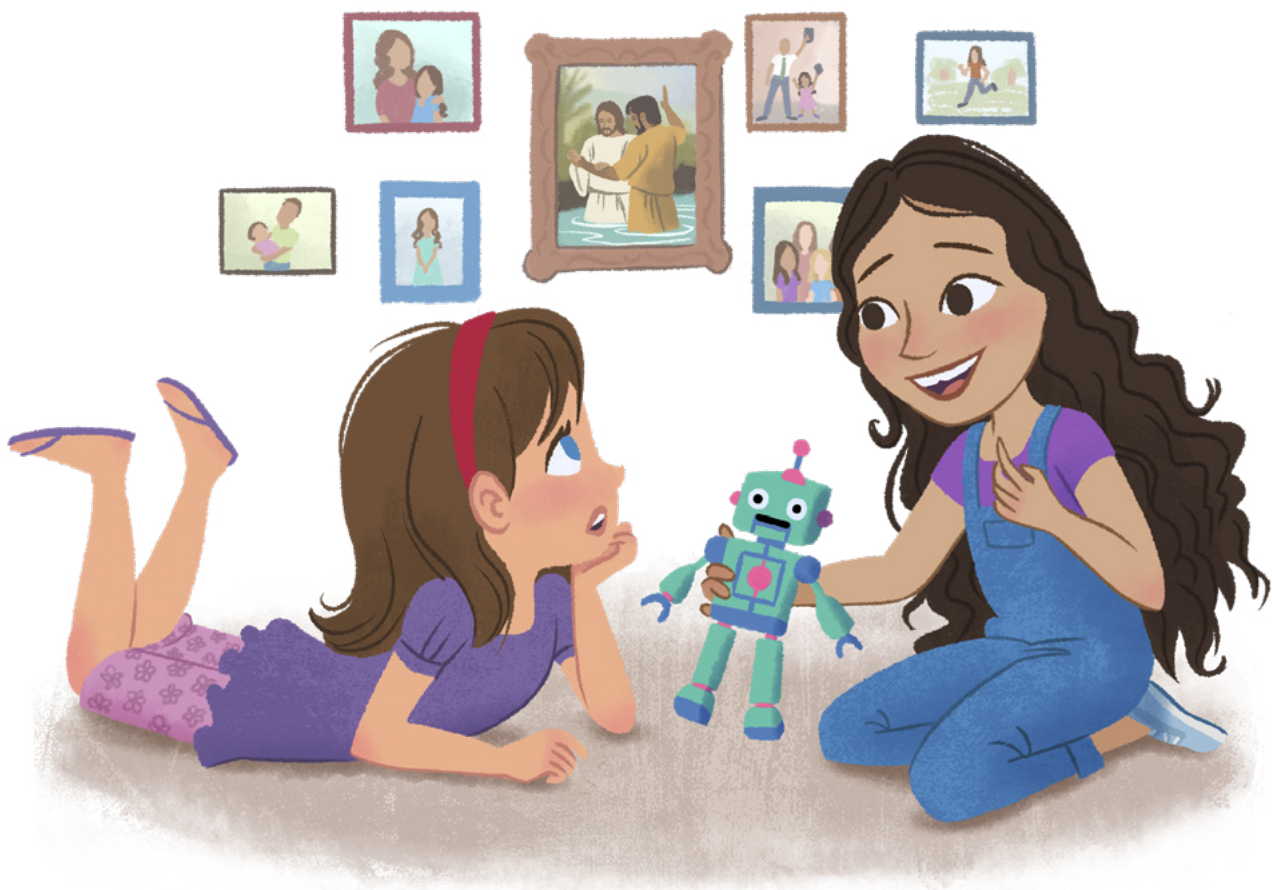


See Matthew 3:13–17 and 3 Nephi 27:13–16.

We can follow Jesus by being baptized. We can also follow Him every day when we love and help others and keep His commandments. ●

Giorgia's Big Day

"I'm going to get baptized soon," Giorgia said. "Just like Jesus was!"



By Olivia Kitterman
(Based on a true story)

This story took place in Australia.

Giorgia ran to her room with Matilda close behind. It was always a fun day when her friend came to play.

"Can we play with your robot?" Matilda asked.

"Yes!" Giorgia said. It was one of her favorite things to do.

While Giorgia got out the robot, Matilda looked at the pictures on Giorgia's wall. She pointed at the picture in the middle.

"What's that one?" she asked.

"That's Jesus Christ being baptized," Giorgia said.

"And I'm going to get baptized soon. Just like He was!"

"Why are you getting baptized?" Matilda asked.



"Because I want to follow Jesus," Giorgia said. "When I'm baptized, that's what I'll promise to do!"

Then Giorgia had an idea. "Would you like to come to my baptism?"

"I'll ask my mom if I can," Matilda said.

Giorgia's baptism day got closer and closer. She read from her scripture story book and went to Primary every week. After she said her bedtime prayers, she looked at the picture of Jesus. She liked imagining what getting baptized would be like.

The Sunday before her baptism, Giorgia had her baptism interview. She and her parents talked to the bishop in his office. He asked her some questions to help make sure she was ready to get baptized.

"Do you believe that Jesus Christ is the Son of God?" he asked.

She did! "Yes," she said.

The bishop smiled at her. "Baptism is a very important choice. Do you want to be baptized?"

Giorgia thought about how much she loved Jesus and wanted to follow Him. "Yes!" she said.

Finally Giorgia's big day came. As she stepped into the water, she saw her friends and family watching. Matilda was there too!

When her dad said the baptism prayer, the words made Giorgia feel peaceful and happy inside. Then he carefully dipped her all the way under the water and right back up again. When she came up, she felt happy and clean.

Dad gave her a big hug. Mum was waiting for her at the top of the steps with a towel and a smile.

Giorgia felt warm inside. It was a special day. She had chosen to follow Jesus. And she wanted to keep following Him every day! ●

THE BAPTISM PRAYER

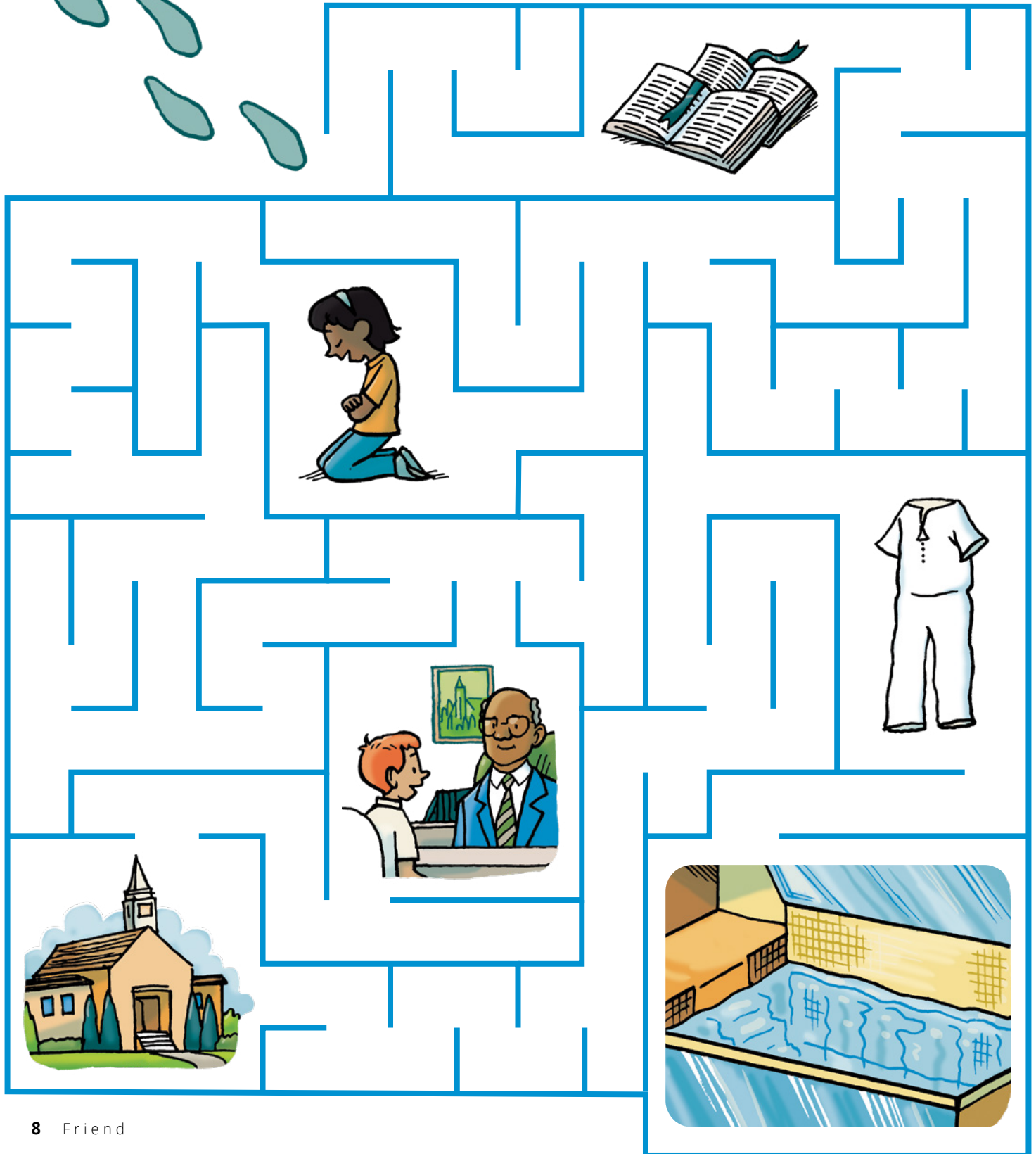
Jesus Christ gives people on earth power and authority to baptize and bless in His name. This power is called the priesthood. The person who baptizes you says this special prayer:

Having been commissioned of Jesus Christ, I baptize you in the name of the Father, and of the Son, and of the Holy Ghost. Amen.



STEPS TO THE FONT

Find your way through the maze to the baptism font.
Go through each picture to see what you can do to prepare.





COME TO MY BAPTISM!

Make colorful cards to invite people to your baptism! Who do you want to invite? You can pray and listen to the Holy Ghost for some ideas.

1. Fold each paper in half. On the front or inside of the card, write a note inviting people to your baptism.
2. Add the date, time, and address for your baptism.
3. Dip your finger in the paint to add decorations! Check out the ideas on this page.
4. Give the cards to your friends and family!

YOU'LL NEED:
Paper, markers, and paint

I wanted to share my baptism with the people I love. So with my mom's help, my sister and I invited our friends and classmates to my baptism. The day of my baptism, everything went well. There were a lot of people there. I'm very happy I was baptized!

Eve O., age 8, Fort-de-France, Martinique



My Baptismal Covenant

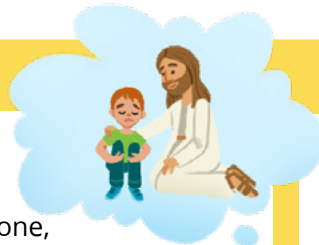
A covenant is a promise we make with Heavenly Father. Read about three things we promise to do when we are baptized. Then write about what you can do to keep your baptismal covenant!

Always Remember Jesus Christ

When Elena saw others being mean to someone, she thought about what Jesus would do.

How I can remember Jesus:

"Always remember him" (Moroni 4:3).



Take His Name upon You

Nana told her friend that she belongs to The Church of Jesus Christ of Latter-day Saints.

What taking His name upon us means to me:

"Take upon [you] the name of [Jesus Christ]" (Moroni 4:3).

Keep His Commandments

James chose not to watch a video with bad words and pictures.

A commandment I can keep:

"Keep his commandments" (Moroni 4:3).



KEEPING MY COVENANT

Here are some more ways you can keep your baptismal covenant.

Help People

Akio helped his younger brother with his math homework.

Who I can help:



"Bear one another's burdens, that they may be light" (Mosiah 18:8).

Repent When You Do Wrong

After Isa said something unkind to her sister, she prayed to Heavenly Father. Then she asked her sister to forgive her.

How I can repent:



"Repent and be born again" (Alma 5:49).

Comfort Others

Lucas visited his friend whose grandpa had died.

How I can comfort someone:



"Comfort those that [are] in need of comfort" (Mosiah 18:9).

YOUR CONFIRMATION

After your baptism a priesthood holder will put his hands on your head.

He will confirm you a member of The Church of Jesus Christ of Latter-day Saints and bless you to receive the gift of the Holy Ghost (see Doctrine and Covenants 33:15).

WHAT HEAVENLY FATHER PROMISES YOU

When we are baptized and confirmed, Heavenly Father promises us that we will always have His Spirit with us. The Holy Ghost helps us feel God's love, comfort, and peace. He also helps us feel forgiven when we repent.

You can learn more about your baptismal covenant by listening to the sacrament prayers each week (see Doctrine and Covenants 20:77, 79).

How I Got Baptized



Hi! I'm Aranoarii. I live in Tahiti. I'm 11 years old, and I am proud to say that I'm a member of The Church of Jesus Christ of Latter-day Saints.

How did you learn about the Church?

Some friends invited my family to a Church activity. We were also invited to a child's baptism. I asked my mom if I could meet with the missionaries because I really wanted to learn more about Jesus Christ.

What was it like meeting with the missionaries?

The missionaries were really nice! I was always excited to have lessons with them about Jesus Christ and His gospel. I liked the stories they told me and the games we played to help me learn.





What was your baptism like?

My dad baptized my mom and me on my 11th birthday. I was very happy! We invited many people that we love. My classmates and teacher came to support me.

When I came out of the water, I was bursting with joy. I smiled all the way to my ears! I was so happy I could follow Jesus Christ's example.

What was it like to go to Primary for the first time?

At first, I was so nervous I was about to cry. But then I went to a Primary activity. I got to know everyone, and I made some friends.

If you are new, my advice is to come to your Primary class, even if you're scared at first. We love new people!

How do you follow Jesus?

I pray and go to church every Sunday. I talk with my family about the gospel of Jesus Christ.

I try to look out for others who need help. At home, I help my mom with chores. I help my dad with gardening, cutting wood, and building things. A few months ago, our ward had a talent show. I'm a musician, so I played the drums the whole night!

What was *your* favorite thing about being baptized?
Or what are you looking forward to most?

FOLLOWING JESUS TOGETHER



I chose to walk a new path and follow Jesus Christ when I was baptized. My baptism was simple but rich in emotions, and I felt new. I want to serve a full-time mission.

**Happiness D., age 9,
Accra, Ghana**



When I was baptized, I felt cold because of the water. Then when I was done, I felt warm and clean. By being baptized I took a giant step toward Christ and our Heavenly Father.

**Malayla S., age 8,
Yukon, Canada**



Whenever I pray, read the scriptures, or do something good, I feel happy. It feels like a hug by someone I love. I know it's the Holy Ghost.

**Caileen D., age 6,
National Capital Region,
Philippines**



I try to follow Jesus since I was baptized by being kind to my baby sister. I help by pushing her stroller. I feel happy when I am kind, and I know it makes Jesus happy too.

**Simon P., age 9,
Massachusetts, USA**



I follow Jesus by reading my scriptures and following His commandments.

**Luke W., age 9,
Wyoming, USA**



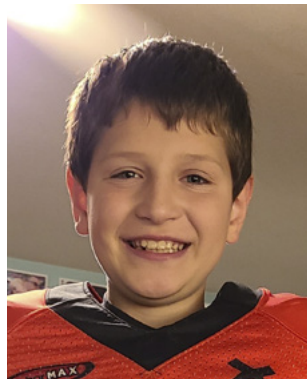
The Holy Ghost makes me feel happy, glad, and strong.

**Hailey G., age 7,
Santa Cruz, Bolivia**



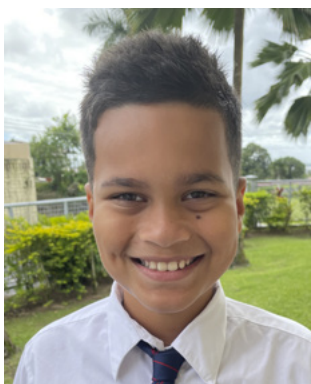
I follow Jesus by praying, loving others, and having faith.

**Yoreli T., age 6,
Zumpango, Mexico**



I feel the Holy Ghost when I calm my mind and choose the right. When I am listening to my mom and dad, I can feel the Holy Ghost close.

**Oliver B., age 10,
Washington, USA**



The Holy Ghost feels warm and strengthening. The Holy Ghost is there for you when you need it, which makes it so special.

**Aisea A., age 9,
Central Division, Fiji**



On Christmas Day my father and I delivered food to people without homes. It was fun! Following Jesus makes me feel happy.

**Akari F., age 9,
Chiba, Japan**



I follow Jesus by loving my family and being a little helper to my mom.

**Chloe D., age 4,
National Capital Region,
Philippines**



I feel the Holy Ghost when I am going through hard times. It helps me feel better.

**Hunter O., age 11,
North Carolina, USA**

NOW I AM
A MEMBER OF
The Church of
Jesus Christ
of Latter-day
Saints.

My Baptism and Confirmation

My name is _____

I have chosen to follow Jesus Christ and become a member of His Church.

I was baptized on this day: _____

I was baptized by _____

I received the gift of the Holy Ghost and was confirmed a member of The Church of Jesus Christ of Latter-day Saints.

I was confirmed on this day: _____

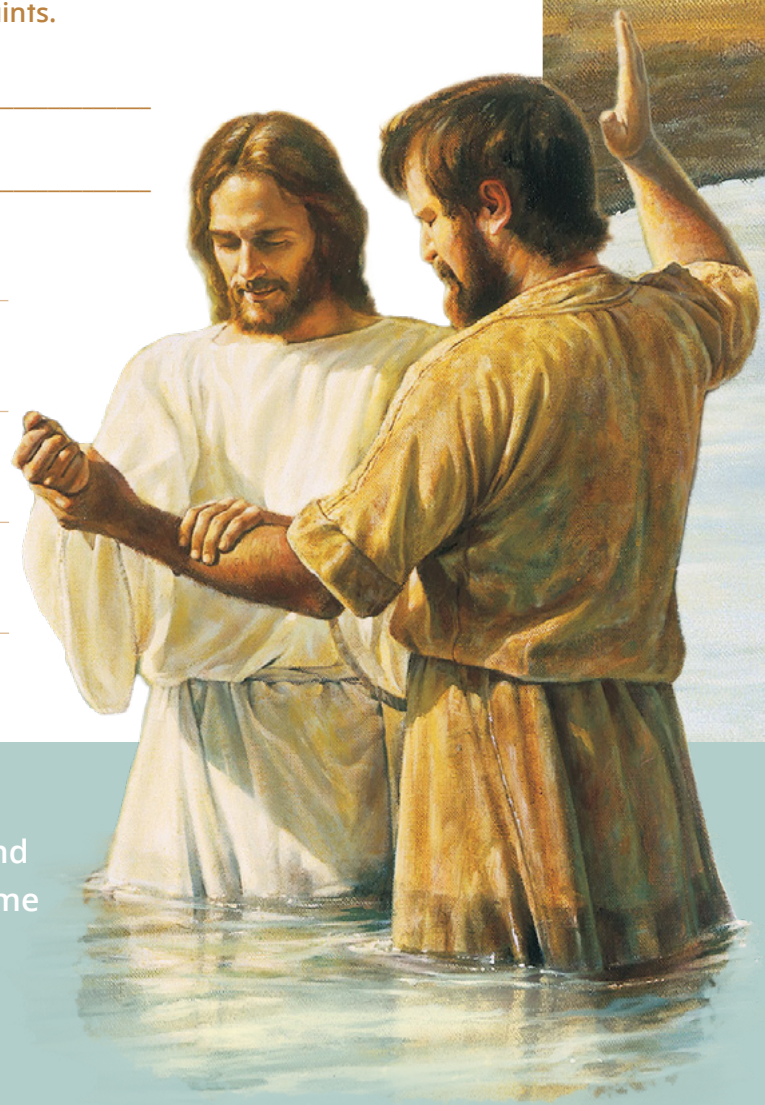
I was confirmed by _____

My Primary president

My bishop or branch president

My ward or branch

My stake or district



I have made a covenant to serve the Lord and keep His commandments. He has promised me to give me His Spirit to always guide me.

(See Mosiah 18:10.)



CONFIRMATION AND THE GIFT OF THE HOLY GHOST

After you are baptized, you are confirmed a member of Jesus Christ's Church. You also receive the gift of the Holy Ghost.

A Special Gift

“This must be the Holy Ghost,” Mehrimah thought.

By Gretchen Picklesimer Kinney

(Based on a true story)

This story took place in France.

“Mehrimah! Fatima! The missionaries are here,” Mom called.

Mehrimah closed her book of scripture stories and ran to the living room. The missionaries had been teaching their family about Jesus Christ. Mehrimah and her family were going to be baptized soon. She couldn't wait!

Mehrimah sat down with her family. “Today we're going to talk about the Holy Ghost,” Elder Moeda'i said. “He helps us feel peace and comfort from Heavenly Father.”

“He also encourages us to do good things,” Elder Campbell added. “And He helps us know what is true. You have probably felt the Holy Ghost before.”



Mehrimah thought about when she learned about the Book of Mormon. She had felt peaceful and happy. That's how she knew it was true. Was that the Holy Ghost?

"After you're baptized, you will be given the gift of the Holy Ghost," Elder Moeda'i said. "That means He can *always* be with you to help you and guide you."

"This week, pay close attention to your thoughts and feelings," Elder Campbell said. "Look for times when the Holy Ghost is speaking to you."

That night during family prayer, Mehrimah noticed how she felt inside. She felt calm and peaceful. It was almost like someone was giving her a big hug. *This must be the Holy Ghost*, she thought.

At church on Sunday, Mehrimah listened to a song about Jesus Christ. She felt happy. It made her want to help other people. *This must be the Holy Ghost too*, she thought.

Before bed, Mehrimah read her book of scripture stories. Her sister, Fatima, asked for a turn. Mehrimah said no.

Mehrimah kept reading. But she felt bad for not sharing.

"I'm sorry," she told Fatima. "Want to read together?"

Fatima sat by her. They took turns reading. Mehrimah felt warm and happy. *This must be the Holy Ghost*, she thought.

Finally the day of their baptism came. Mehrimah and her family went to the Church building and changed into white clothes.

Mehrimah was baptized first. The water was cold, but she was glad to make a covenant with Heavenly Father. Mom wrapped a towel around her. Then she watched Mom, Papa, and Fatima get baptized.

Mehrimah changed back into her dry clothes. Now it was time for her to be confirmed.

The missionaries placed their hands on Mehrimah's head. "We confirm you a member of The Church of



Jesus Christ of Latter-day Saints," Elder Campbell said, "and say unto you, receive the Holy Ghost." Mehrimah felt warm all over as she listened to the rest of the blessing.

After Mehrimah was confirmed, Mom gave her a hug. "How do you feel?"

"Really good," said Mehrimah. "After they put their hands on my head, I felt something, and it felt like peace." She smiled. "It felt like someone was telling me to live a good life, to help people, and to keep the commandments."

"Do you know what you were feeling?" Mom asked.

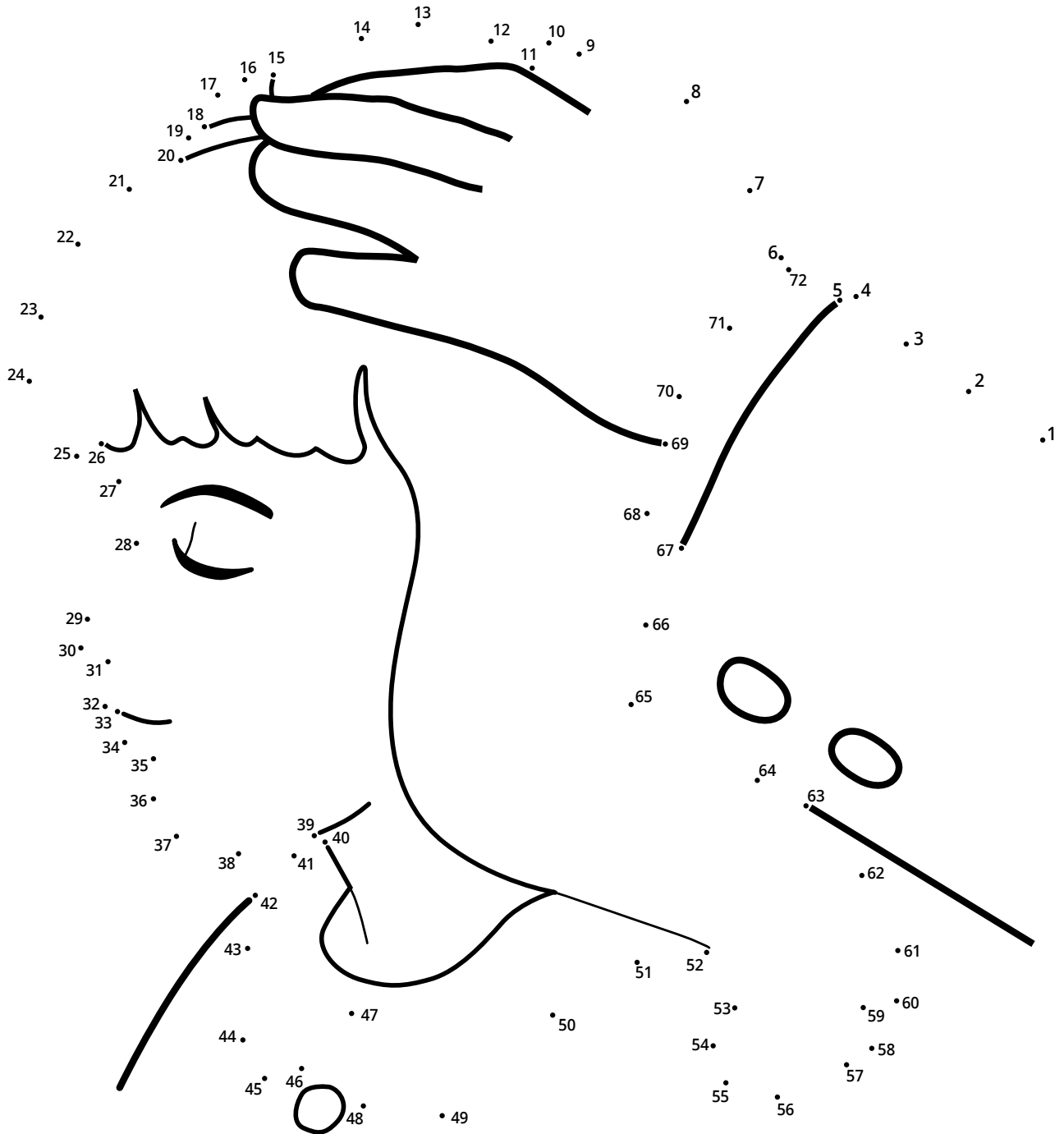
"Yes, I do," Mehrimah said, her eyes shining. "That was the Holy Ghost!" ●

THE HOLY GHOST

The Holy Ghost is also sometimes called "the Spirit." He brings us messages from Heavenly Father and Jesus Christ. He comforts us and teaches us how to make good choices. (See Doctrine and Covenants 79:2.) Turn to page 21 to learn some of the ways we can hear His voice.

CONNECT THE DOTS

After you're baptized, you're confirmed a member of The Church of Jesus Christ of Latter-day Saints. You also receive the gift of the Holy Ghost to guide and comfort you. Connect the dots to finish the picture.



Hearing the Holy Ghost



By Rowen B., age 9, Oregon, USA

Last summer, my family went on a hike. The trail led to a stream. My older sister, my younger brother, and I took off our shoes and walked into the water.

When the water was a little past my knees, we stopped. We saw a group of older kids playing in deeper water up ahead. My sister smiled and said, "We should go deeper!"

But a voice in my head told me to stay back with my little brother. I knew that it was the Holy Ghost. I told my sister that she could go check it out, but my little brother and I would stay.

When my sister got back, she said the water was really rough and hard to walk in. When she said that, I knew I had made the right choice to stay safe with my little brother. ●

THE HOLY GHOST CAN . . .

- Warn me to help me stay safe
- Comfort me when I'm worried or afraid
- Give me an idea of something good to do
- Give me feelings of love
- Help me know that something is true

You invite the Holy Ghost to speak to you when you pray, read the scriptures, and help others. Pay attention to your thoughts and feelings. What is Heavenly Father telling you through the Holy Ghost?

Never Really Alone

What if Ethan got hurt again when no one was there to help?



By Gabrielle Shiozawa
(Based on a true story)

This story took place in the USA.

Ethan pumped his legs on the swing. He went higher and higher. The wind made him feel like he was flying!

Then the bell rang. Ethan sighed. He wasn't ready for recess to be over.

Kids lined up to go back inside. Ethan let his swing slow down. Then he stepped off the swing to go back to class.

But when Ethan's feet hit the ground, he felt a sharp pain in his leg. He fell onto the dirt. He tried to

stand up, but his leg felt like it was on fire. It hurt so badly!

"Help!" Ethan shouted. Tears rolled down his cheeks. Kids and teachers ran to help him.

"What's wrong?" a teacher asked.

"I broke my leg!"

This wasn't the first time Ethan had broken a bone. It wasn't even the second or third time! Ethan had brittle bone disease, a sickness that made his bones break easily. Even small things, like stepping off the curb or bumping into someone, could break his bones.

"We'll call your parents to get you to a doctor," the teacher said. "Everything will be OK."

Ethan was glad people were there to help him. His leg still hurt a lot, but he knew he would be safe.

Mom and Dad went to the school and took Ethan to a doctor. He got a green cast for his leg and went home to rest.

Because of his broken leg, Ethan spent a lot of time in bed. He had lots of books to read. Sometimes his friends came over to play games with him. But he was still bored.

One night, Ethan woke up and couldn't fall asleep again. He tried to relax, but he kept worrying. *What*

if I break a bone and no one is there, like in the middle of the night? Ethan thought. His heart raced. He felt scared.

"Dad!" Ethan yelled.

Dad ran to Ethan's room. "What's wrong?"

"I'm scared," Ethan said. "What if I break another bone and no one is there to help me?"

Dad sat next to him on the bed. "That is a scary thought," he said. "Even when we try to be careful and safe, bad things can still happen. But no matter what, Heavenly Father is watching over you."

"So that means He's always with me?" Ethan said.

"Exactly." Dad gave Ethan a gentle hug.

Ethan thought about how fast Dad had come to

help him. He knew Dad loved him and always wanted to help him. Maybe Heavenly Father was like that too.

The next day, Ethan read a scripture in the *Friend* magazine. It said, "Be of good cheer, and do not fear, for I the Lord am with you, and will stand by you."*

Ethan felt calm and safe when he read the scripture, just like he felt when he talked with Dad. He knew it was the Holy Ghost comforting him. It was like he was hugging Dad again.

I will probably break more bones, Ethan thought, but I don't have to be scared. He knew he would never really be alone. ●

**Doctrine and Covenants 68:6.*



When have you felt Heavenly Father's love?



I THANK
THEE ...

HOW DO WE PRAY?

Prayer is how we talk with Heavenly Father. He always wants to hear from you, and He always listens. He answers your prayers in many ways. He might give you a prompting, or feeling, from the Holy Ghost. Or He might prompt someone else to help you.

How to Pray

Close your eyes, bow your head, and fold your arms.

Begin by saying, "Dear Heavenly Father."

Speak to Heavenly Father with respect and reverence.

Finish by saying, "In the name of Jesus Christ, amen."

You can pray out loud or in your mind, at any time.

Here are some things you could pray about:

Thank Heavenly Father for the things you are grateful for.

Tell Him about the hard or good things that happened in your day.

Ask Him for help when you are scared or don't know what to do.

Ask Him to bless someone else who needs help.

Standing Strong

A tree's roots are very important. They keep the tree standing strong, even through wind and storms.

On the roots of this tree, write things you can do to invite the Holy Ghost in your life and stay close to Heavenly Father. Then you can stand strong too.



pray every day

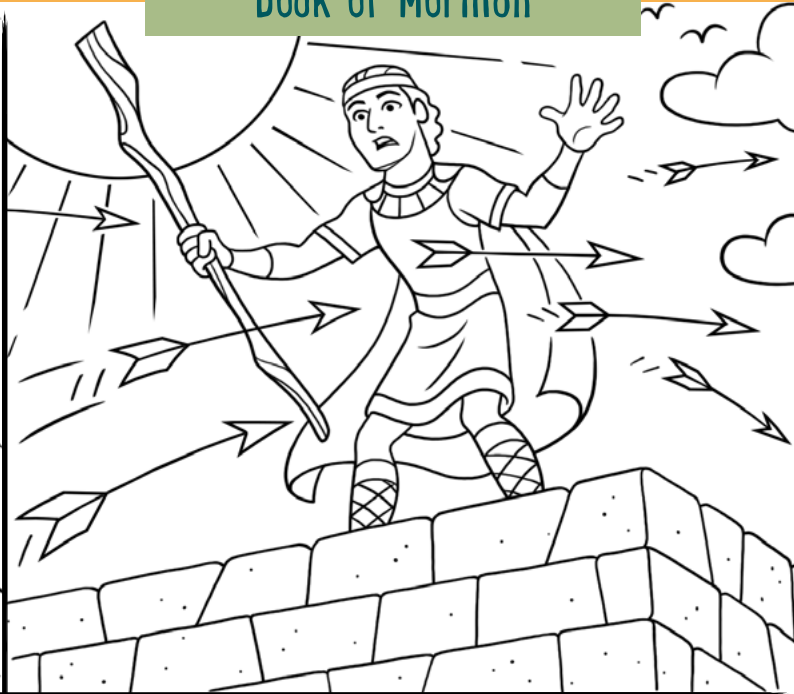
SCRIPTURE COLORING

We can read the scriptures every day. They help us feel the Holy Ghost and learn about Heavenly Father and Jesus Christ. Every time you read the scriptures, color in part of the picture. There's a picture from each of our four books of scripture.

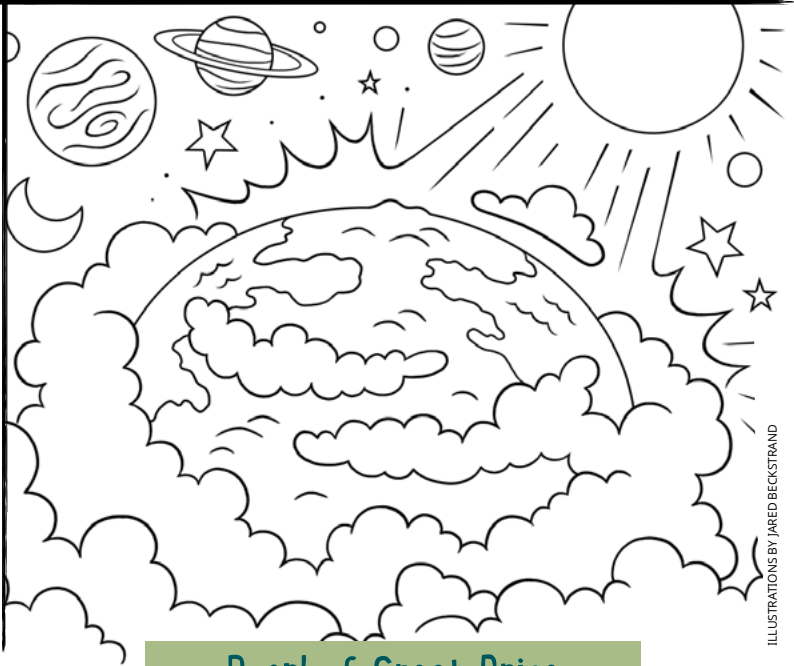
Bible



Book of Mormon



Doctrine and Covenants



Pearl of Great Price

There are many ways you can study the scriptures. You can read them in a book or on a phone or tablet. You can also listen to recordings, look at scripture storybooks, or watch Book of Mormon or Bible videos.

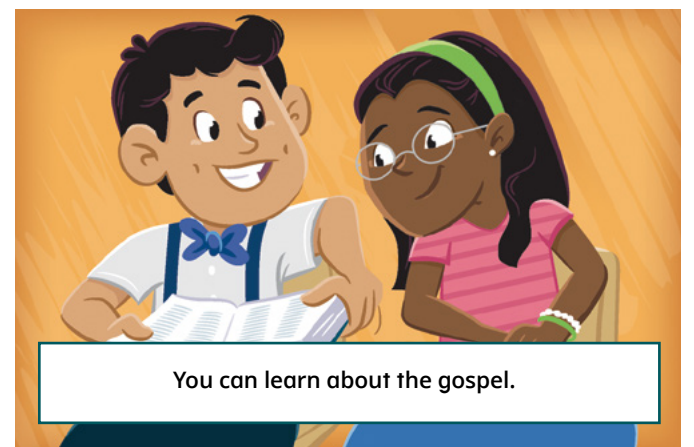


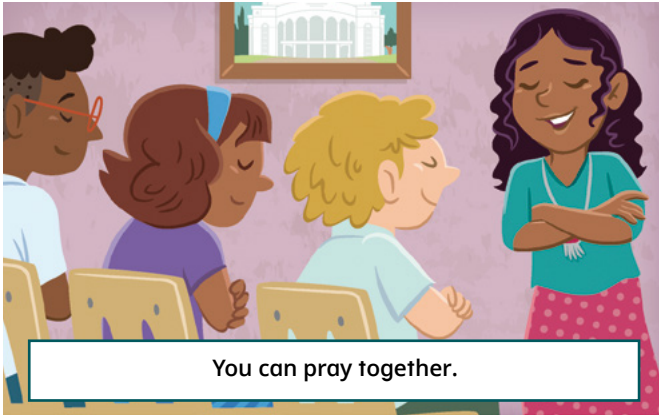
BELONGING TO JESUS CHRIST'S CHURCH

When you are baptized and confirmed, you become a member of Jesus Christ's Church. Jesus named it The Church of Jesus Christ of Latter-day Saints (see Doctrine and Covenants 115:4).

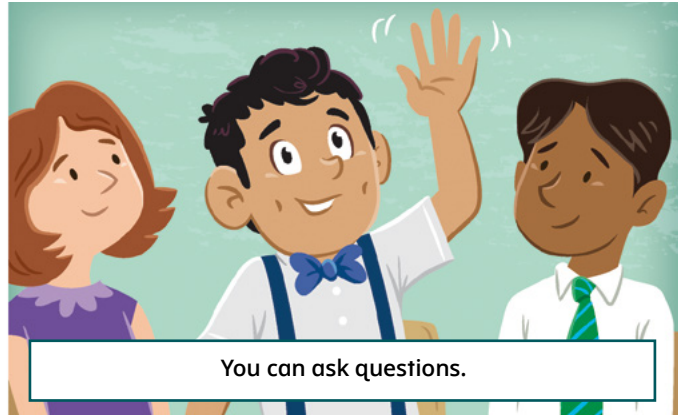


WELCOME TO CHURCH!





You can pray together.



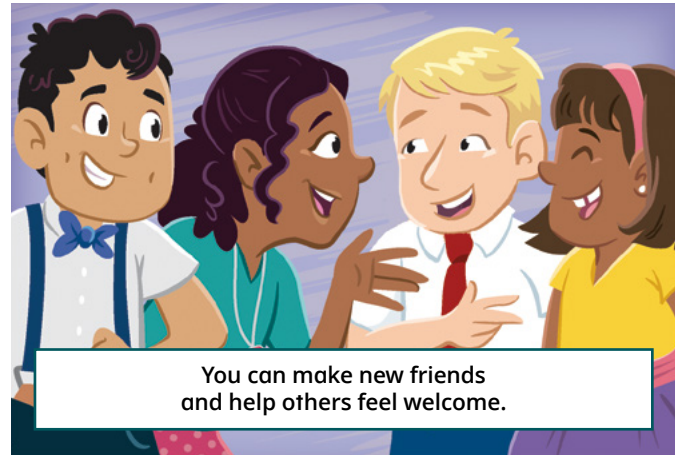
You can ask questions.



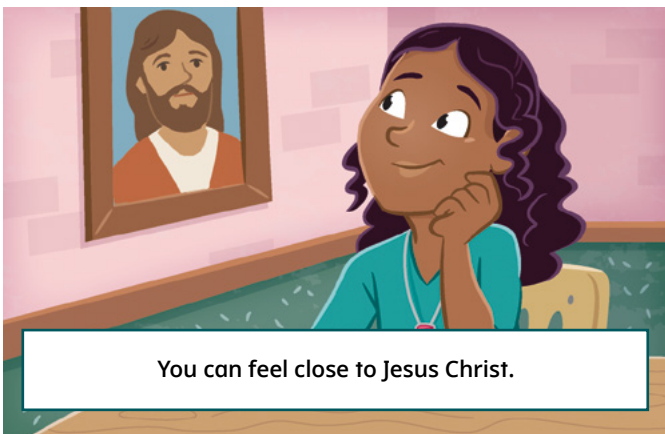
You can sing songs.



You can share what you feel or know is true.



You can make new friends and help others feel welcome.



You can feel close to Jesus Christ.



And you can invite others to learn about Him too!

Taking the Sacrament

Each week, we take the sacrament. It helps us remember Jesus Christ and promise to follow Him.

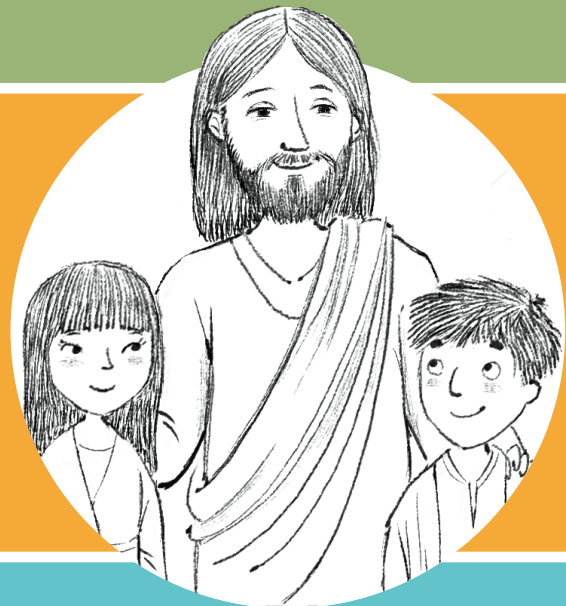


BEFORE I take the sacrament, I can . . .

- Sing a hymn
- Watch the bread and water being prepared
- Listen to the sacrament prayers

DURING the sacrament, I can . . .

- Take the bread and water reverently
- Think about what Jesus did for me and how much He loves me
- Remember my baptismal covenant



AFTER the sacrament, I can remember and follow Jesus all week long by . . .

- Keeping His commandments
- Being kind to others
- Following promptings from the Holy Ghost
- Asking myself, "What would Jesus do?"

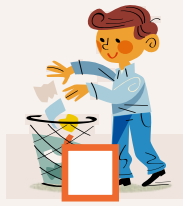


CHURCH SCAVENGER HUNT

Church is a place where you can learn, have fun, and help others.
See how many things on this list you can do!



Shake hands with
your bishop or branch
president



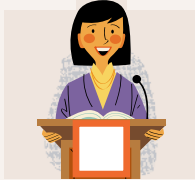
Help set up chairs or
pick up trash



Learn a hymn
or Primary song



Offer to help
in Primary



Listen to the talks during
sacrament meeting



Learn someone's
name in Primary



Share scriptures with
someone



Thank your
Primary teacher



Listen to others when
they are talking



Answer a question
in class



Ask your Primary leader
for a copy of the
Children's Guidebook



Talk to someone
who is new



WARDS AND BRANCHES

A ward or branch is a group of people who meet together for church. Branches are smaller than wards. Branches are led by branch presidents, and wards are led by bishops.

JAYDEN'S TALK

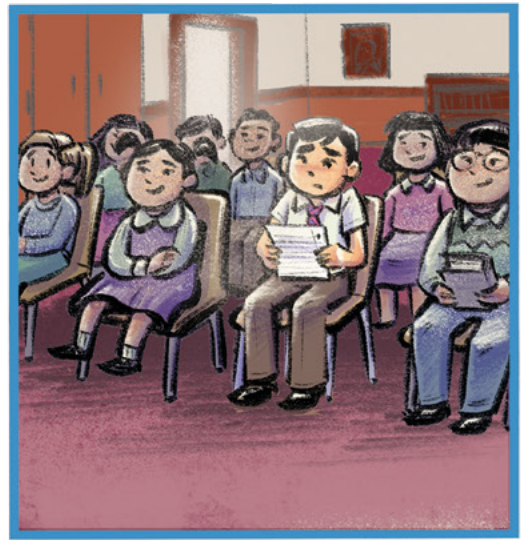


By Karrie Lam
(Based on a true story)



The next week ...





This story took place in Hong Kong.

GIVING A TALK

When you give a talk, you can share a scripture or tell a story about Jesus. A parent or leader can help you.

The Family Story Activity

“Can you tell me another family story?” Lorrain asked.

By Lucy Stevenson Ewell

(Based on a true story)

This story took place in Vanuatu.

Lorrain smiled as she sang the last words of the song. They had just finished singing time in Primary. Now it was time to go to class.

But first, Sister Taleo stood up. “I want to tell you about a Primary activity that is coming soon,” she said. “We want each of you to learn about your family. Ask your parents about family stories. Then at the activity, each of you can share what you learned.”

When Lorrain got home from church, she was excited. She found a big piece of paper and took it to the table. She couldn’t wait to learn about her family!

Lorrain drew a family tree on the paper. Mum and Dad helped her spell all the names. Then she glued pictures of her family members on the poster.

“Your great-grandma’s name was Lorrain too,” Mum said. “We named you after her.”

“Wow,” Lorrain said.

“Grandma Lorrain was a very loving person.” Mum smiled. “When other people in the village ran out of wood for their fires, Grandma Lorrain shared with them.”

Learning about her family was fun! “Can you tell me another family story?” Lorrain asked.

“Dad could tell you about the first time he went to the temple,” Mum said. “He was just six years old. He and his parents took a long trip to the temple in New Zealand.”

Lorrain loved hearing about the temple. “Tell me the story, Dad!” she said.

“First we got on a plane to fly to New Zealand. Then we rode a bus. It was a long journey.” Dad showed Lorrain a picture of the temple. “Finally my parents and I went inside. We were sealed as a family. That means we can be together forever!”



That made Lorrain feel warm inside. She was glad she could hear stories about her family.

Finally the morning of the Primary activity came. Lorrain helped Mum and Sister Taleo get everything ready at the Church building.

Then they heard some exciting news. A temple would be built on their island!

Lorrain was so happy. When she was old enough to go inside the temple, she wouldn't have to travel far at all!

That night, all of Lorrain's friends were at the Primary activity. The children took turns sharing what they

learned about their family. When it was Lorrain's turn, she held up her poster of her family tree.

"I really liked learning about my family," she said. "I learned that I'm named after my great-grandma. I also learned about the first time my family went to the temple. The temple can help our families be together forever." The warm feeling came back. "I'm so excited that we'll have a temple here in Vanuatu."

Lorrain sat back down with a big smile on her face. She was grateful she could grow more like Jesus. And she was grateful for the temple! She couldn't wait to go inside someday. ●



PRIMARY ACTIVITIES

Each week at church, you can go to Primary with other kids in your ward or branch. Sometimes there are also Primary activities on another day of the week. You can go to these activities to learn about Jesus and have fun together!

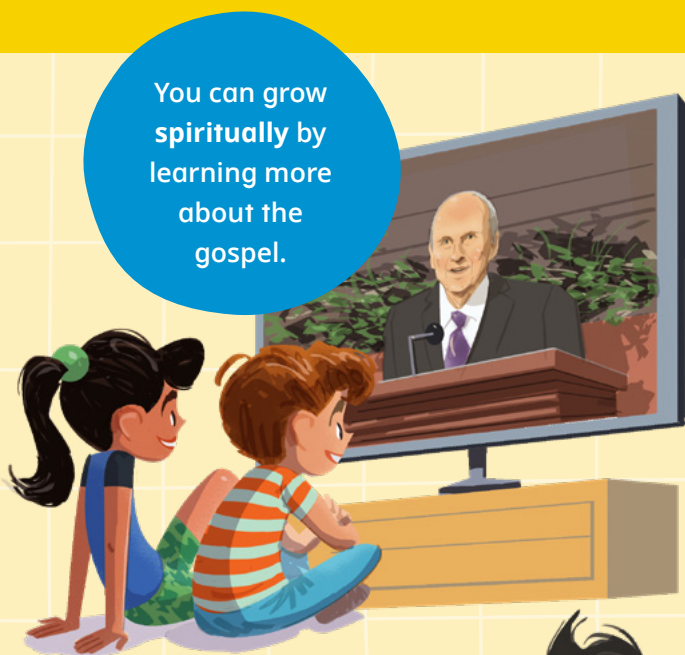
GROWING LIKE JESUS

WITH THE CHILDREN AND YOUTH PROGRAM

The Children and Youth program can help you become more like Jesus Christ by going to Primary activities, setting goals, and learning the gospel. It can also help you try new things and have fun! Your *Children's Guidebook* can help you get started. If you don't have one, ask your Primary teacher for a copy.



You can grow spiritually by learning more about the gospel.



You can grow socially by building friendships with others.



You can grow physically by exercising or practicing a skill.



You can grow intellectually by learning something new.



"Jesus increased in wisdom and stature, and in favor with God and man."

(Luke 2:52)



FOLLOWING JESUS EVERY DAY

You can feel close to Jesus Christ
as you choose to follow Him each day.

The Broken Water Bottle

Kadie was thirsty. How could Sophia help?

By Noelle Lambert Barrus
(Based on a true story)

This story took place in Sierra Leone.

Sophia listened carefully as her teacher explained the math problem on the blackboard.

"So, what is nine times four?" the teacher asked. Sophia raised her hand. "Thirty-six!" she said.

Her teacher smiled. "That is right, Sophia!" After class, it was time to go home. Sophia walked with her friends. They all pulled out their water bottles to drink the last of their water. It was hot today! Then Sophia saw something strange. Her friend



Kadie wasn't drinking water. She was just walking quietly along.

"Kadie, where is your water bottle?" Sophia asked. Everyone was always thirsty by the end of school.

"I broke it yesterday, and I can't get a new one," Kadie said. "So now I can't bring water to school."

Sophia looked down at her own water bottle. She wished she could share! But her water was all gone.

All day, Sophia thought about Kadie and her broken water bottle. It wasn't easy to get clean water where they lived. Most kids got just one water bottle to use all year. They filled it up from a big container of clean water at home. You could get sick from drinking other water. If Kadie didn't have a water bottle, she couldn't take water from home to drink at school.

The next morning, Sophia thought about how she could help Kadie. Sophia's family had some plastic bottles full of water. Sophia added one to her backpack, along with her metal bottle. It made the bag a little heavier, but she didn't mind.

When she got to school, she found Kadie.

"Kadie, did you get a new water bottle yet?" Sophia asked.

Kadie shook her head with her eyes down.

"That's OK," Sophia said. "I have one for you!"

She gave Kadie the water bottle. Kadie smiled.

"Thank you, Sophia!" Kadie gave her friend a big hug.

During class, Kadie drank from her water bottle with the other kids. Sophia was glad to see her friend didn't have to be thirsty.

Every day that week, Sophia brought an extra water bottle for her friend. Then one morning, Sophia's mom picked up her backpack.

"Hmm," Mom said. "This feels heavier than usual." She opened the backpack and pulled out the extra water bottle.

"Did you mean to pack this extra water bottle for school, Sophia?" Mom asked.

Sophia nodded. "Kadie's water bottle broke, and

she can't get another one. So she didn't have any water at school."

"How long have you been taking extra water to her?" Mom asked.

"Just this week," Sophia said. "I didn't want Kadie to be thirsty."

Mom smiled. "That is very kind of you to think of your friend. That is something Jesus would do. I'm happy to see you being like Jesus." She gave Sophia a hug. "And I think I know another way we can help."

Mom gave Sophia a metal water bottle. "Give this to your friend instead so she can keep reusing it. That way you don't have to take a plastic one every day."

"Really?" Sophia asked.

Mom nodded. "Yes. Just ask her to keep it safe."

Sophia took the water bottle to school. The first thing she did was give Kadie the bottle.

"Wow," Kadie said. "Thank you, Sophia!" Kadie gave her a hug.

Sophia felt warm inside. She knew she had helped her friend, like Jesus would. ●



How have you helped someone?

Trouble at the Park

Hunter took a deep breath. "I don't say those words."

By Diana Evelyn Nielson
(Based on a true story)

This story took place in the USA.

Hunter ran across the park with his friends. He grinned as he felt the wind rushing past him. He felt so fast and light!

Kyle touched the fence first. "I won!" he yelled.

Hunter reached the fence a moment later. "Not fair! You started first."

"Yeah," said Miguel. "Race you to the tree!"

Hunter started running again. This time, he touched the tree first. But Miguel was right behind him.

"I won!" Miguel said.



"No, Hunter won," said Piper.

"Yeah," said Kyle.

Miguel folded his arms. Then he said a bad word.

The other kids laughed. Miguel said the word again, and they laughed some more.

Hunter felt sad inside. He knew that word wasn't good to say. But he didn't want to be teased. He didn't say anything.

Piper said another bad word. Then Kyle said another one.

"Now you say one, Hunter," said Kyle.

"Yeah, come on," said Miguel. "Say a new swear word."

Hunter took a deep breath. "I don't say those words."

"Saying one word won't hurt you," said Kyle.

"I don't want to," said Hunter.

"Are you too scared?" Miguel laughed.

Hunter's face felt hot. "I'm going to go play somewhere else."

The rest of the kids kept laughing and saying bad words. Hunter wanted to get away. The park didn't feel fun now. "See you later," he mumbled.

Hunter put his hands in his pockets and slowly walked past all the other kids. He didn't feel fast or light anymore. He felt weighed down.

He found Mom and Dad sitting on a bench. Dad put down his book. "Are you OK?"

Hunter shrugged. "They started saying bad words. I didn't want to do it, so I left."

Mom smiled. "That was brave."



"We're proud of you," Dad said. "It's hard to make good choices when people around us aren't."

Hunter sighed. He was glad he made the right choice, but he still didn't feel good.

"Do you want to go home?" Mom asked.

Hunter thought about it. "Not yet," he said. He looked over at another group of kids playing on the zip lines. "I'm going to go over there."

As Hunter walked over, one of the boys waved at him. "Hi, I'm David."

"I'm Hunter. Can I play with you?"

"Sure!"

Hunter took a turn on the zip line and felt the wind rush by. As he played with David and the others, he felt fast and light again. He had done what was right, even though it was hard. He was glad he had made a good choice. ●

To learn more about making good choices, read My Gospel Standards in the back of your *Children's Guidebook*.

I CAN FOLLOW JESUS CHRIST



Jesus served others (see John 13:5, 13–17). I can see what people need and do my best to help.



Jesus included others (see Mark 10:14). I can include others and be a friend to those who feel left out.



Jesus prayed for others (see 3 Nephi 17:15–18). I can talk to Heavenly Father in prayer. I can also ask Him to bless others.



Jesus forgave others (see John 8:11). I can forgive others too. And when I make a wrong choice, I can say, “I’m sorry.”



Jesus taught the gospel (see Matthew 5:1–9). I can share the gospel with others. I can teach people about Jesus.

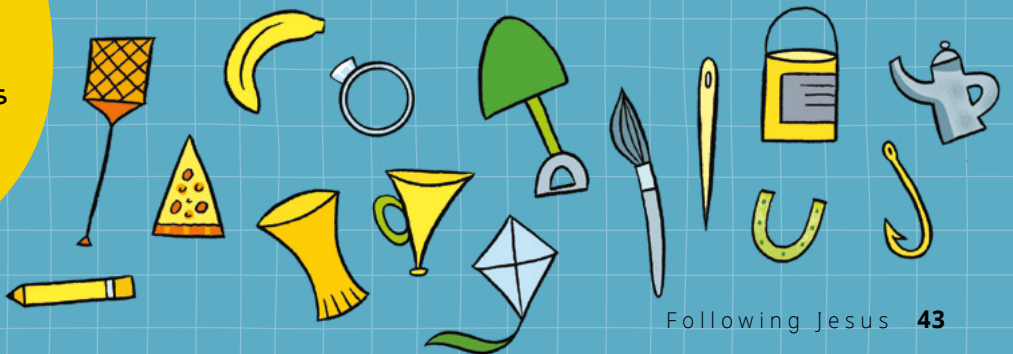


Jesus was a perfect example (see John 13:15). I can do my best to follow Jesus. I can be an example for others too.



FIND IT!

We can follow Jesus Christ every day by being kind to others. Can you find the hidden objects in the picture?



The Sparkly Necklace

Carolina just wanted to keep the necklace a little longer.



By Carolina Marín
(Based on a true story)

This story took place in Argentina.

Carolina skipped across the yard. Her friend Isabella was outside.

Isabella waved. "Come and play!"

Carolina crossed the yard to Isabella's house.

Isabella reached into her pocket. "I want to show you something," she said. Then she pulled out the most beautiful necklace Carolina had ever seen! The little jewels were so sparkly and bright.

"It's my mamá's," Isabella said. "She said I could play with it today. Look at it in the sun."

Isabella held the necklace up to the light. Hundreds of rainbows reflected off the jewels. It was so beautiful!

"Now let's play hide and seek!" Isabella said.

"OK!" said Carolina. "I can keep the necklace safe."

"Thank you!" Isabella handed Carolina the

necklace, and Carolina put it in her pocket.

Soon it was time for Carolina to go home. When she said goodbye, Isabella didn't ask about the necklace. She must have forgotten. And Carolina did not remind her.

Carolina felt a little bad for taking the necklace home. But she wanted to keep it just a little longer. She ignored the bad feeling and put the necklace under her pillow.

The next day was Saturday. Carolina did her chores and went outside to play. She forgot all about the necklace.

"Carolina!" Papá called. "Can you come here?"

Carolina ran inside. "Yes?"

Papá held the necklace in his hand. "Mamá found this under your pillow. Whose is it?"

"It's Isabella's." Tears welled up in Carolina's eyes. "I was keeping it safe in my pocket while we played yesterday. But then I decided to take it home."

Mamá sat down with Carolina on the couch. "Thank you for telling the truth. What do you think you should do now?"

Carolina was quiet. She thought about Jesus. He would want her to be honest and return the necklace.

"I should give it back to Isabella and tell her I'm sorry," Carolina said. As soon as she said it, the bad feeling was gone. She felt warm inside.

Carolina went to Isabella's house.

"Hi," Carolina said. She handed Isabella the necklace. "I'm sorry I kept this. Will you forgive me?"

"Yes," Isabella said. "Thanks for bringing it back." Then she smiled. "Want to play hide and seek again?"

"Yes! You count first—I'll go hide!"

That night, Carolina said a prayer.

"Dear Heavenly Father, please forgive me for keeping the necklace. And thank You for helping me to make it right."

Carolina felt the warm feeling again. She was glad she could do what Jesus would want her to do. ●

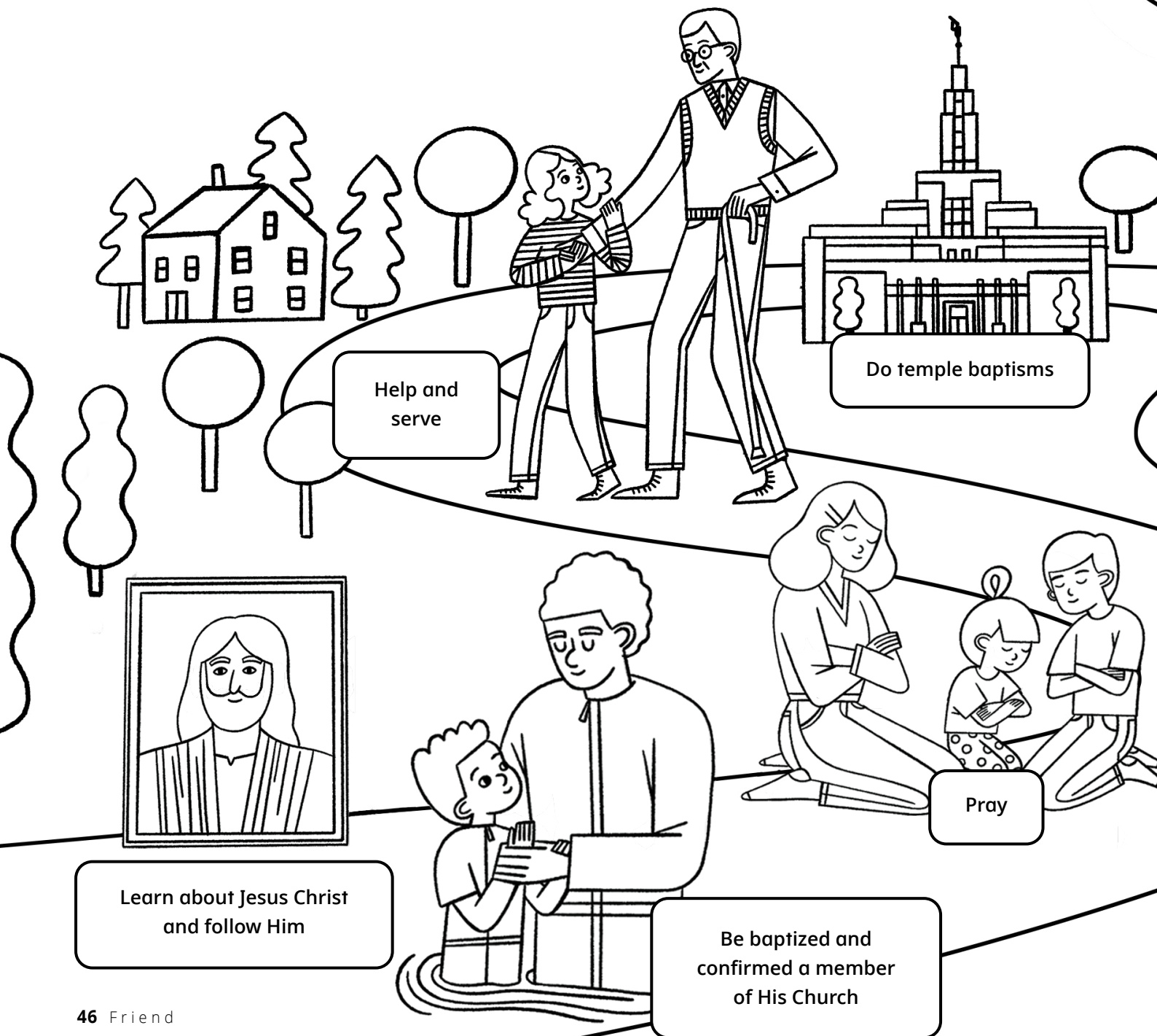
I CAN REPENT

We all make wrong choices sometimes. But because of Jesus Christ and His Atonement, we can change and make things right. This is called repenting. When we repent, we say sorry to those we hurt. We try to fix the mistake. We pray for forgiveness. We do our best to not make that wrong choice again. Then we can be forgiven and feel peace from Heavenly Father.



WALKING ALONG THE COVENANT PATH

Heavenly Father sent you to earth to learn and grow so you can become like Him. As you follow Jesus Christ, you walk along the path back to your heavenly home. This is called the covenant path. Follow along and color these pictures to learn more.





Repent

Follow Jesus
all my life!

Receive other
temple covenants
and blessings

Read the
scriptures

Take the
sacrament

Love and serve
my family

Listen to the
Holy Ghost

ILLUSTRATIONS BY BROCKE SMART



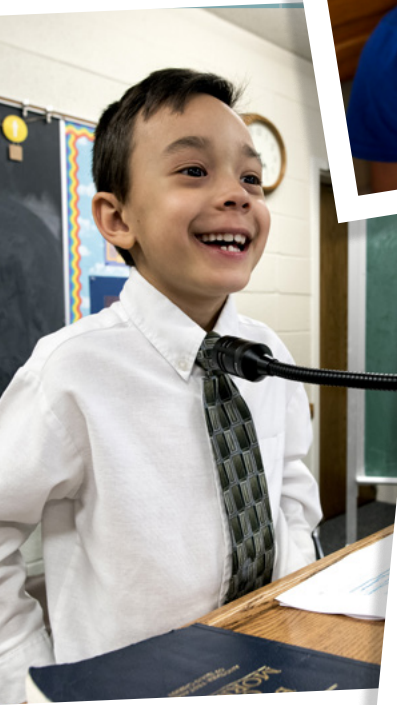
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