

the Friend

Following Jesus Together



Keeping COVENANTS

— — —

See pages 8-9



Dear Friends,

Twice a year, we get to hear the prophet and other Church leaders speak to us at general conference. They have important messages for us from Heavenly Father.

What things did you hear during conference last month? Turn the page to read what the prophet taught. We are blessed when we follow the prophet!

Love,
The Friend

P.S. How do you follow the prophet? Write and tell us! Go to the back cover to see how.



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

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The Friend Magazine



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Friends by Mail

Where We Read the *Friend*

Pia and Daniel O., both age 10, read the *Friend* in English in Nairobi City County, Kenya.



Folding Fun!

I love doing the activities each month. I had fun making the origami fox and bookmark (May 2023)!

Ethan B., age 8, Nebraska, USA



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We Love to See the Temple

Georgia and Noah V., ages 9 and 6, visited the Melbourne Australia Temple.



Find 3 Hidden Fijian CTR Rings



- Hard:** Renewing covenants weekly
- Harder:** Read us a story!
- Hardest:** Mmm, spaghetti!

Front cover by Clara Reschke

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

WE LOVE HEARING FROM OUR FRIENDS!



By President
Russell M. Nelson



“THE TEMPLE
IS THE
GATEWAY
TO THE
GREATEST
BLESSINGS
GOD HAS IN
STORE FOR
EACH OF US.”

President Russell M. Nelson



TEMPLE POWER

In March, The Church of Jesus Christ of Latter-day Saints bought the Kirtland Temple. This temple was an important part of the restoration of the gospel of Jesus Christ.

On April 3, 1836, Jesus Christ appeared to Joseph Smith and Oliver Cowdery in the Kirtland Temple. The Savior accepted the temple as His house. He then promised, “I will **manifest** myself to my people in mercy in this house” (Doctrine and Covenants 110:7). This promise applies to every temple today.

In the temple, you can receive answers to prayer. You can also receive faith, strength, comfort, knowledge, and power. Time in the temple will help you to think celestial and to see who you really are and who you can become. It will help you understand how you fit into God’s magnificent plan. I promise you that. ●

manifest:
show or make
known



PAINTING BY DAVID GREEN

Adapted from “Rejoice in the Gift of Priesthood Keys,”
Liahona, May 2024, 119–21.

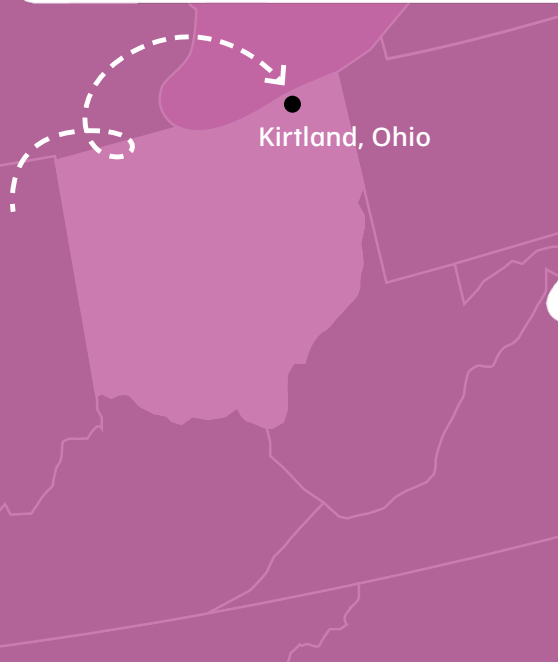
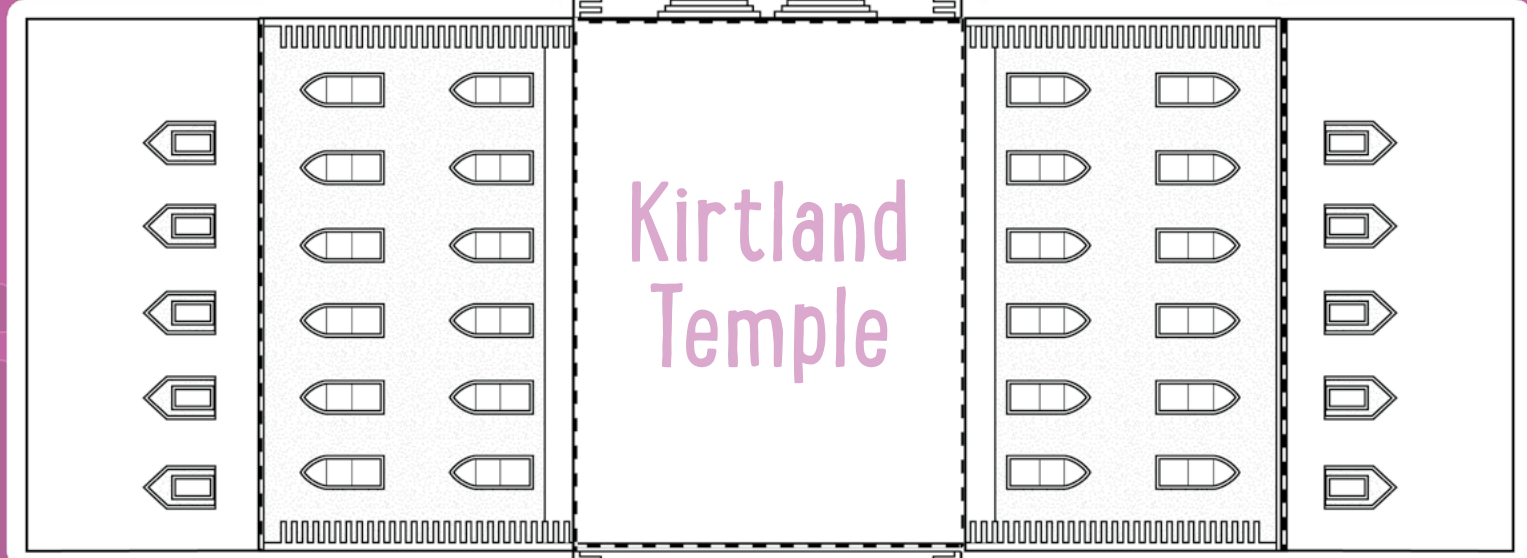
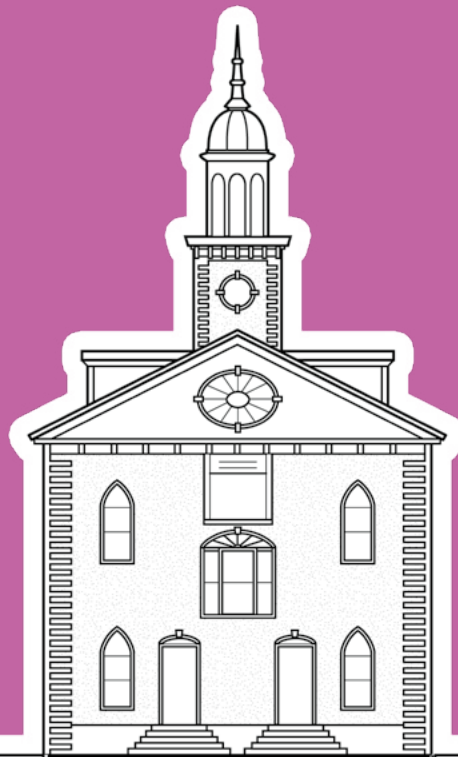


WHAT IS THE KIRTLAND TEMPLE?

The Kirtland Temple was completed in Kirtland, Ohio, USA, in 1836. It was the first temple of the restored Church.

CUT-OUT ACTIVITY

Cut around the edges of the Kirtland Temple. Then fold on the dotted lines and tape the sides and roof together.



Kirtland, Ohio

Later, Church members had to leave it behind to move west. Another church cared for the building for many years. Recently, The Church of Jesus Christ of Latter-day Saints bought the temple.



Conference News

Now and Then

1932



See how much the Church has grown since President Oaks was born!

2024



7
temples

189
dedicated
temples

700,000
Church members

146
temples in planning and
construction

17,000,000
Church members across
170 nations



“Every covenant with God is an opportunity to draw closer to Him.”

President Henry B. Eyring,
Second Counselor in the
First Presidency



“I testify that God hears every prayer we offer.”

President Jeffrey R. Holland,
Acting President of the Quorum
of the Twelve Apostles



“You are [God’s] child. He knows you. He wants to bless you.”

President Susan H. Porter,
Primary General President



Watching Conference around the World



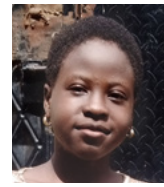
I liked Elder De Feo's talk. He said we can see Jesus with our spiritual eyes if we keep our faith. Then we will feel peace and have His Spirit with us.

**Thomas M., age 7,
Catalonia, Spain**



Conference is special to me because I spend time with my family. We listen to the speakers and do crafts.

**Lucy A., age 10,
Al-Ahmadi, Kuwait**



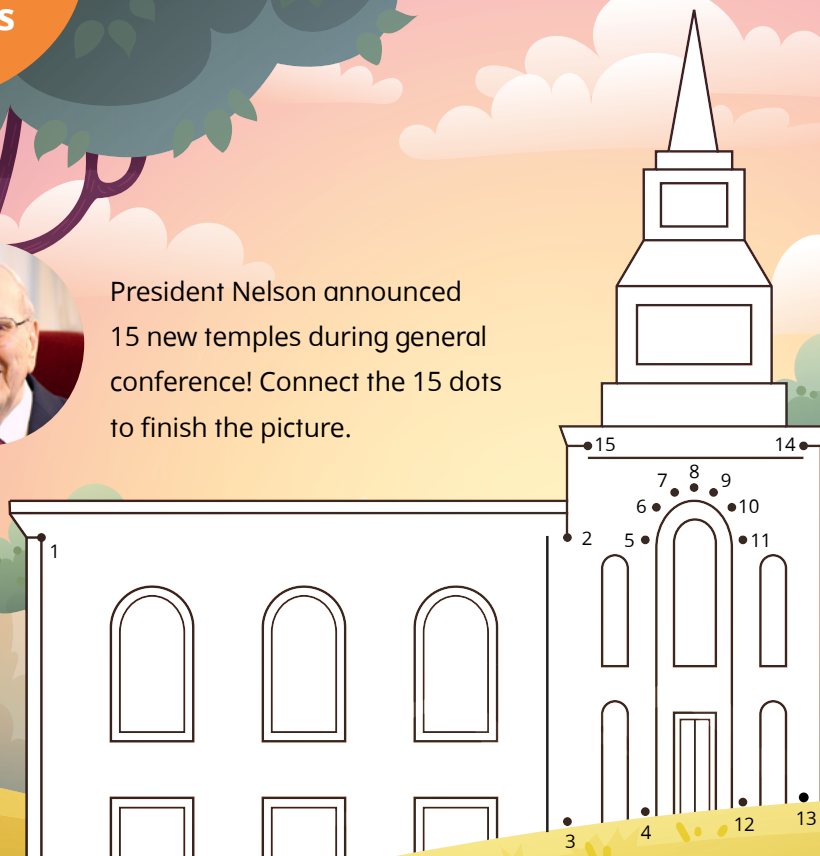
My family prays to Heavenly Father to help us prepare for conference and be taught by the Spirit. We dress in our Sunday best. We watch conference together and sing along to all the songs.

**Harriet O., age 9,
Lagos State, Nigeria**

New Temples



President Nelson announced 15 new temples during general conference! Connect the 15 dots to finish the picture.



1. Uturoa, French Polynesia
2. Chihuahua, Mexico
3. Florianópolis, Brazil
4. Rosario, Argentina

5. Edinburgh, Scotland
6. Brisbane, Australia south area
7. Victoria, British Columbia

8. Yuma, Arizona
9. Houston, Texas south area
10. Des Moines, Iowa
11. Cincinnati, Ohio

12. Honolulu, Hawaii
13. West Jordan, Utah
14. Lehi, Utah
15. Maracaibo, Venezuela

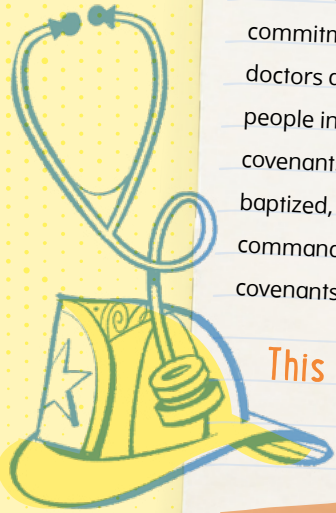
Conference Notes



Covenant Commitments

President Oaks taught that a covenant is a commitment to do certain things. For example, doctors and firefighters covenant to serve people in their community. When we make covenants with Heavenly Father, like when we are baptized, we promise to serve Him and obey His commandments. He blesses us when we keep our covenants.

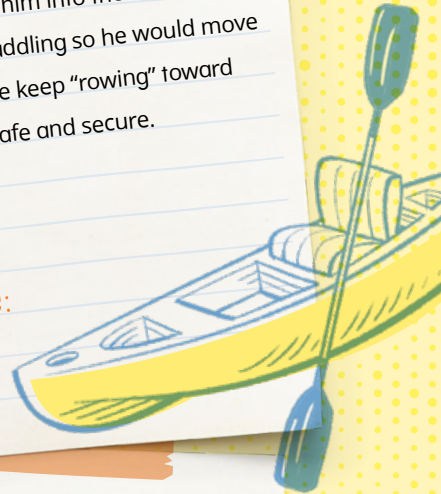
This teaches me:



Keep Rowing

Elder Renlund told about a kayaking trip where he rowed far ahead of his family. When he stopped, a wave knocked him into the water. The guide told him to keep paddling so he would move forward and not fall. If we keep "rowing" toward the Savior, we can stay safe and secure.

This teaches me:



Gaining a Testimony

President Pace shared how when he was 11, his mom asked if he knew for himself that the gospel is true. He decided to read the Book of Mormon and pray to know. As he did, he felt comfort and peace from the Holy Ghost. This helped him gain his own testimony.

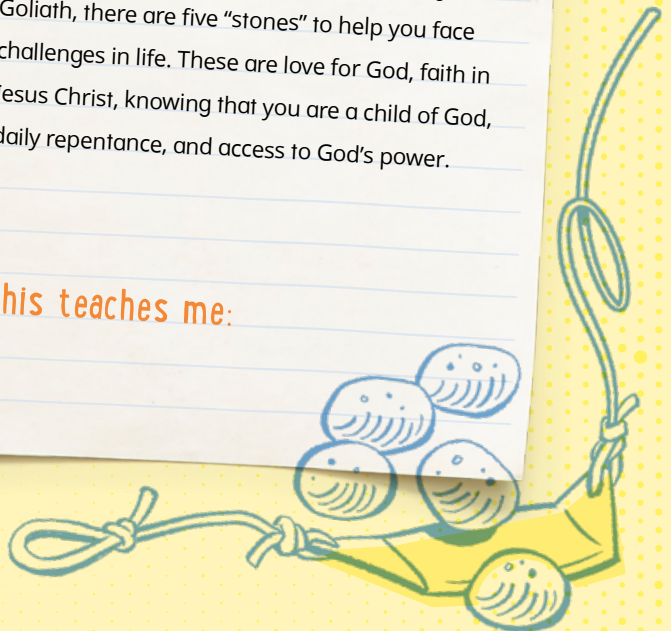
This teaches me:



Five Stones

Sister Spannaus told the story of David and Goliath. Just like David had five stones to fight Goliath, there are five "stones" to help you face challenges in life. These are love for God, faith in Jesus Christ, knowing that you are a child of God, daily repentance, and access to God's power.

This teaches me:





MEET ELDER PATRICK KEARON

Elder Patrick Kearon is the newest member of the Quorum of the Twelve Apostles! He was born and raised in England. He and his family also lived in Saudi Arabia while his father had a job there. He was called as an Apostle on December 7, 2023.

As a young adult, Elder Kearon met some Church members in London. He then met the missionaries but wasn't ready to receive their message at that time. Later, the missionaries started teaching him about the gospel and he felt the Holy Ghost. While he was learning more about the Church, Elder Kearon received a priesthood blessing. He said it was a beautiful experience that helped him decide to join the Church. He got baptized on Christmas Eve when he was 26 years old.

Elder Kearon and his wife, Jennifer, have four children. When their first child was a baby, he passed away. This was a very sad time for Elder and Sister Kearon. But it helped strengthen their faith in the resurrection and the gospel of Jesus Christ. Elder Kearon was called as a General Authority Seventy in 2010. He loves seeing Church members help people in need all around the world.

Elder Kearon is grateful for the plan of salvation. He knows that even during hard times we can always feel the love of Heavenly Father and the Savior. ●



“Our Father’s beautiful plan . . . is designed to bring you home, *not* to keep you out.”

Elder Patrick Kearon



Adapted from Trent Toone, “The ‘beautiful’ and ‘stretching’ life experiences that prepared Elder Kearon to be an Apostle,” Church News, Jan. 23, 2024.

A Baptism Promise

“Why do you want to be baptized?” Dad asked.

By Jewelene Carter

(Based on a true story)

This story happened in the USA.

Dad, can I get baptized when I am eight?” Keaton asked.

Dad looked up from the game they were playing. “It’s a big choice. Would it be better to wait until you’re 18?”

Keaton thought about it. “But I’m almost eight now. And 18 is so far away!”

Dad was quiet for a moment. He moved his game piece. “Why do you want to be baptized?”

“I love Jesus,” Keaton said. “And I want to follow Him.”

“That is a great reason to be baptized,” Dad said. He smiled. “I will support you if that’s what you choose. Whether you are eight or 18.”

Keaton wrapped his arms around Dad. “Thanks!”

Dad wasn’t a member of The Church of Jesus Christ of Latter-day Saints. But he still went to church with Keaton and Mom sometimes. And when Keaton gave talks or sang with the other Primary kids in sacrament meeting, Dad always came.

After their game ended, Keaton found Mom in the kitchen.

“Dad said I can be baptized when I am eight,” he said.

Mom grinned. “That’s so exciting! Have you thought about who you want to baptize you?”

Keaton set plates on the table. “Do you think Grandpa can?”

Grandpa and Grandma were serving a mission in another city.

“We can ask,” Mom said.

After dinner, Keaton video called Grandpa and Grandma on Mom’s phone. After a few rings, their smiling faces filled the screen.

“Hi, Grandma! Hi, Grandpa!” Keaton said. “Guess what? I’m going to be baptized for my birthday this year.”

“That’s wonderful!” Grandma said.

“Will you baptize me, Grandpa?” Keaton asked.

Grandpa’s smile got even bigger. “I would love to.”

When his baptism day came, Keaton was ready. Mom and Dad drove him to a small chapel near where Grandpa and Grandma were serving their mission.

Keaton and Grandpa were dressed in white clothes. They sat together while everyone sang. Then Mom said a prayer.

Next, Dad gave a talk. “When you are baptized, you promise to follow Jesus Christ and keep His commandments. He taught us to

Keaton followed Jesus Christ’s example by being baptized! What’s one way you follow the Savior’s example?



love one another. Love is the best way to live,” he said.

Keaton looked at the picture of Jesus Christ that Dad was holding.

“When we love others, it makes them feel cared for. It also helps us to be happy and have peace.” Dad looked straight at Keaton. “I’m proud of you today for promising to follow Jesus Christ. I hope your baptism always reminds you to love God and to love others.”

Keaton gave Dad a big hug. Then he followed Grandpa into the small font. Keaton put one hand on Grandpa’s arm and the other in Grandpa’s hand. Grandpa said the words for the baptismal prayer. Then he helped lower Keaton into the water.

When Keaton came out of the water, he smiled. He did it! He had followed Jesus Christ. Soon, he would also be confirmed and receive the gift of the Holy Ghost. Then he would be a member of The Church of Jesus Christ of Latter-day Saints.

Keaton was excited to keep his promise to remember Jesus and keep His commandments. ●





Following Jesus in **Vanuatu**

How Emma Follows Jesus

Emma follows Jesus Christ by being kind. She wants to be a friend to all! She likes to talk to people and play games with other kids. "I like to play with my friends and give them gifts because I like people," says Emma. Sometimes she makes cards for her friends and family.

Emma also helps her mom take care of her twin baby brothers. She helps make meals for her family and feeds her baby brothers with their bottles. "I feel good and happy when I help. I know that Heavenly Father will bless me," Emma says. ●



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.



Halo!



About Emma

AGE: 10

FROM: Shefa, Vanuatu

LANGUAGES: English, Bislama, Fijian

GOALS: 1) Go on a mission.
2) Be a pilot.

HOBBIES: Swimming and karaoke

FAMILY: Emma, Mom, Dad, one sister, and two brothers

Emma's Favorites

BOOK OF MORMON STORY: Lehi and his family leaving Jerusalem (see 1 Nephi 2)

HOLIDAY TRADITION: Giving candy and cards to friends for Easter

FRUITS AND VEGETABLES: Bananas, apples, oranges, watermelon, lettuce, and carrots

COLOR: Pink

PRIMARY SONG: "Families Can Be Together Forever" (*Children's Songbook*, 188)

Hello from VANUATU!

Vanuatu is a tropical island country in the Pacific Ocean. More than 300 thousand people live there!



The Book of Mormon was translated into Bislama in 2004. Since then, around 8,000 more people have joined the Church in Vanuatu!

THE BOOK OF MORMON

Church members in Vanuatu attended an devotional by Elder Gary E. Stevenson in August 2017.



TROPICAL ISLAND

Vanuatu is known for its beautiful beaches and clear blue water. Some of the beaches even have black sand!

Tangkylu.



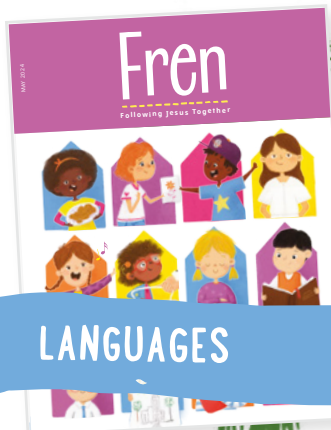
That means "thank you" in Bislama!





COLORFUL MONEY

Vanuatu has brightly colored money that shows scenes from life on the islands and plants and animals that live there.



LANGUAGES

Bislama, English, and French are the official languages. Almost everyone speaks Bislama!

ILLUSTRATIONS BY ANNA OLDROYD



Flower Crowns

For festivals and ceremonies, people in Vanuatu wear colorful flower crowns.

Cut **colored paper** into flower shapes. Make a small hole in the middle of each flower. Cut a **string** long enough to wrap around your head. Thread the paper flowers onto the string. Then tie the ends of the string together. Your crown is ready to wear!

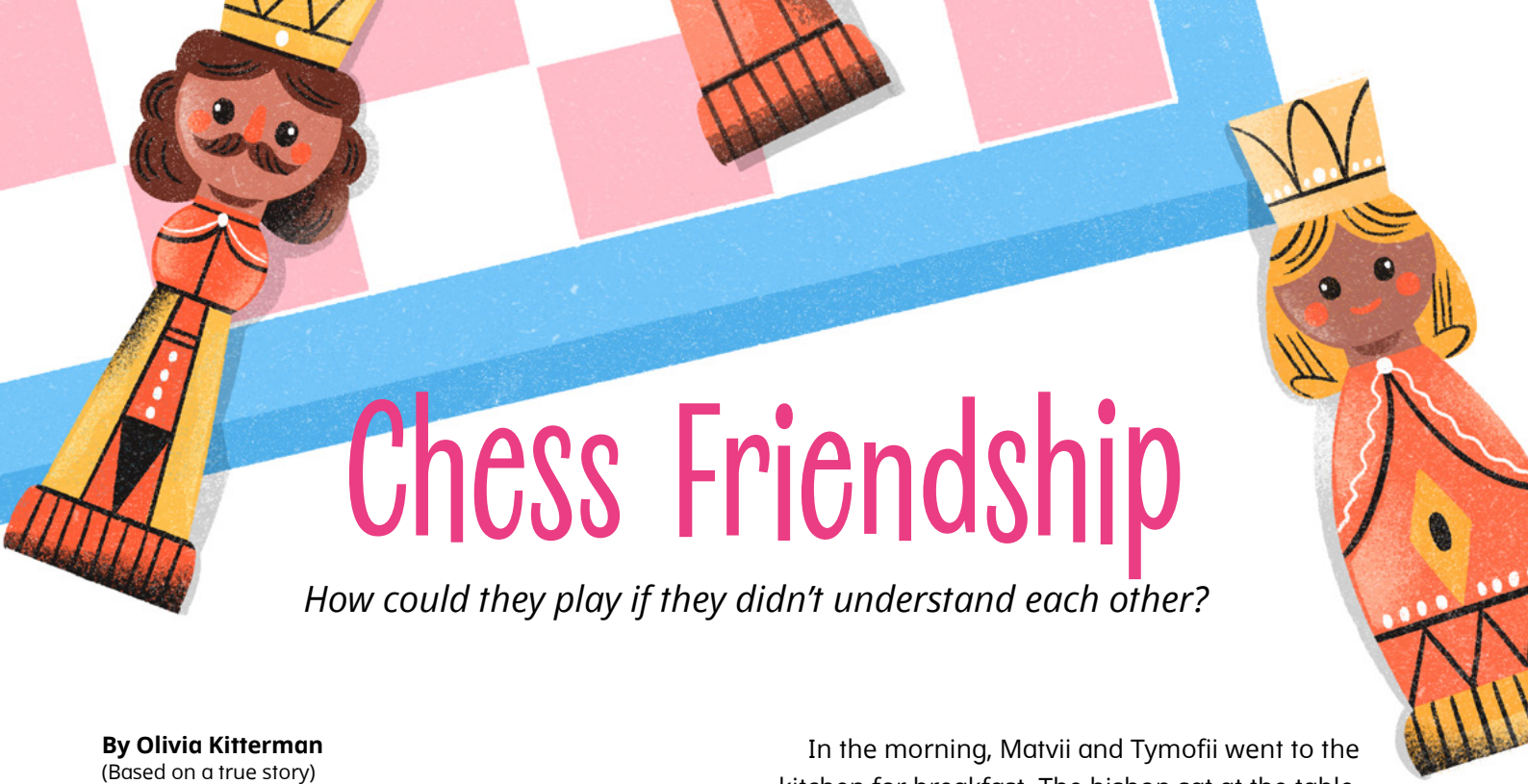


Coconut Cake

Coconut cake is a popular treat in Vanuatu. Here's a recipe you can try!

1. Whisk **½ cup sugar** and **¾ cup melted butter** in a bowl.
2. Add **2 eggs** and mix.
3. Mix in **½ cup flour**, **1 cup grated coconut**, and **1 teaspoon baking powder**.
4. Pour into a round greased cake pan and bake for 20 minutes at 300°F (150°C).

Be sure to get an adult's help!



Chess Friendship

How could they play if they didn't understand each other?

By Olivia Kitterman

(Based on a true story)

This story happened in Germany.

There is sunshine in my soul today!"* Matvii sang. His mom and brother, Tymofii, sang with him. It was dark outside the car window. But the song helped everything feel a little brighter.

It was a scary time for Matvii and his family. They were moving to Germany because their home wasn't safe anymore. They had traveled for two days, and now they were almost there. A bishop here in Germany was driving them to a place to stay.

Matvii was glad Heavenly Father helped them get to Germany safely. But he missed Dad. He had to stay behind in their country because of a war. Matvii worried about him a lot.

The bishop parked the car outside a house. "Welcome to my home."

Matvii grabbed his bag and followed his family inside. It was quiet. The bishop's family must have gone to bed already.

"You can stay in Mats's and Lore's rooms while you're here," the bishop said.

"Wait," said Mom. "They don't have to give us their rooms."

The bishop smiled. "They are happy to do it. We want you to feel comfortable."

Mom nodded. "Thank you."

In the morning, Matvii and Tymofii went to the kitchen for breakfast. The bishop sat at the table with a boy and girl. They didn't look much older than Matvii.

"These are my kids Mats and Lore," the bishop said.

"Nice to meet you," said Tymofii.

Mats and Lore looked a little confused.

"They don't speak your language," the bishop said.

"But I'm sure you'll be good friends."

Matvii frowned. How could they be friends if they couldn't talk to each other? He felt like the sunshine he had been singing about last night was gone.

After they ate, Mats and Lore showed them a playroom. Two younger children were playing with some toys. Matvii guessed they were Mats and Lore's younger siblings.

Mats said something. It sounded like a question, but Matvii didn't know what he said. Mats sat down and opened a box of cards. He sorted them into piles. Then he and Lore picked up their cards. Matvii wanted to play. But he didn't know how!

Mats laid down a card and looked at Matvii. He said something again.

Matvii wanted to cry. He didn't want to live in Germany if he couldn't understand anyone.

Lore said something to Mats, then ran off to the closet. She came back and set a new game on the floor.

Matvii knew this game. The wooden pieces looked like the ones he had at home. It was chess! He had played chess with Dad for hours. Matvii nodded happily. He knew how to play this one.

Lore smiled big and began to set up the pieces.

Matvii moved his pawn two squares and watched as Lore moved her knight. Then Matvii moved his bishop to Lore's knight. He and Tymofii cheered. Lore made a frustrated sound, but she was smiling.

They played for a long time. Soon they were laughing. They didn't understand each other's words, but they still had fun.

Over the next few weeks, they found other games they all knew. They played football outside with other German kids. Matvii learned a few words in German too. Sometimes he made mistakes, but he kept trying.

Matvii missed his dad and his home. But he was grateful Heavenly Father had helped him make new friends. ●



ILLUSTRATIONS BY HANNAH LI

Notes and Rests

Music **notes** tell us when to sing. There are also symbols in music called **rests**. Rests tell us when *not* to sing. Music notes and rests both have **counts** to show how long they are.



1 count



2 counts



1 count



2 counts



4 counts

Use the notes and rests below to draw lines from dot to dot! Draw a curved line for notes and a flat line for rests. The size of the curved line matches how many counts the note has. One has been done to show you how.

A musical staff with a key signature of one flat and a common time signature. The staff is divided into three measures. Above the staff, a dotted line with vertical tick marks indicates the count. A curved line is drawn above the first measure, and a flat line (whole rest) is drawn below the first measure.

A musical staff with a key signature of one flat and a common time signature. The staff is divided into three measures. The notes and rests are: Measure 1: quarter note, half rest; Measure 2: quarter note, half note, quarter rest; Measure 3: quarter note.

A musical staff with a key signature of one flat and a common time signature. The staff is divided into three measures. The notes and rests are: Measure 1: quarter rest, quarter note, half note; Measure 2: whole rest, quarter note; Measure 3: half note, quarter rest, quarter note.



What's your favorite Primary song?



I CAN PLAY IT!

Baptism

Smoothly ♩ = 152

Words by Mabel Jones Gabbott
Music by Crawford Gates

D³ A7⁵ D A7¹

1. Je - sus came _____ to John _____ the Bap - tist,
2. "To ful - fill _____ the law," _____ said Je - sus,
3. Now we know _____ that we _____ must al - so

D³ A7 D¹ A⁵ A

In Ju - de - a long a - go, _____
When the Bap - tist ques - tioned why, _____
Wit - ness faith in Je - sus' word, _____

Bm⁵ F#m⁴ G¹ D⁵ Bm² Bm¹

And _____ was bap - tized by _____ im - mer - sion
"And _____ to en - ter with _____ my Fa - ther
Be _____ bap - tized to show _____ o - be - di - ence,

Em⁵ D¹ A7⁵ D

In the Riv - er Jor - dan's flow.
In the king - dom up on high."
As was Je - sus Christ, our Lord.

1. 2. 3. L.H.

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Clean Again

By Dawn Nelson

(Based on a true story)

This story happened in the USA.

Emily stood in the water with Dad and smiled. She had been waiting for this day for weeks! Her heart was thumping because she had never gone under the water before. But she was so excited to get baptized like Jesus Christ did.

She closed her eyes and listened to Dad say the baptismal prayer. Then she plugged her nose, closed her eyes, and bent her knees as Dad dipped her into the water.

Dad quickly pulled her back up, and the water poured off her. Emily had to wipe it out of her eyes, but she was smiling. She felt different now. A new, happy feeling filled her. She wanted to keep feeling it always!

Dad gave her a big hug. *I know how to keep this good feeling, Emily thought. All I have to do is choose the right and be like Jesus Christ!* She felt sure she could do it.

When they got home, Emily raced from the car to the front door. So did her four-year-old brother, Jonah. Just as Emily reached the door and started to open it, Jonah grabbed her skirt and yanked it back—hard.

“Don’t!” Emily yelled. She pulled her skirt out of his hands. Then she blocked his way so he couldn’t get inside first. She felt so mad!



I couldn't even choose the right for one day!
Emily thought.





Suddenly she froze. A terrible feeling filled her up. She stepped out of the way and let Jonah run inside.

"Sorry!" she called after him. She had just made a wrong choice. The Savior wouldn't have yelled at Jonah. How could she have messed up already? Her new happy feeling was gone.

I've ruined it, she thought. I couldn't even choose the right for one day!

The next day was Sunday. As Emily got ready for church, she thought about how she had yelled at Jonah. She still felt awful.

During sacrament meeting, the bishop asked Emily to come up to the front. She was getting confirmed. That meant she would get the gift of the Holy Ghost. She sat down in a chair. Dad gently put his hands on her head.

Emily closed her eyes as Dad began. She heard him say the words, "Receive the Holy Ghost."

Emily kept listening.

"Emily, always remember that because of Jesus Christ, you can repent when you make a wrong choice," Dad said. "Every time you take the sacrament, you can think of the covenant you made when you were baptized. You can promise again to follow Him."

As Dad finished the blessing, Emily felt happy and peaceful. She knew the Holy Ghost was telling her everything would be all right. It was OK that she wasn't perfect. Because of Jesus Christ and His Atonement, she could repent and be forgiven! She was sorry she yelled at Jonah, and Heavenly Father knew she would keep trying.

Emily grinned as she and Dad walked back to their seats. The sacrament was next, and Emily was looking forward to it. ●



"When we embark on the covenant path through baptism, I can imagine Heavenly Father saying . . . to each of us: 'Thou art my dear child in whom I delight. Keep going.'"

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



**By Elder
Quentin L. Cook**
Of the Quorum of the
Twelve Apostles

How Can We Help Others?

Have love and charity for all of God's children.

Fill our homes with love.

Lovingly invite your friends to church.

Do family history and temple work to bless others.

*Adapted from "Great Love for Our Father's Children,"
Liahona, May 2019, 76-80.*



Did You Know?

In high school, Elder Cook played basketball, football, and baseball. He also ran on the track team!

Helping at Home

What do you do to show love and help at home?

ILLUSTRATION BY THIAGO BUZZY



What Are Ordinances and Covenants?

An *ordinance* is a sacred act done with priesthood authority, like baptism and the sacrament. A *covenant* is a promise you make with Heavenly Father through a priesthood ordinance. Ordinances and covenants help us grow closer to Heavenly Father and Jesus Christ. Someday you can make more covenants in the temple.

- This will be the first temple in Vanuatu!
- It will be on the island of Efate, one of about 80 islands in the country.
- The next closest temple is more than 700 miles (1,127 km) away in Fiji.



Port Vila Vanuatu Temple

- This will be the second temple in Tonga.
- The first missionaries came to Tonga in 1891. Now there are many members there.
- The king and queen of Tonga were at the ground-breaking of the temple construction.



Neiafu Tonga Temple

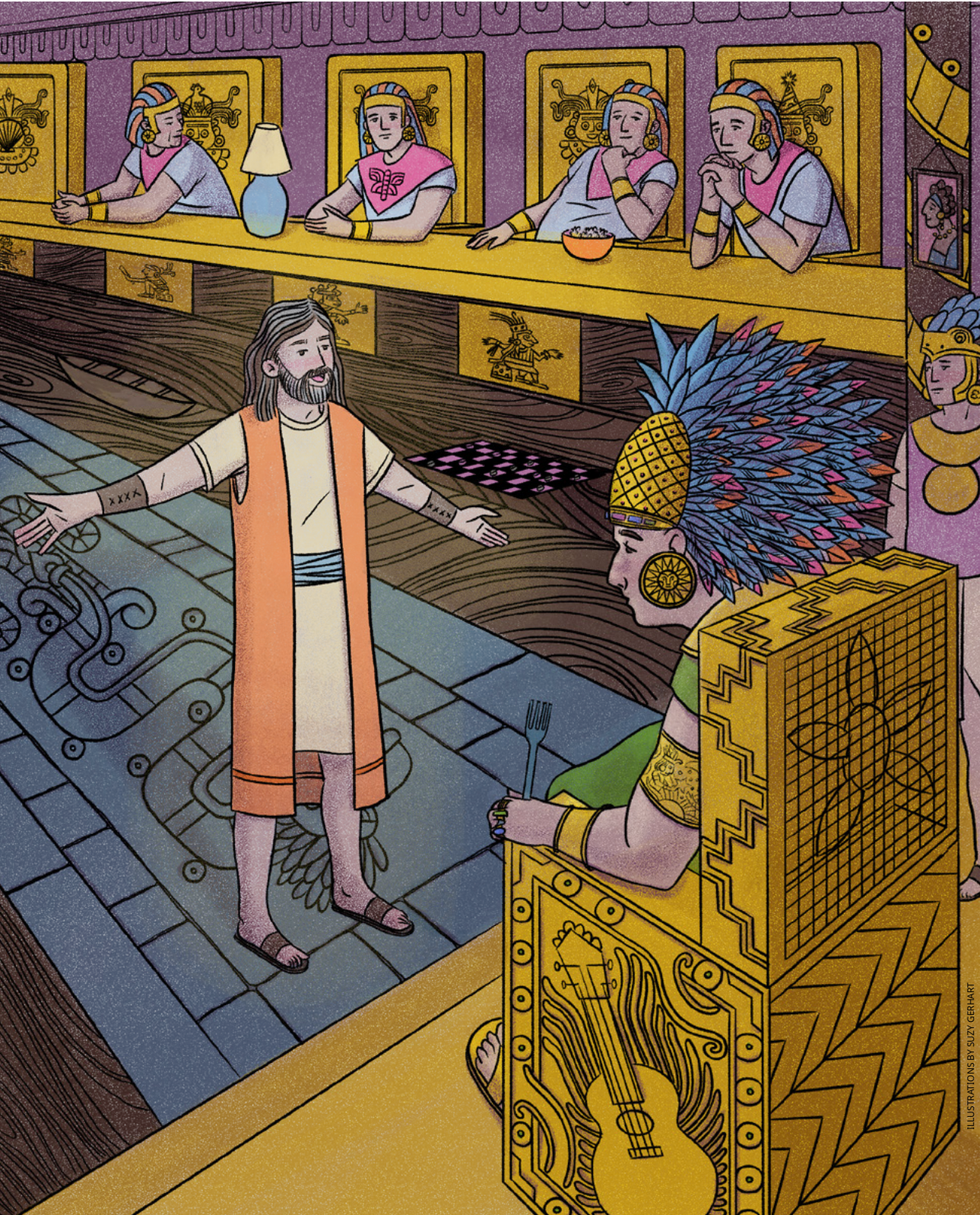


*Cut out the cards, fold on the dotted line, and tape them closed.
Find more temple cards at friend.ChurchofJesusChrist.org.*



Abinadi Teaches the Gospel

The prophet Abinadi taught King Noah and his priests about Jesus Christ and His commandments (see Mosiah 12-17). Can you find all the hidden objects?



Who Is King Benjamin?

King Benjamin was a prophet of God and a righteous king. He gathered his people to teach them. He stood on a tower so more people could hear him. The people set up tents around the tower to listen. It was like general conference!



King Benjamin taught that Jesus Christ would be born on the earth. Jesus would perform miracles. He would suffer and die for the sins of all people. He would then be resurrected so we could all live again!

King Benjamin invited the people to take upon them the name of Christ. That means they made a covenant, or promise, to follow God and keep His commandments.



Today, we show that we are willing to take upon us the name of Christ when we are baptized. ●





Scripture Challenge

After the people listened to King Benjamin, who did they make a covenant with? (Mosiah 5:5)

What did Abinadi tell King Noah he needed to do to be saved? (Mosiah 12:33)

After Alma and Helam came out of the water, they were filled with what? (Mosiah 18:14)

I Can Read the Book of Mormon!

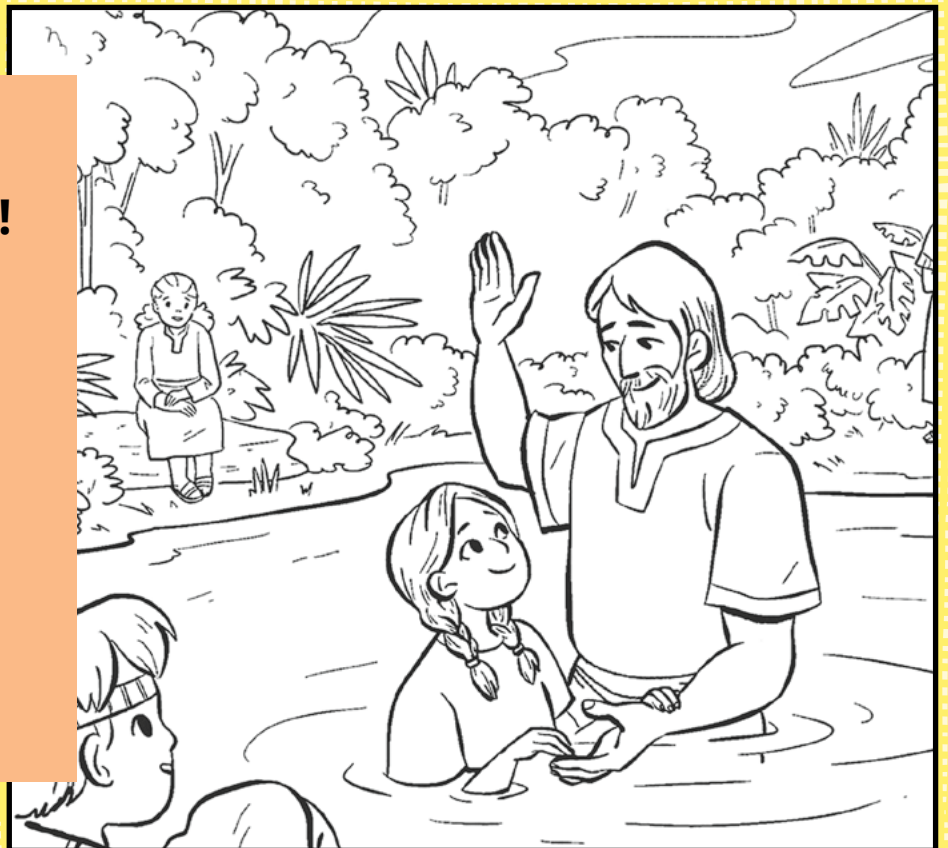
After you read, color part of the picture. You can read these scriptures that go along with each week's reading from *Come, Follow Me*.

Week 1: Mosiah 4:9

Week 2: Mosiah 7:19

Week 3: Mosiah 16:9

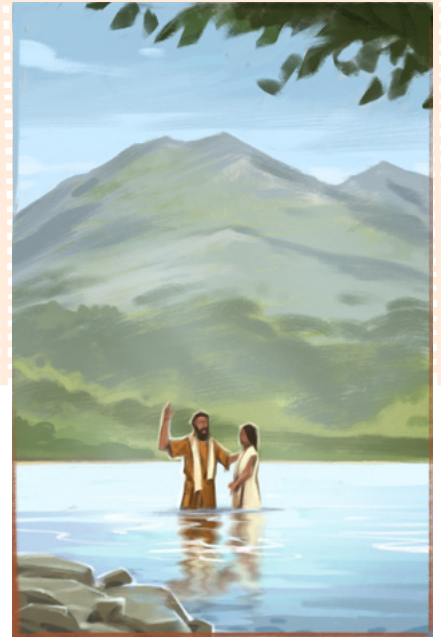
Week 4: Mosiah 18:8-10



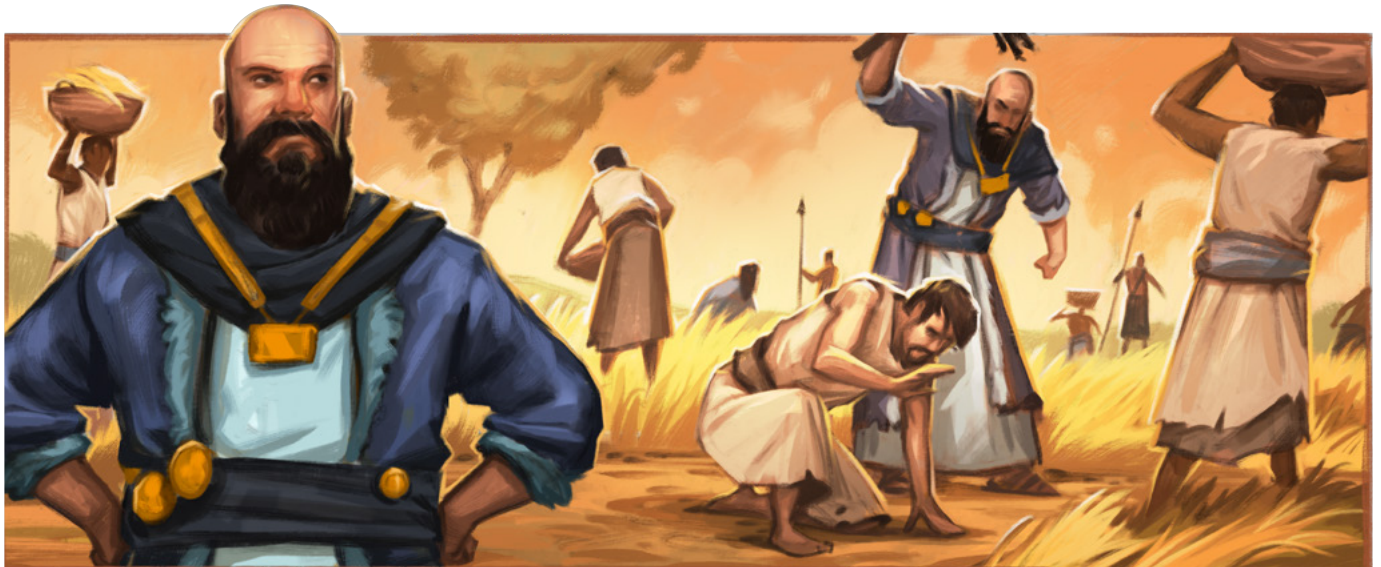
Make something that reminds you of what the Lord's prophets have taught. Share what you made with us!

Alma's People Pray in Their Hearts

You can read this story in Mosiah 24.



Alma was a prophet who taught the people. Those who believed were baptized. They made a covenant to follow God.



A wicked man named Amulon became the ruler over Alma's people. He was very unkind to them. He made them carry heavy burdens.



Alma and his people prayed for help. But Amulon made a law that anyone who prayed would be killed.



The people stopped praying out loud. But they kept praying in their hearts and minds. God answered their prayers!



God knew they had made a covenant with Him. He promised to make them strong. He comforted them and made their burdens light. Later, God even helped them escape Amulon and travel to safety. ●

Come, Follow Me Activities

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

FOR MOSIAH 4–6

Walk in His Footsteps

King Mosiah kept the commandments and “did walk in the ways of the Lord” (Mosiah 6:6). On a piece of paper, trace your foot and cut out the shape. Write on your footprint a way you can follow Jesus. Put your footprint where you can remember to follow Jesus Christ’s example.

For younger children: Go on a walk. Have your child practice stepping where you step. Talk about how we can follow Jesus Christ by doing things He did, like helping others and being baptized.



FOR MOSIAH 7–10

Follow the Prophet

Ammon taught that prophets can see things to come (see Mosiah 8:16–17). Turn to page 2 to read President Nelson’s message from general conference. What did he teach us? Draw a picture about it and send it to us at the *Friend*.

For younger children: Sing “Follow the Prophet” (*Children’s Songbook*, 110–11) with your kids. Every time you sing the word *prophet*, point to a picture of the prophet.





FOR MOSIAH 11-17

A Light in the Dark

Abinadi taught that Jesus Christ is “a light that is endless, that can never be darkened” (Mosiah 16:9). Hide an object in the house. Turn off the lights and have everyone try to find it in the dark. Then hide the object and try to find it with the lights on or with flashlights. Which way was easier? How does Jesus help us like the light helped you?

For younger children: Have your child practice turning on and off a flashlight or lamp. Then talk about how Jesus Christ is a light that can never be hidden or turned off.



FOR MOSIAH 18-24

Hearts Knit in Unity

Alma taught us to have our “hearts knit together in unity and in love” (Mosiah 18:21). That means we should work together and show love to others. Make a string of hearts to remind you! Cut out some paper hearts and write a family member’s name on each one. Poke a hole in each heart and put a string through them so the hearts are connected. Hang up your string of hearts where you will see it often!

For younger children: Ask your child one thing they love about each person in the family. Tell your child something they do that shows love to others!





SCRIPTURE STORY TIME

By Norman Hill
(Based on a true story)

This story happened in Ghana.

"It's reading time," Mr. Otoo said.

Nyameye sat up straight. Reading time was fun! Every day at school, their teacher read a book out loud to the class. Sometimes he read about animals. Sometimes he read about people in other countries. And sometimes he asked the class if they had a book they wanted him to read.

"Does anyone have a book they want me to read today?" Mr. Otoo asked.

Nyameye raised his hand. "I do!" He reached into his bag and pulled out his favorite book. It was a Book of Mormon storybook! He brought it to read after school while he waited for his mother to pick him up. Seeing the pictures helped him understand the scripture stories.

*"Does anyone have a
book they want
me to read today?"
Mr. Otoo asked.*



Mr. Otoo smiled when he saw the big book. “We won’t have time to read all of it. Is there a certain part you’d like me to read?”

“Yes,” Nyameye said. He flipped through the pages until he found his favorite story. “Could you read this one, please? It’s called ‘Lehi’s Dream.’”

“What is this story about?” Mr. Otoo asked.

“It’s about a prophet who had a vision. He saw a beautiful tree with delicious fruit.” Nyameye pointed to a picture of the tree. “He wanted his family to eat the fruit with him. Will you read it?” Nyameye handed his teacher the book.

“Of course,” Mr. Otoo said. Then he started reading out loud. He read about the narrow path leading to the tree. He read about the iron rod. And he read about keeping the commandments.

Nyameye’s friend Selorm raised his hand. “What kind of tree was it?” he asked Nyameye.

“I don’t know,” Nyameye said. “But the fruit was

so good. It must be even better than a mango tree!” Then Nyameye stopped to think. “At church, I learned that the fruit stands for God’s love. So it makes sense that it was so tasty and special!”

When class was over, Nyameye sat outside to wait for his mother. He pulled out his Book of Mormon storybook to read some more.

“That was a cool story,” Selorm said. He sat next to Nyameye. “Can I read another one with you?”

“Yes!” Nyameye turned to another story. They read about Abinadi and King Noah.

More of their classmates came to listen. When they had questions, Nyameye answered them. He even asked them questions to quiz them about the stories they read!

Soon Nyameye saw his mother walking toward them. “Thanks for reading with me,” he said to the other kids. He closed the book and smiled. He was happy his friends liked his favorite stories as much as he did. ●

ILLUSTRATIONS BY ZHEN LUU



Sharing God's Love

Thisis didn't know what to say or do, but she wanted to help.

By Carolina Maldonado
(Based on a true story)

This story happened in Bolivia.

It was a hot morning. Thisis and her friend Claudia talked and laughed as they walked across the soccer field. They had just finished gym class, and now they were going to math.

The younger kids were having a break. Thisis watched them play.

Then she saw a little girl sitting alone on the steps. When they got closer, Thisis saw that she was crying.



Thisis waved for Claudia to come over to the little girl.

Claudia frowned and shook her head no. "We'll be late."

Before Thisis could say anything, Claudia walked away.

Thisis looked at the little girl. She was about five years old. Her face was hidden between her knees, and she covered her head with her hands.

Thisis sat next to her. The girl moved away a little.

"Are you OK?" Thisis asked softly.

The girl didn't answer. Thisis wasn't sure what to say or do.

"Can I help you?" she asked next.

The girl shrugged.

"My name is Thais. What's your name?"

Finally the girl looked up at Thais. "Nicol."

"Why are you crying, Nicol?"

"Everyone teases me for being chubby," she said between sobs.

Thais wiped Nicol's face. "I'm sorry they said that. It doesn't matter what people think."

"They say I'm not pretty."

"Well, I think they're wrong!" Thais said with a smile. "You are very pretty and very special. Did you know that?"

Thais thought of one of her favorite songs



from Primary. She knew what to say now.

"You are a child of God," Thais said, taking the girl's hands.

Thais talked a little with Nicol. She explained how important Nicol was to Heavenly Father, her family, and many others who loved her so much. Bit by bit, Nicol began to smile.

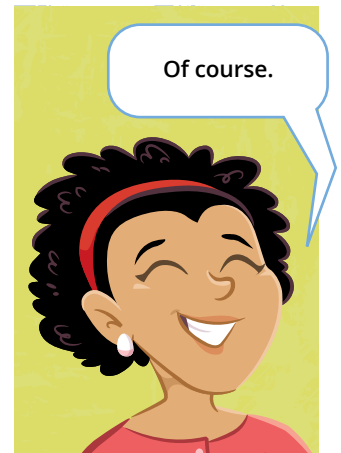
After a few minutes, Nicol stood up and hugged Thais tightly. "Thanks!" she said.

Thais watched her new friend run away with a big smile. It felt good to help Nicol feel better and know how much God loved her.

Then Thais jumped to her feet too. *I better run like Nicol or I'll be late for math!* she thought, smiling as she hurried to class. ●



MARGO and PAOLO



Older Kids' Section

What's Inside:

| | |
|----------------------------------|----|
| Lunchtime Kindness | 36 |
| What's on Your Mind?..... | 38 |
| Listening to the Holy Ghost..... | 39 |
| A Chat with Isabela | 40 |
| When I Grow Up..... | 42 |

Quick Quiz



Who became king after King Benjamin?

- A. Mosiah
- B. Alma
- C. Noah
- D. Nobody. They elected Ammon to be the president.

ANSWER: A

Inspiring Words

“DO YOU REALIZE THAT THE BOOK OF MORMON WAS WRITTEN FOR YOU— AND FOR YOUR DAY?”

Elder Gary E. Stevenson, “Look to the Book, Look to the Lord,” *Liahona*, Nov. 2016, 46.

By Alelie Coronel-Camitan

(Based on a true story)

This story happened in the Philippines.

Dave heard his mom knocking on his bedroom door. It was time to get up. He rolled out of bed and washed his face. Then he joined Mom, Dad, and his siblings in the front room.

“Good morning,” Mom said. Dave smiled sleepily. The family knelt, and Dad said a prayer to start their day.

“I want to share a great scripture this morning,” Mom said. She opened her Book of Mormon. “This is Moroni 7:45. ‘And charity suffereth long, and is kind.’”

Dave thought about the scripture as he got ready for school. Before he walked out the door, he said a prayer. “Please help me be kind today,” he prayed.

In class, Dave felt happy as he did his school-work. He listened carefully as Teacher Frida gave them some new spelling words to learn.

Soon it was lunchtime. Dave bought some caramelized sweet potatoes and some cold juice. He sat down with his friends and started talking.

Soon he heard some kids at the next table. Two boys were teasing a newer boy named Jose. Jose was small for his age, but he was nice to others and worked hard in class. The other boys had lunches, but Jose didn't.

“Why are you so small? Don't you have food at home?” asked Antonio.

Dave turned toward the boys just in time to see Joaquin take Jose's bag and throw it to Antonio. Jose ran after Antonio to get his stuff back.

“Please give me my bag,” Jose said.

But Antonio and Joaquin didn't listen. “Your bag is so old and ugly!” said Joaquin.

Dave heard all these mean words, but he was nervous to help Jose. What would the other kids think? Would Joaquin and Antonio make fun of him too?

LUNCHTIME KINDNESS

Would the other boys make fun of him too?





Then he thought about the scripture Mom read that morning. Charity is kind. Jesus Christ would want him to be kind. It was the right thing to do.

Dave stood up and faced the other boys. "Stop teasing Jose. Please give him back his bag."

"What's your problem?" asked Joaquin.

"Why are you being so mean to Jose? He didn't do anything wrong," Dave said. Then he took a deep breath. "Jesus loves us all, and He wants us to be kind. Please stop teasing Jose. Bullying is wrong. If you keep doing it, I'll get Teacher Frida."

Antonio looked down at his shoes. He gave Jose back his bag. "Sorry," he mumbled. He and Joaquin went back to their seats.

"Thanks," Jose said.

Dave patted Jose's shoulder. "We're friends now."

Jose smiled.

At home, Dave told his family what happened.

"That wasn't easy, but you did the right thing," Dad said.

"I'm proud of you for being kind," Mom said.

The next day as Mom helped pack his lunch, Dave asked, "Can we please make two sandwiches?"

"Why? Are you that hungry?" Mom asked.

Dave laughed. "No, but yesterday I noticed Jose had no food. I want to share some of mine."

"That's a great idea!" Mom got more bread, and Dave made another sandwich.

At lunchtime, Dave and Jose sat and ate their sandwiches together. It had taken courage to stop the other kids from bullying Jose. But Dave loved his new friend, and he knew Heavenly Father was happy he had chosen to be kind. ●

How do I know if it's the Holy Ghost or me?

—Prompted in Paris

Dear Prompted,

The Holy Ghost may be guiding you more than you think. If you have been baptized and confirmed and are doing your best to keep the commandments, you will “always have his Spirit to be with [you]” (Doctrine and Covenants 20:77). But how can you tell?

The Holy Ghost leads us “to do good” (Doctrine and Covenants 11:12) and helps us “know the truth of all things” (Moroni 10:5). If you have a thought to do something good or a feeling of love for the Savior, it's probably from the Holy Ghost!

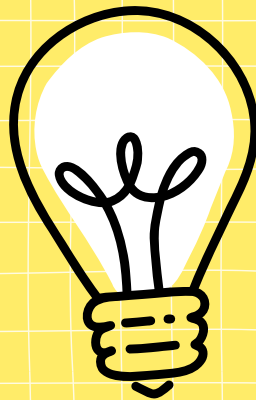
Most of the time, the Holy Ghost doesn't use a loud voice or give you a really big feeling. It's quiet and peaceful. Learning to follow the Holy Ghost can take practice.

You can do this!

The *Friend*

Thoughts and feelings from the Holy Ghost light our path back to Heavenly Father. Color in each lightbulb as you read some ways the Holy Ghost can help you.

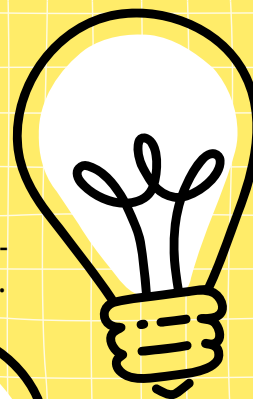
The Holy Ghost can . . .



fill me with love, joy, peace, faith, and hope.

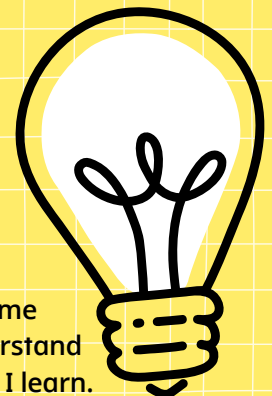
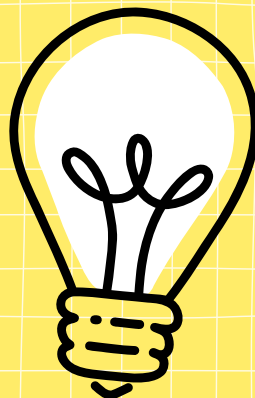


give me ideas to help and serve.



help me know what is true.

help me remember good things.



help me understand what I learn.

LISTENING TO THE HOLY GHOST



By Warner B., age 11, Utah, USA

One day during home evening, my mom talked about the Holy Ghost. She said that often the Holy Ghost speaks by giving you a thought in your mind.

When she said that, I was so surprised. Just earlier, I had prayed and asked my Heavenly Father to help me hear the Holy Ghost. But I didn't know that the Holy Ghost could speak to me in my mind like that. All my life I'd had thoughts that guided me to choose the right. Now I knew that those thoughts came from the Holy Ghost!

Since then, I have noticed the Holy Ghost a lot more. Just last Sunday, we were having home evening again. This time it was about testimonies. I didn't really know what a testimony was, so I asked my dad. He told me that a testimony is something you know or believe to be true. He said we get our testimonies from the Holy Ghost. I then thought of how I started noticing the Holy Ghost more, and BOOM! I also had a testimony!

Knowing this makes me feel much happier. I want to be a better follower of Jesus Christ and always listen to the Holy Ghost. ●

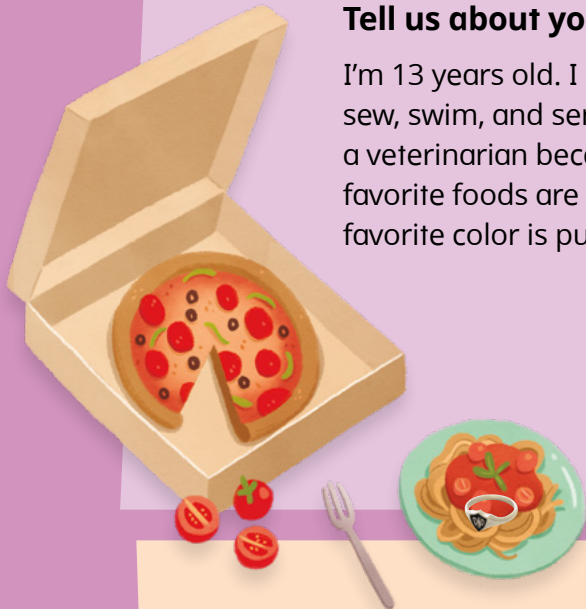
A Chat with Isabela about Covenants

Isabela is from Alajuela, Costa Rica. We asked her some questions about what it means to keep her baptismal covenants.



Tell us about yourself.

I'm 13 years old. I love to play football, cook, sew, swim, and serve others. My dream is to be a veterinarian because I love to help animals. My favorite foods are spaghetti and pizza, and my favorite color is purple.



How do you keep your baptismal covenants?

I repent and take the sacrament each week. I have a calling in my Young Women class, and I try to take it seriously. I also keep my covenants by serving others.



What do you do to serve others?

I like to help my family. I often play with my three-year-old cousin, Lina, while her parents work. I like to help my grandparents when they need me. I also help my classmate study for her French exams at school.



Tell us more about your calling.

I am the first counselor in my Young Women class. My duties include ministering to the young women. This means I help them with whatever they need. I go to class and activities, and I try to be a friend to other girls in my class who don't come.



What advice would you give to someone about their first calling?

I would tell them that they don't have to be nervous. A calling is just a way you can help with Heavenly Father's work. The best way to help others is through your example! ●



WHEN I GROW UP

Heavenly Father sent us to earth to learn and grow. What are some ways you're excited to learn and grow?

How I want to help others:

Things I want to learn about:

Talents I want to get better at:

How I want to follow Heavenly Father and Jesus Christ:

Me when I'm older



Little Friends' Section



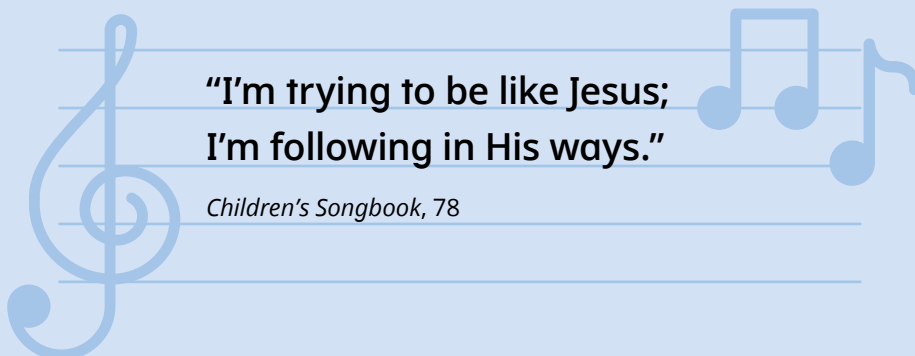
I serve my family
by drying dishes.

**Patrick M., age 3,
Virginia, USA**



I love to follow Jesus by
singing Primary songs!

**Nicci M., age 3,
Mombasa County, Kenya**



**"I'm trying to be like Jesus;
I'm following in His ways."**

Children's Songbook, 78

I Can Follow Jesus by Taking the Sacrament



When I go to church, I can take the sacrament.



Jesus gave us the sacrament because He loves us.



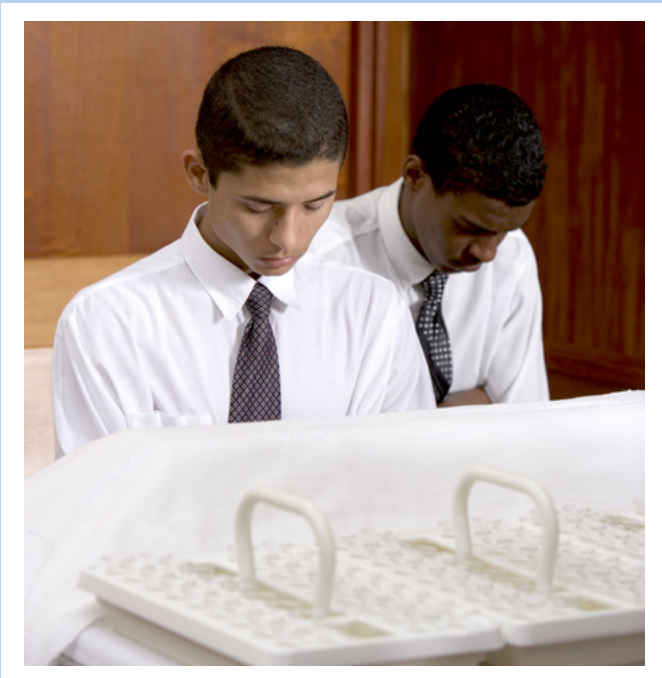
I can sit reverently as I eat the bread and drink the water.



The sacrament helps me remember Jesus!

Activity Time

Jesus Christ taught us how to have the sacrament. We follow the same order every week. Point to what comes first! What comes next?



What Is Baptism and Confirmation?



Jesus Christ was baptized. After you turn eight, you can be baptized too!

When you're baptized, your whole body goes under the water. This reminds us that sins and bad choices can be washed away because of Jesus Christ.

You promise Heavenly Father that you will do your best to follow His commandments.

After baptism comes confirmation. This is when you get the gift of the Holy Ghost. That means the Holy Ghost can always be with you! He can help you follow Jesus's example.



I Can Think about Jesus



How can you be reverent during the sacrament?





DEAR PARENTS,

The sacrament is a gift from the Savior to help us remember and follow Him each week. You can read “Clean Again” (page 18) to help your older children think about how the sacrament helps us keep our covenants. With younger children, read “I Can Follow Jesus by Taking the Sacrament” (page 44). Talk about what we do during each part of the sacrament. You could also read the sacrament prayers with your children. Have them hold up a picture of Jesus Christ each time they hear His name. This will help them think of Him during the sacrament.

Love,
The *Friend*



HAPPY, HEALTHY KIDS

Read the story about Nyameye’s favorite book (page 30). Have your child pick a book to read with you. Can they tell you the whole story?



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

The following information and permission must be included:

| | | |
|--|------------|------------------------------------|
| First and last name | | |
| Age | Boy / Girl | State / Province / Region, Country |
| <p>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.</p> | | |
| Signature of parent or legal guardian | | Date |
| Email of parent or legal guardian | | |

May the *Friend* contact you with a survey?

 YES NO

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ENGLISH