

MAY 2025

the Friend

Following Jesus Together



**General
Conference
Is for YOU!**

— — —
See pages 2-7



Welcome, Friends!

The prophet teaches us how to follow Jesus Christ. Turn the page to read what he taught at general conference.

The Holy Ghost also guides us. On page 8, read how Marcie felt the Holy Ghost while riding her bike. The Holy Ghost helped Nyamedo make a good choice on a school trip (page 40). If you listen to the Holy Ghost, you can feel messages that comfort, guide, and teach you.

Always remember that you have help from prophets, the Holy Ghost, and others who love you!

Love,
The *Friend*

P.S. Tell us about a time you listened to the prophet or followed the Holy Ghost.

Things to look for in this magazine:



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



Find 3 hidden Tagalog CTR rings.

Can you find us on the front cover?



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By President
Russell M. Nelson

A CONFERENCE MESSAGE FROM THE PROPHET

CONFIDENCE *before God*

When we make and keep covenants, we can have confidence from the Holy Ghost. We can have confidence that Heavenly Father hears us and loves us more than we can understand. We can have confidence that He wants to help us reach our highest potential. **Charity** and **virtue** open the way to having confidence before God!

Charity towards all is the mark of peacemakers! Let us pray to Heavenly Father to fill our hearts with charity.

Virtue makes everything better and happier! If you have a bad thought, a mean thought, or a sad thought, virtue will drive away those thoughts.

Our thoughts, words, and actions need to be filled with virtue and the pure love of Christ towards all people. I invite you to grow in your confidence before the Lord. ●

Definitions

Charity: Christlike love
Virtue: goodness and purity

Adapted from "Confidence
in the Presence of God,"
Liahona, May 2025, 127–29.



STUDY IT OUT

Draw or write your answers to these questions about President Nelson's message.

1. How can you show love and charity to others?

2. What is something good you can think about if a bad, mean, or sad thought comes to your mind?

Which scripture did President Nelson use to teach about charity and virtue? (Hint: You can use your scriptures to look them up!)

- a. Hebrews 11:1
- b. Doctrine and Covenants 121:45
- c. Moroni 10:5
- d. Amos 3:7



Conference Notes



Help from Heaven

President Oaks spoke about the things Heavenly Father gives us to help us choose the right. Our strongest help is our Savior, Jesus Christ. Because of Him, we can be forgiven and live again after we die. Heavenly Father also gives us commandments, ordinances and covenants, and the Holy Ghost to help and guide us.



DRAW ONE WAY HEAVENLY FATHER HELPS YOU!



Close to the Savior

President Eyring said that when he was young, sacrament meeting was held in the evening. One dark and cold night, he felt a light and warmth in the chapel as he took the sacrament. When they sang the words "O Savior, stay this night with me,"* he felt the Savior's love and closeness through the Holy Ghost.



DRAW ONE WAY YOU CAN GROW CLOSER TO JESUS CHRIST.

* "Abide with Me; 'Tis Eventide," *Hymns*, no. 165.



HE LIVES PAINTING BY SIMON DEWEY
ILLUSTRATIONS BY JOSH TALBOT



Believe, Belong, Become

Sister Wright shared how we can become lifelong followers of Jesus Christ. We can *believe* in Him by learning about Him and feeling the Holy Ghost. We can *belong* to Jesus Christ and His Church by making and keeping covenants. And we can *become* like Him by following His example.



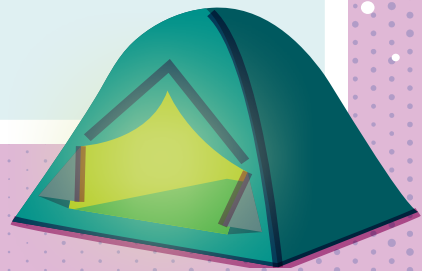
A Special Gift

Elder Kearon spoke about the worldwide tradition of giving gifts. We give gifts we give and receive. Even penguins give shiny pebbles to each other as a gifts! One important gift from Heavenly Father is knowing is that we really are His cherished daughters and His precious sons. When we truly receive this gift, we can know who we are and how completely we are loved.



A Starry Sky

Elder Tai and his family once camped under the stars. His children asked why they couldn't see stars back home. He explained that pollution made it hard to see the stars. Distractions and temptations can cloud our spiritual vision. But with faith, we can know Heavenly Father and Jesus Christ are always there.



TRY THESE ACTIVITIES!

- **Follow the Prophet Challenge:** Make a list of invitations given by the prophet and apostles during general conference. Choose one to focus on each week!
- **Conference Art Gallery:** Draw pictures of what you learned as you listened to conference. Then hang them up in a special "Conference Gallery" in your home to remember what you learned.
- **Conference Memory Jar:** Write down some favorite stories and messages from conference and put them in a jar. For home evening, pull out one each week to talk about.

Learning from Conference

Looking to the Temple

Follow the maze to get to the temple. What are you looking forward to about going to the temple someday?



"The temple opens the way to the highest blessings our Father in Heaven has for each one of us."

Elder Ronald A. Rasband

Here are the newest temples announced in conference! Circle which will be closest to you.

Reynosa, Mexico

Chorrillos, Peru

Rivera, Uruguay

Campo Grande, Brazil

Porto, Portugal

Uyo, Nigeria

San Jose del Monte, Philippines

Nouméa, New Caledonia

Liverpool, Australia

Caldwell, Idaho, USA

Flagstaff, Arizona, USA

Rapid City, South Dakota, USA

Greenville, South Carolina, USA

Norfolk, Virginia, USA

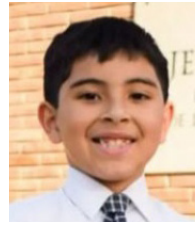
Spanish Fork, Utah, USA

Listening to Conference



At conference my family and I label candy bowls with words like *faith*, *temple*, and *prayer*. When we hear one of the words, we can take candy from its bowl. These words help me think of Jesus and listen to the talks.

Jane C., age 6, Quebec, Canada



I like general conference because through the talks I can feel the Holy Ghost and learn more about Jesus Christ.

Tomas P., age 8, Buenos Aires, Argentina



Come unto Christ

Elder Gary E. Stevenson taught that the Church's symbol reminds us that Christ is the center of our Church and should be the center of our lives too.



DRAW A LINE TO MATCH THE DESCRIPTION WITH EACH PART OF THE SYMBOL.

- A cornerstone is the most important stone in a building's foundation. The name of the Church is inside a cornerstone to remind us that Jesus Christ is the Chief Cornerstone.
- The Savior's outstretched arms represent His promise to embrace all who come unto Him.
- The arch Jesus Christ stands under represents when He came out of the tomb, resurrected. He lives, and we follow Him!

DON'T Follow That Dog!

By Cynthia Herron Glad

A true story from the USA.

Let's go!" shouted Lauren as she passed the driveway.

Marcie put on her helmet. "I'm coming!"

Marcie pedaled her bike down the sidewalk toward her friends. She loved to play all kinds of games with Lauren and Cassidy. But most of all, she loved riding her bike with them.

As the girls biked down the sidewalk, the neighbor's dog, Rocket, started following them.

"Oh no," Cassidy said. "We need to take him back home!"

But the dog didn't want to go home. They called for him to stop, but Rocket just kept going. No matter what they did, he ran around and wagged his tail. He was having fun!

As the girls followed Rocket, Marcie realized that the houses looked less and less familiar. She was getting farther and farther from her street. Marcie didn't know anyone who lived in these houses!

Where are we going? Marcie thought. Will I be able to find my way back?

*Was this feeling
from the Holy
Ghost?*





Marcie tried not to worry and kept biking. But the feeling came back. Something was telling her that she should go home.

Marcie stopped her bike on the sidewalk. She said in a loud voice, "Maybe we should go back now!"

"We need to get Rocket home!" said Cassidy. She and Lauren kept biking after the dog.

Marcie still felt strange. Why was she feeling so worried? Did her friends feel it too?

Maybe this feeling is just for me, Marcie thought. Was it from the Holy Ghost? She had been baptized and confirmed a few months ago, and Mom and Dad had taught her about listening to the Holy Ghost. They said He would speak to her with feelings in her heart or thoughts in her mind. She knew He would guide her if she listened.

She felt the feeling again. This time it was stronger. *Don't follow that dog.*

"I'm going back," Marcie called to her friends.

"OK!" Lauren said.

Marcie turned around and rode back the way she came. When she got home, she left her bike on the lawn and went inside. Mom was busy in the kitchen.

"Hi, Mom," Marcie said. "I came home. I felt worried inside."

Mom stopped. "What happened?"

"I felt a warning feeling while I was riding my bike with my friends. So I came home," Marcie said. "I think it was the Holy Ghost."

Mom gave her a hug. "I'm glad you listened to that feeling."

Marcie felt good inside. "Me too." ●

TALK ABOUT IT!

What did the Holy Ghost tell Marcie?

My Gospel Words

Look for these words and phrases in this issue of the *Friend*!

Commandment

A **commandment** is something Heavenly Father asks us to do because He loves us. Commandments are directions He gives us so we can be happy and return to Him someday. We're blessed when we follow His commandments.



Eternal Life

Thanks to the Atonement and Resurrection of Jesus Christ, we can have **eternal life**, which means we will live forever with Heavenly Father, Jesus, and our families.

Testimony

A **testimony** is what you believe or know to be true about Heavenly Father, Jesus Christ, and Their gospel.

Spiritual Gifts

Through the Holy Ghost, Heavenly Father gives each of us **spiritual gifts** to bless others. Not everyone has the same gifts, but everyone has a spiritual gift from God. You can read about some of these gifts in Doctrine and Covenants 46:11–26.



A Testimony of Jesus



**By Elder
D. Todd Christofferson**
Of the Quorum of the
Twelve Apostles

A testimony of Jesus is knowing that He is the divine Son of God, the Messiah and Redeemer.

Our testimony is shown by who we are becoming.

We can strengthen our testimony by praying, studying the scriptures, and keeping the Sabbath day holy.



Did You Know?

Elder Christofferson often baked homemade bread for his family growing up!

Adapted from "The Testimony of Jesus," Liahona, May 2024, 97–100.

HELLO FROM MALAYSIA!

Malaysia is a country in Southeast Asia. At least 33 million people live there. More than 130 languages are spoken there, including Malay and English.



GIANT CAVE

The Sarawak Chamber in Malaysia is so big you could fit eight jumbo jets in a row! The cave is about 2,300 feet (700 m) long and 980 feet (300 m) wide.



WORLD'S LARGEST TRAFFIC CIRCLE

One traffic circle in Putrajaya, Malaysia, is 2.1 miles (3.4 km) wide. It's the biggest traffic circle in the world!



TWO TOWERS

The Petronas Towers are two skyscrapers that are 88 stories tall. Halfway up is a sky bridge to walk between the buildings.



NATIVE ANIMALS

There are many unique animals in Malaysia! Some animals are sun bears, orangutans, and tapirs.



ANCIENT RAINFOREST

Taman Negara is one of the oldest rainforests in the world. It's at least 130 million years old!

How the Church Is Growing in Malaysia

- The first Church meeting in Malaysia was held in 1971 inside a hotel.



- The Malay translations of the Book of Mormon, Doctrine and Covenants, and the Pearl of Great Price were completed in 2018.



- Malaysia was dedicated for preaching the gospel in 1995. Now, 30 years later, the Church has grown to 11,000 members!



That means "let's go" in Malay!

Jom!

FOLLOWING JESUS IN MALAYSIA



Meet Luke

Luke follows Jesus Christ by praying and comforting others. He loves to pray with his family. One time, he was having a hard time with his Chinese spelling test. When he practiced and prayed for help, he was able to finish it.



He also loves to go to Primary and learn about what Jesus Christ taught. He says, "Following Jesus makes me very happy." He likes to serve his mom by helping with chores and by taking care of his younger brother when they play outside. He says, "When I help others, I feel warm in my heart." ●

About Luke

Age: 7

From: Kuala Lumpur, Malaysia

Languages: English, Chinese, and Malay

Goals: 1) Get an education. 2) Be with his family forever.

Hobbies: Teaching and helping others, riding scooters, and reading

Family: Luke, Mom, Dad, one younger brother, and one younger sister



His Favorites

Scripture Story: When Jesus was born in a stable (see Luke 2:7)

Fruit and vegetable: Mandarin oranges and carrots

Food: Nasi lemak (coconut-milk rice)

Holiday: Christmas

Color: Red

Primary Song: "The Nativity Song" (*Children's Songbook*, 52)



You Can Follow Jesus Too!

There are many ways to follow Jesus. Write and tell us about a time you followed Him!



TEMPLE CARDS

- It was dedicated in 1980 and was the first temple in Asia!
- Inside there are traditional Japanese patterns in the fabric and glass.
- In 1949 an Apostle prophesied that temples would be built in Japan. Now Japan has four!



Tokyo Japan Temple

- This will be the first temple in Cambodia!
- There are more than 16,000 Church members in Cambodia.
- During President Nelson's first visit to Cambodia, he shared pictures of what this temple would look like.



Phnom Penh Cambodia Temple

- It was first built as a chapel, then turned into a temple 73 years later.
- The temple has the chapel's original front door and red brick.
- There is a spire next to the temple with an angel Moroni on top.



Copenhagen Denmark Temple



Walking in His Footsteps



**By Gabe M., age 9,
California, USA**

One day my family went sledding with my grammy and papa. We walked to an open area that was covered with

several feet of fresh snow. It was really hard to walk in! My sister had a hard time walking in the snow, so my papa said, "Just walk in my footsteps."

My sister and I started stepping in his footsteps. After a while I wanted to try to walk on my own for a bit. When I walked by myself in the snow, it was way harder!

Walking in my papa's footsteps was easier because he already did the hard part of walking in the snow. I have a testimony that Jesus Christ already did the hardest part. If you walk in Jesus's footsteps, your life will be easier too. ●



**"I will walk with
Jesus, and He will
walk with me."**

*Hymns—For Home and
Church, no. 1004.*



The **MYSTERY CAN**

By Sheila Kindred

A true story from the USA.

What's this, Mom?" Sadie pulled a big tin can out of the back of the cupboard. "It has no label on it."

"I forgot about that," Mom said. "The labels had come off some canned goods, so the store was selling them for cheap. I bought one. I figured it was probably canned peas."

Sadie made a face. Canned peas were *not* her favorite.

Mom picked up the can and turned it over. "They'll go bad soon. We'd better eat them today." She put the can on the table.

"What's that?" Sadie's big brother, Jason, asked.

"Who knows?" Sadie said. "Mom thinks it's peas."

Jason shook the can. "Doesn't sound like peas. My guess is beans."

That gave Sadie an idea. She grabbed some tape and a marker and wrote "peas" on one piece of paper and "beans" on another. She taped them to the can.

Then she thought for a minute and wrote "tomato sauce" on another piece.

Just then Dad came into the kitchen. "What's going on?"

"We're playing a game," Mom said. "Guess what's in the can."

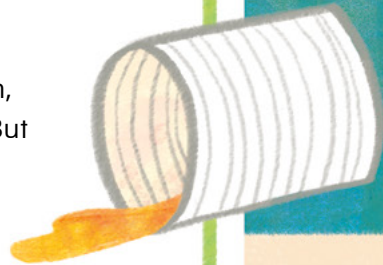
Dad picked up the can, shook it hard, and gave it a sniff. "Mushrooms!" he announced.

Everyone groaned. "Not mushrooms!" Sadie said. That was worse than peas, beans, *and* tomato sauce. "Maybe we should just throw the can away."

"Aren't you curious to know what's really inside?" asked Mom.

Dad grabbed the can opener. "I am!"

As Dad opened the can, Sadie covered her eyes. But when he pulled back the lid, she was surprised. The can was full of delicious fruit.



"Yummy!" she said as she looked at the cut-up pears, grapes, cherries, and peaches.

Jason brought over bowls and spoons. "Let's eat!"

Sadie spooned some fruit from the can into her bowl. "I can't believe we were all wrong," she said. "I was sure there was something yucky inside."

"Do we ever label people like that?" asked Mom.

"What do you mean?" Sadie asked.

Dad set his bowl on the table. "We decide what they are like on the inside, when all we can see is the outside."

Sadie thought about that. "When Samara was new at school, I thought she wasn't friendly. But

then I learned she just couldn't speak our language very well. Now we play all the time!"

"That's a good example," said Mom.

"Sometimes I feel labeled," Jason said softly. "Kids at school say I only get good grades because the teacher likes me. But the truth is, I work hard and do all my homework."

"Labels can hurt, can't they?" said Dad.

Jason nodded.

Sadie finished her last bite of fruit. "But are all labels bad? At the store you need to know what you're actually buying."

"You're right," Dad said. "So when are labels good?"

Jason held up his spoon. "When they're true!"

"And who knows what's truly inside a person?" asked Mom.

"Heavenly Father," Sadie and Jason said together.

"I get it!" Sadie said. "I am a child of God. That's the right label for me."

"And me," said Jason.

"And me!" said Dad.

"For everyone." Mom smiled. "So we shouldn't label people based on what we see on the outside, or believe false



labels given to us. Because only God knows what we truly are inside."

Sadie wrote on a new piece of tape and stuck it on her sweater. "A child of God," she said. Sadie smiled. She liked that label best of all. ●

"I believe that if the Lord were speaking to you directly . . . the first thing He would make sure you understand is your true identity. My dear friends, you are literally spirit children of God."

Russell M. Nelson, "Choices for Eternity"
(worldwide devotional for young adults,
May 15, 2022), Gospel Library.

Growing My Talents

Heavenly Father wants us to grow our talents and not hide them away (see Doctrine and Covenants 60:2-3). Roll a dice to move along the spaces. When you land on a space, talk about what kind of talents that person might have. What talents do you want to work on?





Come, Follow Me **Activities**

APRIL 28–MAY 4: Doctrine and Covenants 41–44

Red Light, Green Light

The scriptures teach how important it is to follow God's commandments (see Doctrine and Covenants 42). Have one person be the leader and stand in front of the group. When they say "green light," everyone can move forward. When they say "red light," everyone has to freeze!

For younger children: Sing or listen to "Keep the Commandments" (*Children's Songbook*, 146) together.



MAY 5–11: Doctrine and Covenants 45

The Angel's Trumpet

An angel will blow a trumpet when Jesus Christ comes again (see Doctrine and Covenants 45:45). Make your own paper trumpet! Roll a piece of paper into a cone shape and tape it closed. You can also add a handle to your trumpet or circles for buttons. Then practice speaking into your trumpet and saying why you love Jesus Christ.

For younger children: Play or mimic the sound of a trumpet for your little ones while putting your hand in a circle around your mouth. Practice making trumpet noises together!



MAY 12–18: Doctrine and Covenants 46–48

Kindness Cup

God gives every person spiritual gifts. That means He blesses us with talents through the Holy Ghost (see Doctrine and Covenants 46:11–33). Find an empty jar or cup. On slips of paper, write different talents or gifts someone might have. Take turns choosing from the jar and naming someone you know who has that gift!

For younger children: Practice saying kind words with your child. These could be statements like “I am kind,” “I am smart,” or “I am a child of God.”



MAY 19–25: Doctrine and Covenants 49–50

Follow the Path

The gospel of Jesus Christ is often called the everlasting covenant (see Doctrine and Covenants 49:9, 12–14). President Nelson has also called it the covenant path. On several pieces of paper, write down ways we can follow Jesus Christ. Make a path with the papers and take turns walking on it.

For younger children: Go on a walk outside with your little ones and find a path, sidewalk, or trail together. Explain that following the path is important so no one gets lost.



My Personal HISTORY

Use the prompts on this page to start your own personal history! Write or draw your answers here or in a journal.

Today's date:

Things I enjoy doing
with my family:

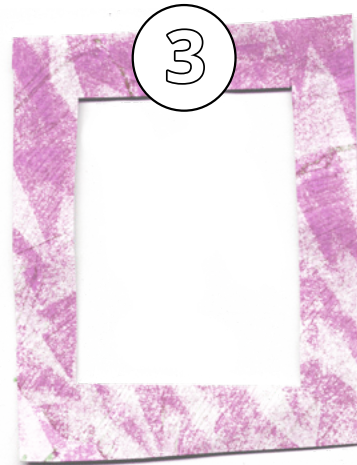
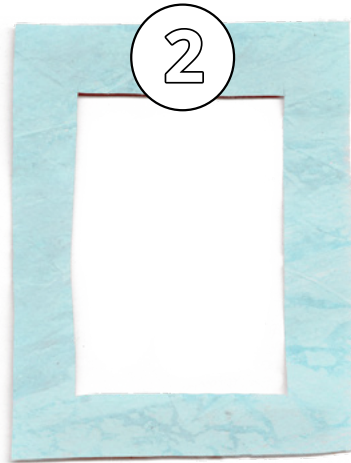
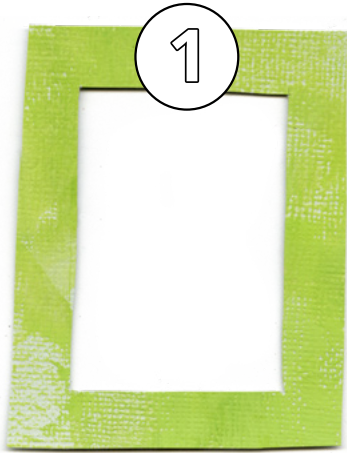
A day in my life looks like . . .



In 1831 the Lord asked John Whitmer to keep a record, or history, of the Church (see Doctrine and Covenants 47:1, 3). Just like John, you can keep a record of your *own* history and testimony!



My hobbies:



Circle
how old
you are:



5

6

7

8

9

10

11

12

My favorite subjects
in school:

☐ Reading

☐ Art

☐ Math

☐ History

☐ Science

☐ Music



Heavenly Father
and Jesus Christ
helped me when ...

One way I've
listened to the
Holy Ghost is ...

Mary and Caroline Save the Scriptures



Mary Rollins was 12 years old when she first learned about the Book of Mormon. She borrowed a copy and stayed up most of the night reading.



Mary was also excited for a new book called the Book of Commandments. It would have many of the teachings Jesus Christ had given to Joseph Smith.



But some people didn't like the Church. One day, men broke into the building where the Book of Commandments was being printed. They threw the printing press out the window and scattered the pages into the street.



Mary and her younger sister, Caroline, hid and watched. Mary wanted to save the pages before they were ruined. Caroline was afraid, but they knew the pages had the word of God on them.



Read and watch *Doctrine and Covenants Stories* in the Gospel Library under *Scriptures and Scripture Stories*.



The sisters ran into the street and grabbed as many pages as they could. Some men saw them and yelled at them to stop. Mary and Caroline held the pages tighter and ran into a nearby cornfield.

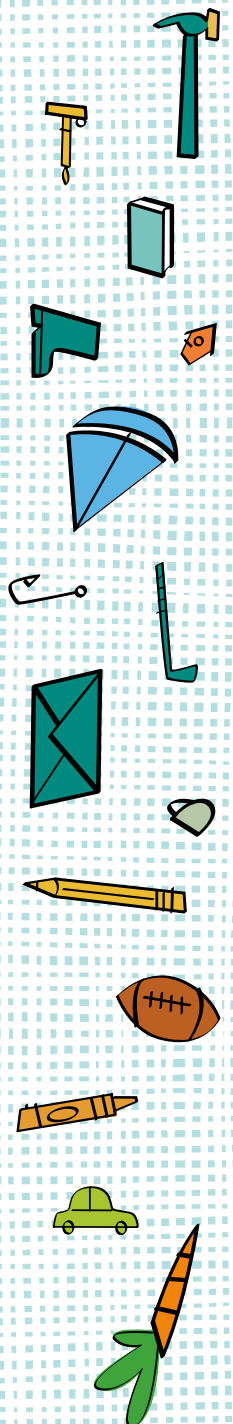


Two men chased after them. Mary and Caroline dropped to the ground and hid the pages beneath their bodies. They listened quietly as the men searched for them.



Soon the men gave up. Mary and Caroline were safe! They had saved the pages. Today those teachings are in the Doctrine and Covenants. ●

In the 1950s, missionaries in Australia made a basketball team called the Mormon Yankees. They played in front of crowds of up to 5,000 people! This helped people learn about the Church. Can you find the hidden items?



Sharing Sunshine

By Lucy Stevenson Ewell

A true story from Argentina.

Ángel climbed up on the cart next to Papá. The glass milk bottles in the back clinked softly as their horse trotted forward. The sun was shining, and it reminded him of his favorite song.

"Jesus wants me for a sunbeam," Ángel sang.

A few months ago, Ángel had been baptized. Mamá and his little brother, Oscar, were baptized too. Papá didn't join the Church, but he was happy for them. Ángel still remembered how it felt when he came up out of the water. It was like how the warm sunshine felt on his back, but on the inside.

Ángel kept singing to himself as Papá stopped the cart outside of Señora Perez's house. Ángel hopped down and grabbed a milk bottle from the back. Señora Perez was one of his family's customers. "Delivery!" he said.

Señora Perez was working in her garden. "Thank you," she said, taking the bottle. She handed him some coins. "What was that song you were singing?"

Ángel felt his cheeks get hot. He didn't realize she had heard him!

"It's a song from my church," Ángel said. "The Church of Jesus Christ of Latter-day Saints."

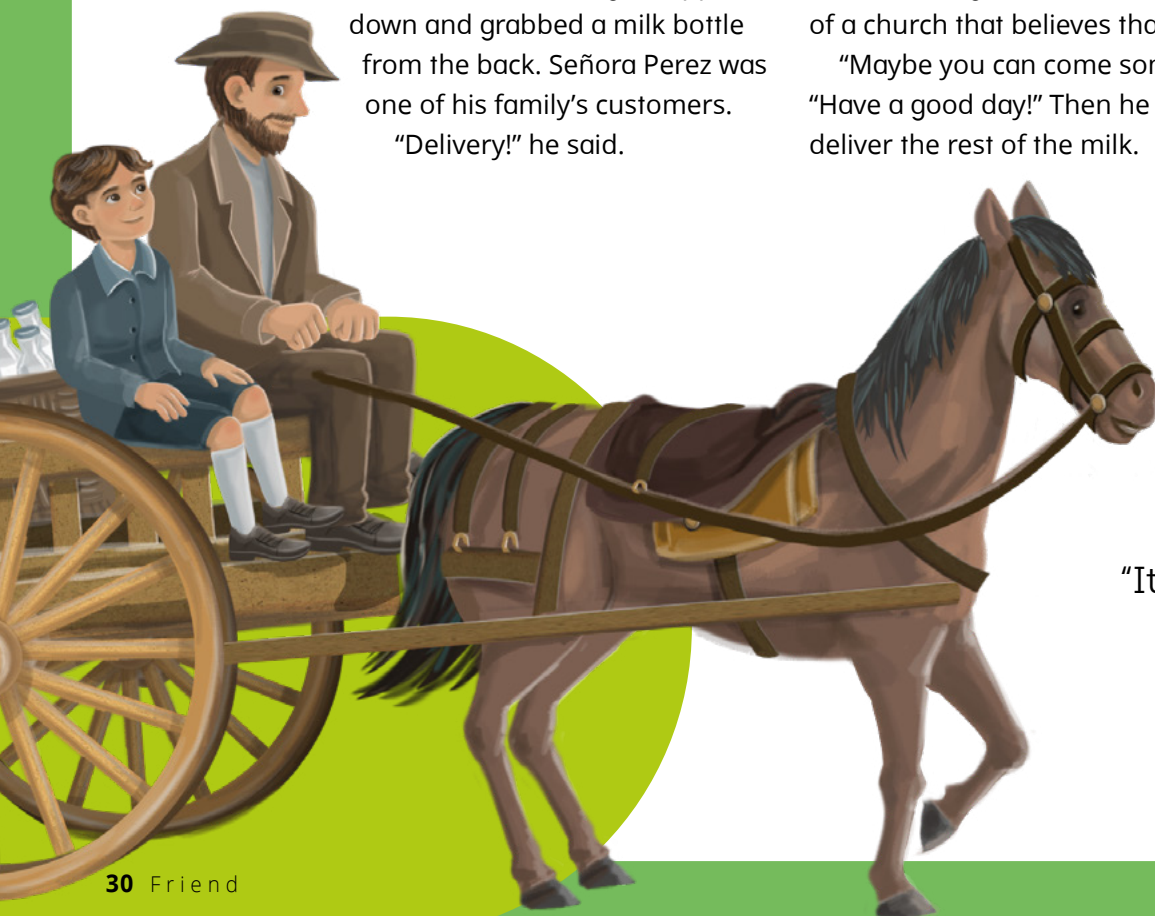
Señora Perez smiled. "Why don't you tell me something about your church?"

For a moment, Ángel wasn't sure what to say. Then he said, "We believe that the same church Jesus Christ set up when He lived on earth is here again."

"Interesting," Señora Perez said. "I've never heard of a church that believes that."

"Maybe you can come sometime," Ángel said. "Have a good day!" Then he ran back to Papá to help deliver the rest of the milk.

"It's a song from my church," Ángel said.





Early Sunday morning, Ángel woke up. He could hear Mamá in the kitchen making breakfast.

"Oscar," Ángel said, "it's time to get ready for church!"

Ángel and Oscar put on their church clothes and got ready to leave. The church building was almost two miles away. It was a long walk, so they had to leave early.

"Have a nice time," Papá said as they left.

As they walked, Ángel hummed his favorite song again. He hummed as they passed the houses where he delivered milk. He hummed as they passed the fruit stands at the market. And he hummed as they

turned onto the street where the church building was.

When they stepped inside, Ángel was surprised. Señora Perez was there! She had brought her whole family with her.

"You came to church!" Ángel said.

Señora Perez nodded. "I was inspired by your song," she said. "I called your mother for the address. I wanted to come learn about this church for myself."

Ángel smiled. He had shared the gospel just by singing a song. He hoped Señora Perez could feel some sunshine in her heart today too. ●

About Ángel Abrea



Ángel and his family were some of the first members of the Church in Argentina.



When Ángel grew up, he became the first General Authority from Latin America.



He and his wife, Maria, had three daughters.

LET'S GET COOKING

MIX-AND-MATCH SNACKS

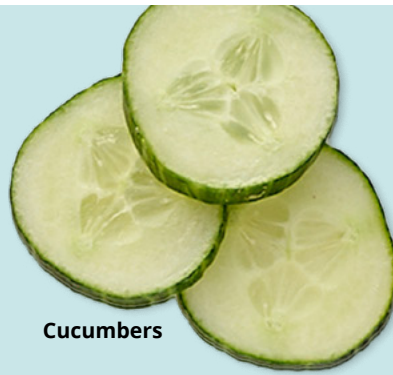
Mix and match these vegetables and spreads for a healthy snack. What other veggies could you try? Which combination is your favorite?

Healthy Tip

Vegetables are an important part of a healthy diet! They help us get the vitamins and minerals that our bodies need. Can you eat a veggie with every meal?

Remember

Heavenly Father wants us to take care of our bodies by eating healthy foods (see Doctrine and Covenants 89).



Cucumbers



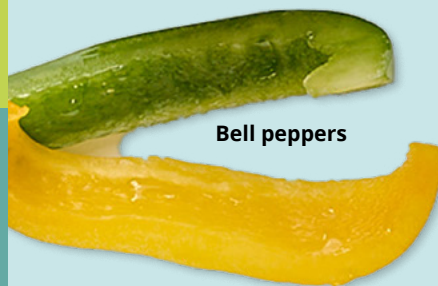
Yogurt



Hummus



Carrot sticks



Bell peppers



Mashed avocado



Peanut butter or nut butter



Celery



MARGO and PAOLO



The Still, Small Voice



Well, the Holy Ghost usually speaks to us through our thoughts and feelings.



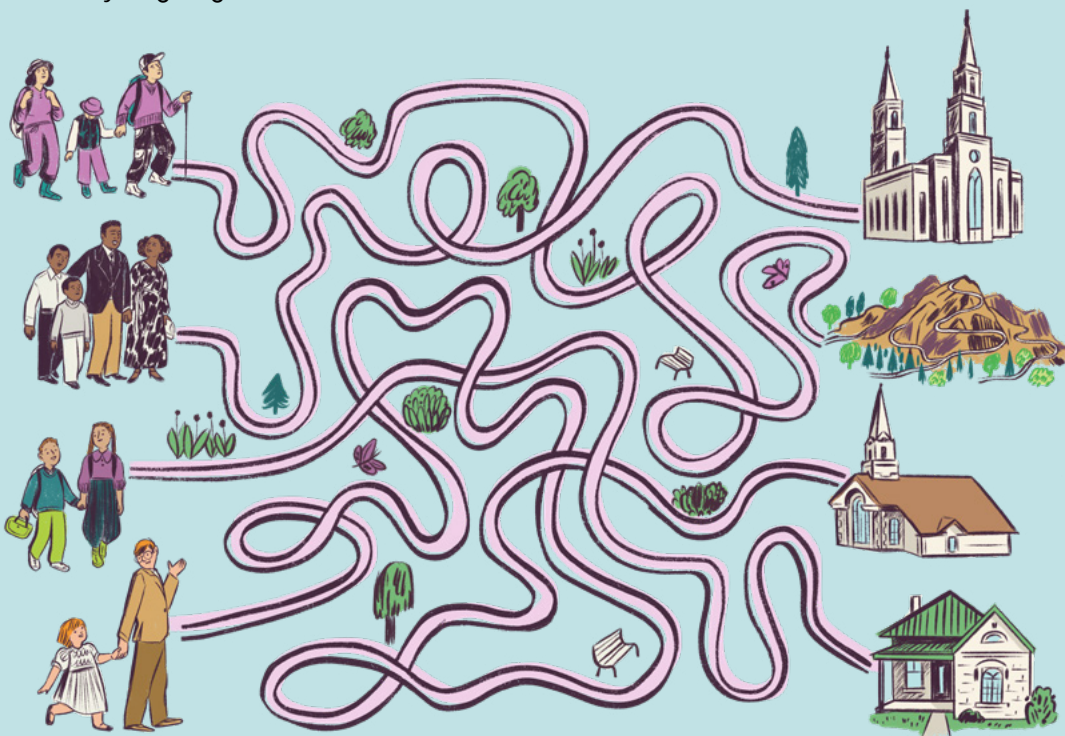
Little Lights

Joseph Smith taught, "That which is of God is light" (Doctrine and Covenants 50:24). Circle the item in each row that does not belong!



Standing in Holy Places

Jesus Christ wants us to "stand in holy places" (Doctrine and Covenants 45:32). We can feel the Spirit in holy places. Follow each child's path to see which holy place they're going to.



Tell us about a time you felt the Holy Ghost!

Turn to the back cover to see how.

"I am Alpha
and Omega, the
beginning and the
end, the light and
the life of the world."

DOCTRINE AND COVENANTS
45:7

THIS MONTH'S CHALLENGE
Think of all the things your body can do! Write
three reasons you love your body here:



The Good Shepherd

Learn how to draw a shepherd and his sheep. How does
Jesus Christ help us when we feel like a lost sheep?



Words from You



I usually feel
a little scared
when I go to
bed. When I say
my prayers, I
feel peace and
fall asleep quicker.

Vance R., age 9, Utah, USA



I lost my
schoolbook
and prayed
to Heavenly
Father to help
me. I found it
hidden under my clothes right
in front of me. It helped me
understand how important
prayer is.

**Minh P., age 11, Hanoi
Province, Vietnam**

Stage Fright

By Savannah L. Tanner

A true story from the USA.

Time for school!" Mom called. Bella frowned at herself in the mirror. Her jeans felt tight, and her shirt looked awkward on her shoulders. She remembered what David said on the bus last week—"You're so fat!" She knew she shouldn't let his words bother her, but she couldn't stop thinking about it.

Mom knocked on the door. "We're going to be late!"

Bella grabbed her backpack. "I'm coming."

"You look cute today!" Mom said.

"Thanks," Bella mumbled.

As she walked to class later, she kept her head down. She wished she could be invisible.

"Hey, Bella!" Her classmate Ashley handed her a flyer. "Do you want to

be in the school play? It'll be really fun!"

Bella read the flyer. The auditions were tomorrow. Bella liked to sing and dance with her younger sister. Sometimes they put on shows for the family. Maybe it *would* be fun!

But then she remembered what happened on the bus. If Bella tried out for the play, so many eyes would be on her. She stuffed the paper in her backpack and tried not to think about it.

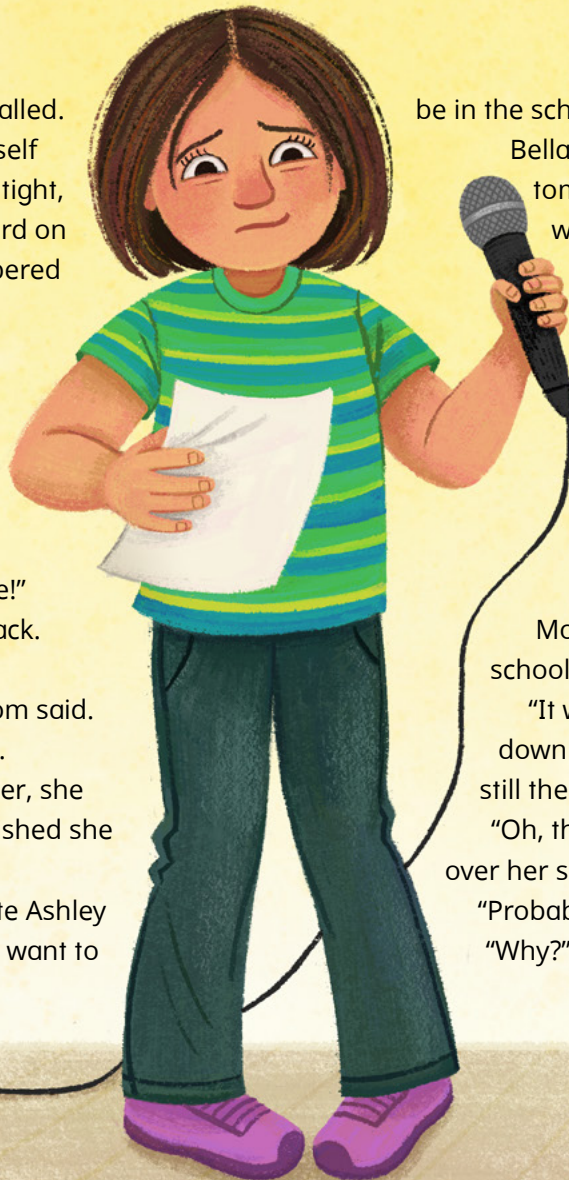
When Bella got home from school, Mom was making dinner. "How was school?" she asked.

"It was OK." Bella put her backpack down and zipped it open. The flyer was still there.

"Oh, the school play!" Mom said, looking over her shoulder. "Are you going to audition?"

"Probably not," Bella said.

"Why?"



"God created your body to be more than
what people look at."

Bella thought about it. "I just don't like the way I look, I guess. I don't want people staring at me on stage."

Mom gave her a hug. "I know it can be hard to feel comfortable with your body," she said. "But God created your body to be more than what people look at. Think of all the things it can do!"

Maybe I should audition for the play, Bella thought. It wouldn't hurt to at least try.

The next day, she walked into the theater. There were lots of kids inside, laughing and talking. Maybe this was a bad idea.

When they called her name, Bella walked slowly onto the stage. Her heart was beating so fast. She said a quick prayer in her head. *Heavenly Father, please help me not be so nervous.*

Bella felt a little calmer. She sang one of her favorite songs and read lines from a script. After

everyone was done, the theater teacher read a list of those who got a part.

Bella heard her name. She couldn't believe it. She would be in the play!

Over the next few weeks, Bella practiced dancing, singing, and saying her lines. It was hard, but she got better every day. Her body was made for the stage! Her feet loved to dance to the music. Her arms loved to move props across the stage. Her brain loved learning the words to the songs. And her heart loved all the new friends she made.

Bella was so excited when the day of the play finally came. It was showtime!

She put on her costume and looked in the mirror. She loved how it sparkled in the light. During the show she danced, sang, and said her lines on stage. When it ended, she found her family in the crowd.

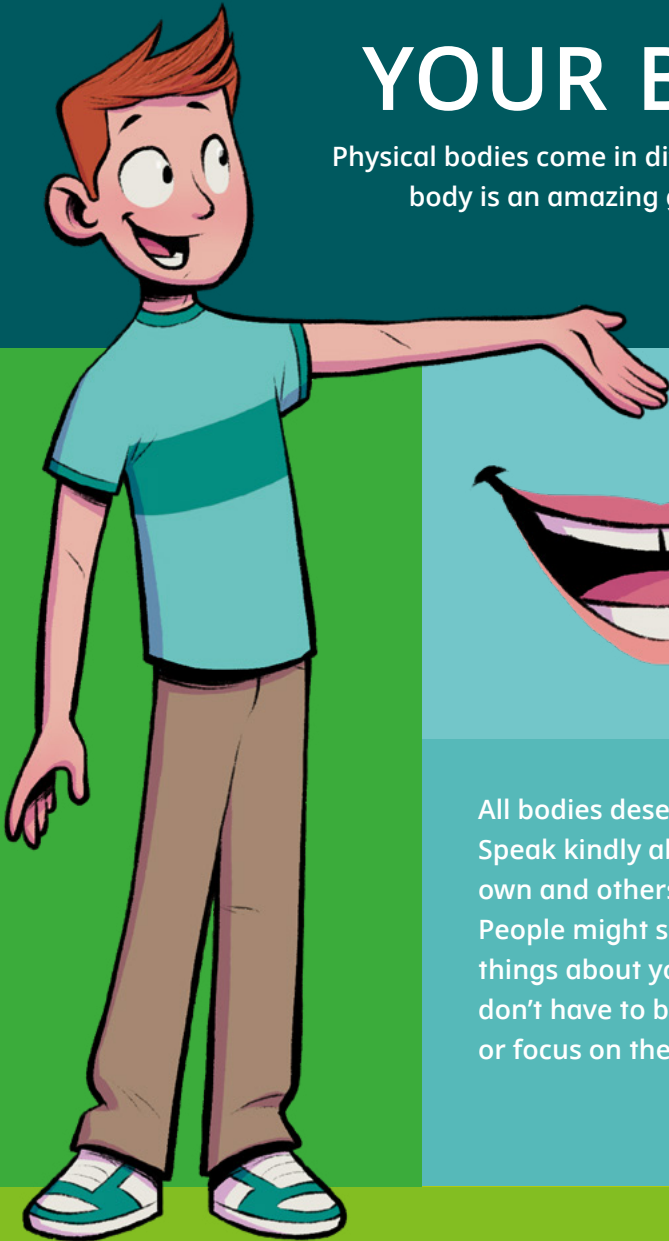
Mom gave her a hug. "You were so confident up there!"

Bella smiled. "God helped me!" ●



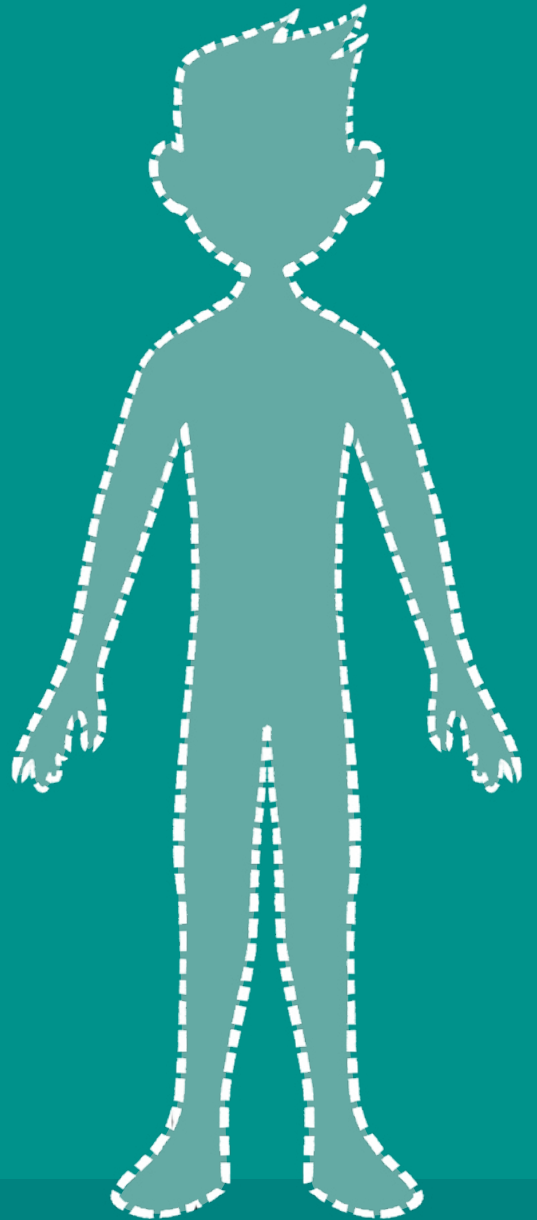
YOUR BODY IS A GIFT!

Physical bodies come in different sizes, shapes, abilities, and colors. Every single body is an amazing gift from God and an important part of His plan!



All bodies deserve respect. Speak kindly about your own and others' bodies. People might say unkind things about you, but you don't have to believe them or focus on their words.

Your physical body is the home for your spirit. What you put in your body and your brain matters! We can care for our bodies by eating healthy foods, exercising, and getting enough sleep.



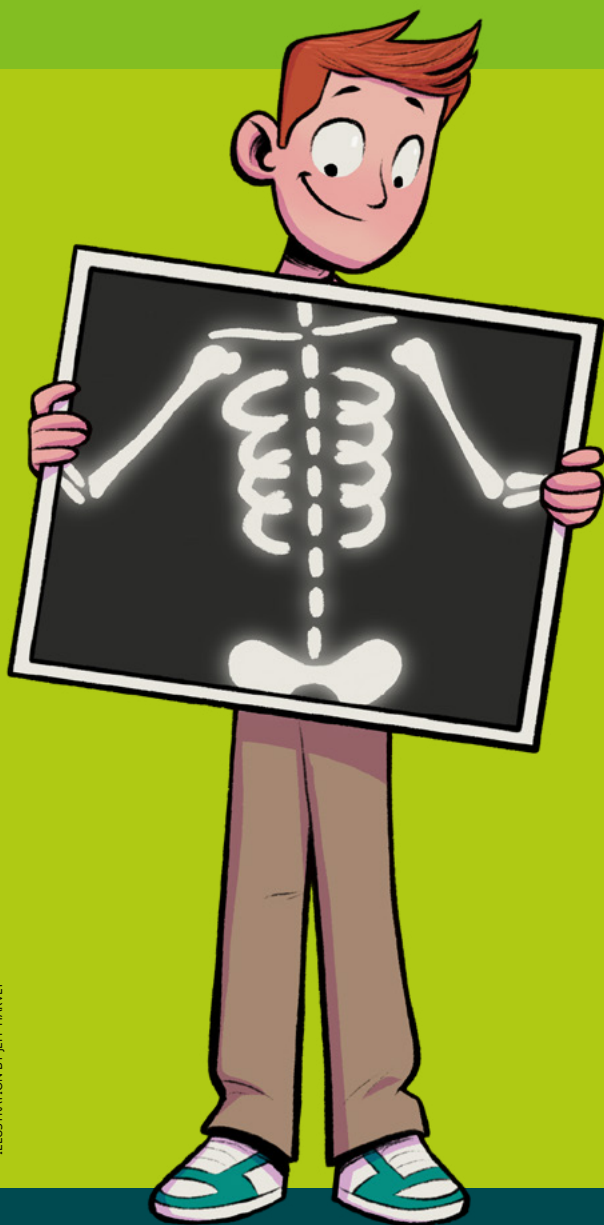
We can care for our spirits by listening to the Holy Ghost, praying, and choosing the right.



Most people have more than 200 bones. Your bones support and protect your body. Your muscles help you move, walk, and run.



The valves in your heart open and shut more than 100,000 times a day. This helps pump blood through your whole body.



Your brain works hard to understand everything you see, hear, and feel. It's stronger and faster than any computer.



What you do *with* your body is much more important than what it looks like. Do you use it to treat others and yourself kindly and to follow Jesus Christ?



As you get older, your body will grow. Heavenly Father designed your body to keep changing your whole life!

Don't compare your body to anyone else's. Remember, your body is a gift from Heavenly Father! ●



By Abby Larkins

A true story from Ghana.

Nyamedo ran to the bus with his little brother, Kwame. They climbed the steps and sat next to a window. Nyamedo looked outside to see the sun shining on the trees. Their school was going on a field trip to a nature reserve. Today would be an adventure!

"Hey, Nyamedo!"

Nyamedo's friends Ralph and Sierra sat down on the seat across from him.

Ralph tugged at Nyamedo's sleeve and whispered. "When we get to the park, let's go exploring!"

"Yeah!" Sierra said. "We can have our own adventure."

Ralph nodded excitedly. "We can sneak away before the first activity."

Nyamedo imagined all the things they might see

in the wilderness. Tall trees, cool animals, and maybe waterfalls!

"That sounds fun! Let's do it," he said with a smile.

When the bus pulled up to the nature reserve, Nyamedo and Kwame got off the bus together. Their teachers told everyone to stay with the group and not wander off.

Ralph walked up to Nyamedo. "Remember the plan?" Ralph whispered.

Nyamedo nodded. But then he stopped to think. Exploring the wilderness sounded exciting, but Nyamedo also knew it could be dangerous. What if they got lost or hurt?

Suddenly, he felt a voice speak to him. *Stay with Kwame.*

The voice was still and small. Nyamedo knew it was the Holy Ghost.

THE FIELD TRIP ADVENTURE

"Let's sneak away from the group," Ralph said.



He was worried that his friends would be mad at him for not exploring with them. But maybe the Holy Ghost was protecting him.

Nyamedo turned to Ralph. "Sorry, I actually have to stay with my brother," he said. "He's my responsibility."

Ralph frowned.

"But you said you'd come!"

"The teacher said we should stay," Nyamedo said. Ralph sighed and walked away.

Nyamedo and Kwame went with the rest of the students and followed their teachers. First they went on the zipline. The wind rushed against their faces as they soared over the bright green trees. It was like flying!

Next the guides at the reserve taught them about some of the animals that lived there. Nyamedo and Kwame couldn't wait to see them. They learned about zebras, monkeys, snakes, antelope, and lots of birds! After seeing all the cool animals, they went rock climbing and horseback riding. Later they played games.

Nyamedo was happy he had stayed back with Kwame. If he hadn't, he would have missed out on so many fun things!

When it was time to get back on the bus, Nyamedo saw Ralph and Sierra. They ran up to him.

"We almost got chased by angry monkeys," Ralph whispered. He looked a little scared. "We could've gotten hurt."

Sierra nodded. "It's good you didn't come."

"Whoa," said Nyamedo. "I'm glad you're OK!"

The Holy Ghost really was protecting me, he thought. He held Kwame's hand as they got onto the bus together.

He was grateful that the Holy Ghost had kept them safe *and* helped them have a fun adventure. ●



For Little Ones



I love to see the temple.
Noãio U., age 5,
Bay of Plenty, New Zealand



My mom reads the
illustrated Book of Mormon
stories to me. It helps me to
understand what faith is.

Heitor F., age 5,
Paraná, Brazil

Jesus Christ created our beautiful
sky. Trace the lines around
the moon and stars.





How many items
can you find?
Write the number in
the square next to
each picture.

X



X



X



X



X



X



Follow the Happy Words

By Bethany Bartholomew

A true story from the USA.

"Can we go draw with chalk?" Quinn asked Mom.
"Sure!" Mom said. "Let's go."
Quinn and his little brother and sister ran outside.

"I want blue!" yelled Quinn.

Kade and Chloe grabbed chalk too. They sat down and started drawing on the sidewalk. Mom picked up some red chalk and started writing.

"What are you doing?" asked Quinn.
"I'm writing happy words for the school kids when they walk home today," Mom said.



Quinn could see the school from his front window. He liked waving to the kids as they walked by.

☆
You're
Awesome



"What are you doing?" Mom asked.
"I'm making a line for the kids to walk on," Quinn said. He started running on the line. "See? I'm showing them where to find all the happy words."

"I think that's a great way to make everyone smile," Mom said. And that made Quinn smile even bigger. ●

"What messages can we write to make them smile?" asked Mom.

Quinn read over Mom's shoulder.

"You're . . ."

"Awesome!" Mom finished.

Quinn smiled and kept reading. "You rock. You can do it!"

Then Quinn got an idea. He started drawing a long line at one of Mom's messages. He drew a line to the next one. Then he looped over to another.

YOU CAN DO IT!



Teach Me about the **HOLY GHOST**

The **Holy Ghost** is a spirit.
That means He doesn't have
a physical body. He helps us
know what Heavenly Father
wants to tell us.

The **Holy Ghost** can comfort
us when we are scared or
sad. He speaks to us with
quiet feelings and ideas.

The **Holy Ghost** helps
us feel love from our
Heavenly Father and
Jesus Christ. He helps us
know what is true.

The **Holy Ghost**
helps us feel happy
when we make good
choices.

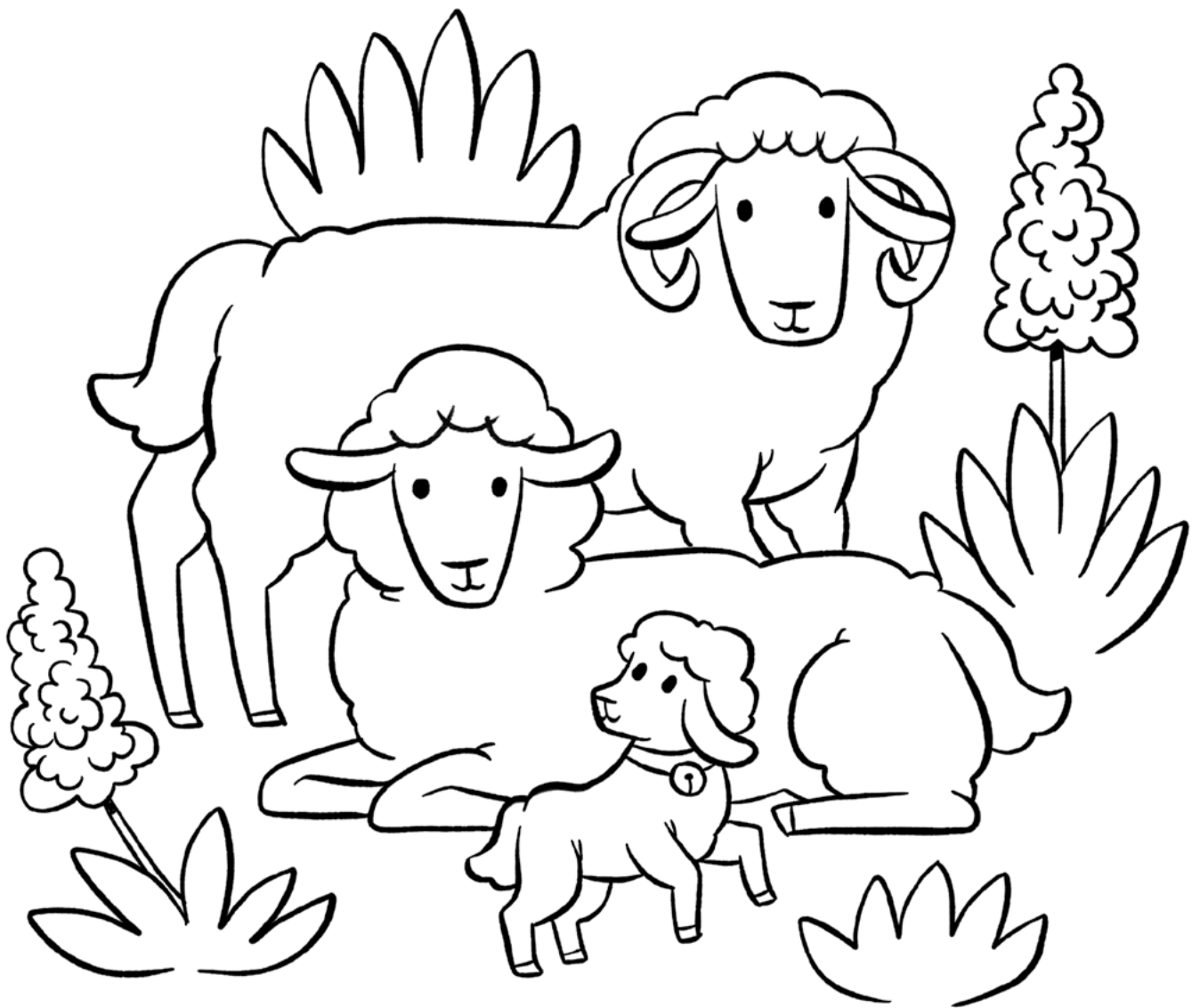


Activity Time

The Holy Ghost can help guide you to make good choices.
Point to the good choices these children are making.



Jesus Christ Is My Good Shepherd



Jesus guides us like a shepherd guides his sheep.
How can you follow Jesus?

We believe in the same organization that existed in the Primitive Church, namely, apostles, prophets, pastors, teachers, evangelists, and so forth.

What this means:

When Jesus Christ lived on the earth, He organized His Church. He called apostles, prophets, teachers, missionaries, and others. The Church of Jesus Christ of Latter-day Saints is organized now in the same way as it was back then!



Friend Mail

Where I Read the *Friend*

Renato C., age 5, reads the *Friend* in Spanish in Soriano, Uruguay.



We Love to See the Temple

Iohan and Larissa O., ages 11 and 9, visited the Recife Brazil Temple.

Inspired by the *Friend*

I was reading older copies of the *Friend* magazine and read "Go and Do" (Feb. 2020). It inspired me to draw pictures for children in the hospital.

Betty H., age 8, Indiana, USA



Do you have something to share? Send it to us with the form below.

PLEASE SEND YOUR SUBMISSION TO:

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Email: friend@ChurchofJesusChrist.org
50 E. North Temple St., Rm. 2393
Salt Lake City, UT, USA 84150-0024

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 or best contact info for parent or legal guardian

