

APRIL 2025

the Friend

Following Jesus Together



**Jesus Christ
LIVES!**

— — —
See pages 24–25



Welcome, Friends!

Jesus Christ is our Savior! At Easter we celebrate His Resurrection. Because of Him, you can return to heaven. We can be with our families again.

Use the script on page 24 to share the Easter story. You could also make the palm leaves on page 22. People waved palm leaves when Christ visited Jerusalem during the last week of His life.

Try singing or playing the song “Jesus Has Risen” on page 18. We’re sharing two new verses!

Love,
The *Friend*

P. S. Write and tell us how your family celebrates the Savior at Easter!

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 Cambodian CTR rings.

Try the Easter countdown on page 3!



The *Friend* | April 2025, Vol. 55, No. 4

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By President
Russell M. Nelson

An Easter Invitation

This Easter, I have been thinking about one of the last moments of the Savior's life on earth. As He was crucified on Calvary's cross, the Redeemer said these words: "Father, forgive them; for they know not what they do" (Luke 23:34).

There is nothing easy about forgiving. But when we choose to forgive, we let the Lord soothe and soften our hearts. This allows us to see others, especially those who have wronged us, as children of God and our brothers and sisters.

My dear friends, I invite you to think and pray about if there is someone you should forgive. I can think of no better way to honor Jesus Christ this Easter. I promise that as you forgive, the Prince of Peace will bring you peace.

Jesus Christ is risen. He loves you. And because of Him, you can experience the joy and miracle of forgiveness. ●

Adapted from "Forgiving Others: An Easter Message from President Russell M. Nelson" (video), Gospel Library.

Counting Down to Easter

Do an activity for each day leading up to Easter to help you think of Jesus Christ. After you do each activity, color in a flower.

Palm Sunday	Monday	Tuesday	Wednesday
Sing or read the words to "Jesus Has Risen" (page 18).	Tell a favorite story about Jesus Christ.	Read John 11:25.	Serve someone, like the Savior did.
Thursday	Good Friday	Saturday	Easter Sunday
Sing or listen to "Gethsemane" (<i>Hymns—For Home and Church</i> , no. 1009).	Read the Easter message on page 2.	Read 3 Nephi 11:9–17.	Do the Easter program on page 24 to tell the Easter story.



Easter Kites



By Noelle Lambert Barrus

A true story from Bermuda.

Colin tied two long pieces of wood together to make his kite. Then he looped string tightly around the outside of the kite to make it strong. Now it was time to add the colorful paper.

Uncle Ladd pointed to his own kite. "Am I doing this right?"

"Yeah. Now pull the strings tight," Colin said.


"And choose some cloth for the tail," said Alec, Colin's younger brother. He pointed to the strips of cloth on the table. "That helps it fly."

"The kites in the air remind us that Jesus Christ was resurrected," Colin said.

Colin and his family were making kites for Good Friday. Good Friday was a big holiday in Bermuda. It was the Friday before Easter. Everyone celebrated by going to the beach to fly their kites. Uncle Ladd was visiting Colin's family. He had never made a kite before.

"Why do you fly kites on Good Friday?" Uncle Ladd asked. He chose red and blue paper for his kite.

"The kites flying in the air remind us that Jesus Christ was resurrected," Colin said. "He went



to be with Heavenly Father again. So we will all be resurrected someday.”

Alec nodded. “Everyone in Bermuda flies kites to celebrate.”

“What’s your favorite part?” Uncle Ladd asked.

Colin chose some colored paper. “I like that it brings us closer to God. And we get to spend time with family and friends.”

“I like that so many people celebrate together,” Alec said.

On Good Friday, Colin and his family went to the beach. They took their kites, fish cakes, and hot cross buns.

There were already lots of people at the beach. Colorful kites filled the sky. The wind blew everyone’s

hair around, and the bright blue sky matched the color of the ocean. It was a perfect day for kite flying!

They sat on the beach to eat. The fish cakes were warm, and the hot cross buns were soft. Colin and Alec waved at friends walking by.

Then they walked with Uncle Ladd down the beach. Colin held his kite tightly. He had to run and try a few times before the wind picked up the kite and held it in the air. He watched his colorful kite dance in the breeze.

“I’m glad Jesus lives again,” Alec said.

Colin stared up at his kite and smiled. “Me too.” ●

TALK ABOUT IT!

How do the kites remind Colin and Alec of Jesus Christ?

My Gospel Words

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



Sacrament

The **sacrament** is an ordinance where we eat bread and drink water to remember Jesus Christ and His sacrifice.

Redeemer

Redeemer is another name for Jesus Christ. To redeem someone means to save them, to win them back, or to free them. That's what Jesus does for us.

Agency

Agency is the ability God gives us to choose and act for ourselves.



Salvation

Salvation is rescue from disaster or pain. Heavenly Father's plan of salvation is His plan to rescue us.

We Can All Choose Christ



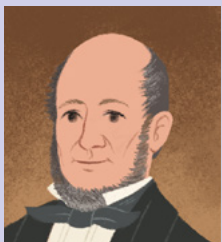
**By Elder
Quentin L. Cook**
Of the Quorum of the
Twelve Apostles

All are invited to choose Christ, and “all are alike unto God” (2 Nephi 26:33).

Agency is the ability to choose and act.

Without agency, we could not learn, grow, or choose to be one with Christ.

To receive the blessings of the Savior’s Atonement, we must use our agency to choose Christ.



Did You Know?

Elder Cook’s great-great-grandpa was an Apostle named Heber C. Kimball, who served with Joseph Smith.

Adapted from “Be One with Christ,” Liahona, May 2024, 49–52.



AUSTRALIAN ANIMALS

There are many unique animals in Australia, including platypuses, kangaroos, koalas, and emus.



RED ROCK

Uluru is a huge sandstone rock in Australia. It's 1,142 feet (348 meters) tall—taller than the Eiffel Tower!



Perth Temple



A PINK LAKE

Lake Hillier is a salty lake in Australia. The water is bubblegum pink because of special types of bacteria and algae.

Hello from AUSTRALIA!

Australia is a country and a continent between the Pacific and Indian Oceans. More than 25 million people live there! English is the main language spoken there.

the Friend

Following Jesus Together

How the Church Is Growing in Australia



- The gospel of Jesus Christ was brought to Australia in 1840 by a 17-year-old missionary named William Barratt.
- The first branch in Australia was organized in 1844. Now there are 41 stakes!



- There are 143 family history centers in Australia.

MAKING MUSIC

The Aboriginal people (the very first people in Australia) make instruments called didgeridoos from hollow logs. When they blow into the log, it makes a low buzzing sound.



TWO TEMPLES IN BRISBANE

The Brisbane Australia Temple is in an area called Kangaroo Point! A sixth Australian temple was announced for the south part of Brisbane too.



Sydney Temple



Melbourne Temple



Adelaide Temple



Good onya!

That means "good for you" in Australia!



ILLUSTRATIONS BY AMANDA SMITH, PHOTOGRAPH OF ULURU ROCK, BEAU - STOCK.ADOBE.COM

Following Jesus in Australia

Meet Lirael

Lirael follows Jesus Christ by reading the Book of Mormon and going to church. She also chose to be baptized recently. After her baptism, Lirael wanted to always think of Heavenly Father and Jesus Christ like she promised. So when she had a hard time in her math class at school, she said a prayer. When she asked for help from her parents, teacher, and Heavenly Father, it got much easier.

Lirael loves to serve like Jesus did. She says, “When I follow Jesus, I feel happy, and when I help others, I feel really nice.” ●





About Lirael

Age: 8

From: Victoria, Australia

Language: English

Goals: Learn to ride faster on her horse, Misty, and learn how to fly a plane

Hobbies: Horseback riding with her mum, riding bikes with her family, and bowling

Family: Lirael, Mum, Dad, and three brothers

Her Favorites

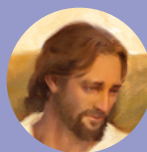
Scripture Story: When Nephi is on the boat and God takes away the storm (see 1 Nephi 18:11–21)

Fruit and Vegetable:
Carrots and apples

Food: Waffles

Colors: Blue and pink

Primary Song: “Book of Mormon Stories” (*Children’s Songbook*, 118)



You Can Follow Jesus Too!

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

TEMPLE CARDS

- This is the longest operating temple in the Church—148 years!
- To make the swampy ground more solid, the pioneers packed the ground with lava rock.
- This temple was rededicated in 2023 by President Jeffrey R. Holland, who grew up in St. George.



St. George Utah Temple

- Children who attended a nearby school helped during the temple groundbreaking ceremony.
- This was the second temple built in Australia.
- Before this temple was built, members in Adelaide had to travel 15–20 hours to the Sydney Australia Temple.



Adelaide Australia Temple

- The temple grounds have mango trees and 200-year-old palm trees!
- This is the second temple built in Brazil.
- To prevent flooding, builders put over 1,000 columns into the ground to give the temple a strong foundation.



Recife Brazil Temple



MEMORY MATCH

Glue this page to another paper and cut out each card. Flip them upside down and mix them up. Take turns flipping over two cards to try to make a match. Keep your matched cards to remind you of ways to follow Jesus Christ!

Scriptures



Prayer



Service



Family



Church



Temple



Tithing



Sacrament



Sacrament



Family



Scriptures



Temple



Service



Tithing



Church



Prayer





Friends around the World



We made a family songbook with the new hymns translated in Portuguese. We are excited to sing the new hymns at home and at church.

Laura, Davi, and Chiara R., ages 11, 8, and 10, São Paulo State, Brazil



Laura N., age 8, Paraná, Brazil



Children in **Queensland, Australia**, helped put on a special Easter devotional. They sang songs, shared their testimonies of Jesus Christ, and helped conduct the meeting.



Emma S., age 7, North Carolina, USA



"The Empty Tomb," Joshua R., age 8, North Dakota, USA



My favorite story about Jesus Christ is when He was resurrected. It reminds me that Jesus Christ overcame death.

**Luis David P., age 9,
Capital District, Colombia**



We each made a collage from pictures we found in our Easter eggs.
Lilianna, Parker, and Anthony S., ages 7, 3, and 9, Texas, USA



Loa R., age 7, Utah, USA



Lukas L., age 7, Colorado, USA



I was in bed thinking about Jesus and how He suffered in Gethsemane and died for us. I felt so happy, I almost cried. It felt like someone was hugging me. I hope to remember this feeling.

**Boden K., age 10,
Nevada, USA**



My family went to the temple to do the temple work for my grandpa who died. We waited outside while my dad was baptized for him. After my dad came out of the temple, I could feel my grandpa was happy.

**Marjhory B., age 9,
Catalonia, Spain**



Send in your art and stories about how you follow Jesus Christ!

Turn to the back cover to see how.

The Piano **PRAYER**



Miguel
sat down,
ready to
practice.

By Bradley Salmond III

A true story from Puerto Rico.

Miguel opened his piano music and stared at the black notes on the page. His teacher had just given him a new song to play. It looked really complicated! This one would take a while to learn.

He placed his fingers on the keys and started looking for the right notes on the piano. *Plink, plink, PLUNK.* Again and again he kept hitting the wrong keys as he played.

Why couldn't he get the notes right? This song was a lot harder than the Primary songs he loved to play. He was so frustrated! He pounded his hands down on the piano keys. *Blonk!*

"Miguel?" Mamá called. "Everything OK in there?"

"Yeah." Miguel sighed. "This song is just hard."

Mamá walked into the room. "I'm sorry you're frustrated. Did you pray before you started practicing?"

"No." Miguel hadn't thought of that.

"When I'm learning something new, I like to say a prayer before I practice. Heavenly Father is here to help us. It doesn't matter if you are playing sports, giving a talk in church, or playing the piano. We can always ask Him for help, because we can't always do it on our own."

Could prayer really help him learn his new song on the piano? He decided to give it a try.

The next day Miguel sat down at the piano again, ready to practice. But before he started, he remembered to pray.

"Heavenly Father," he said, "help me to learn my new song. It's hard to learn, but I know I can do it with Thy help."

Then he finished by thanking Heavenly Father for his blessings. His arms relaxed, and he was ready to practice.

Slowly he started finding the notes on the keys and playing them one after another. He kept on

practicing. Before he knew it, he could play the beginning of the song! He didn't even notice how long he had been practicing.

Mamá popped her head into the room. "Wow, Miguel. It's sounding great!"

"Thanks!" said Miguel. "I think saying a prayer before I practiced helped me be patient and learn a little bit at a time." He flipped through the pages of the song. "It's better than trying to learn it all at once."

"You've got a good start!" Mamá said with a smile. "Before you know it, you'll learn the whole song."

Miguel smiled back. Then he put his hands back on the keys and started to play. ●



"Pray, He is there;
Speak, He is list'ning.
You are His child;
His love now surrounds you."

"A Child's Prayer"
(*Children's Songbook*, 12)



Jesus Has Risen

Words by Thelma Johnson Ryser and Ryan Murphy
Music by Thelma Johnson Ryser

Joyfully ♩ = 104

2nd time, both hands 8^{va}-----

D G Em7 A D A

1. Je - sus has ris - en,
2. Je - sus has ris - en,

(8^{va})-----

G D G D

Je - sus, our friend. Joy fills our hearts;
Je - sus is love. Joy fills our hearts,

(8^{va})-----

E7 A D G

He lives a - gain. Prais - es we sing to Him, This Eas - ter -
He reigns a - bove.

F# G G#dim7 D Em F#

time. Je - sus has ris - en, Sav - ior di - vine.

²G D Em A 1. D

Je - sus has ris - en, Sav - ior di - vine!

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2. D D7 $\frac{5}{1}$ Gm C7 F

vine! 3. Je - sus has

$\frac{3}{1}$ B \flat F B \flat F G7

ris - en, Je - sus our King! Joy fills our hearts, — Ho - san - nas

$\frac{5}{1}$ C F B \flat A

ring. Prais - es we sing to Him, This Eas - ter - time.

$\frac{4}{2}$ B \flat Bdim7 F G A B \flat

Je - sus has ris - en, Sav - ior di - vine. Je - sus has

F B \flat Gm C7 Dm B \flat F B \flat

ris - en, Sav - ior di - vine! Je - sus has ris - en,

Gm7 F C7 F B \flat C7 F

Sav - ior di - vine! *rit.*

Watch a video for this song here!





By Elder
Robert M. Daines
Of the Seventy

LISTENING to Prophets

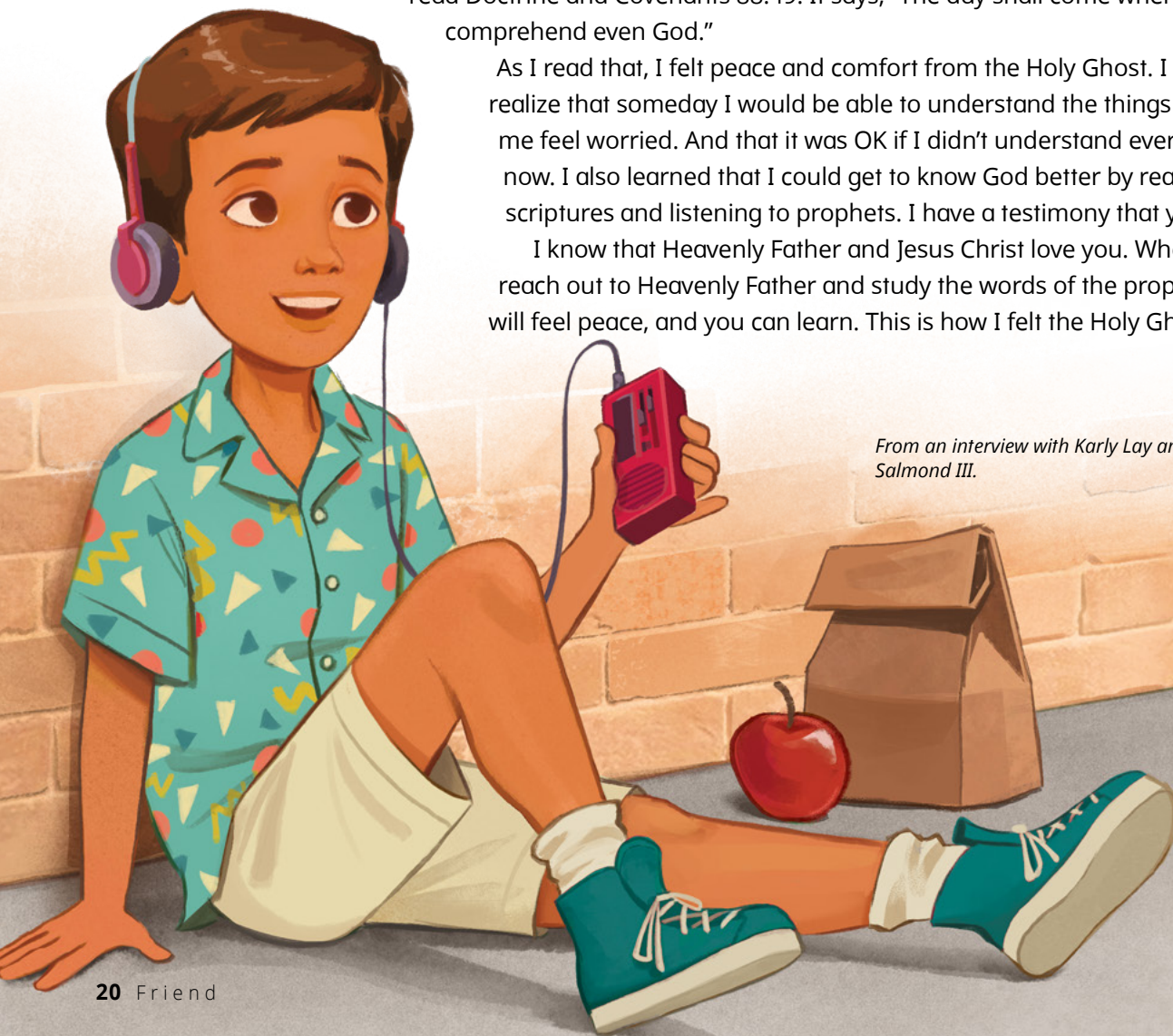
I love listening to the prophets. When I was a young boy, general conference was also on Fridays. I took a portable radio to school and listened to the talks during class break. But there were still a lot of things that I didn't understand.

One night, I lay in bed thinking. I worried about all the things I didn't understand about God. But I knew that I could learn more about God by praying to Him and by reading the scriptures. So I said a prayer and started reading from the scriptures. I read Doctrine and Covenants 88:49. It says, "The day shall come when you shall comprehend even God."

As I read that, I felt peace and comfort from the Holy Ghost. I started to realize that someday I would be able to understand the things that made me feel worried. And that it was OK if I didn't understand everything right now. I also learned that I could get to know God better by reading the scriptures and listening to prophets. I have a testimony that you can too!

I know that Heavenly Father and Jesus Christ love you. When you reach out to Heavenly Father and study the words of the prophets, you will feel peace, and you can learn. This is how I felt the Holy Ghost. ●

From an interview with Karly Lay and Bradley Salmond III.



Conference Doodles

When you hear something at conference that helps you feel joy,
write it down or draw a picture of it!



Come, Follow Me Activities

MARCH 31–APRIL 6: Doctrine and Covenants 29

The Plan of Salvation

The scriptures teach that God’s plan of salvation is centered on Jesus Christ and helps us get home to Heavenly Father (see Doctrine and Covenants 29). Take out a piece of paper. Cut out a picture of the Savior from the *Friend* and paste it in the middle. In the extra space, draw things you can do to return to Him. Ask an adult for help if you get stuck!

For younger children: Use the coloring activity on page 48. While your child colors, tell them that Jesus Christ was resurrected so that we can live again too.





APRIL 7–13: Doctrine and Covenants 30–36

Strong Foundations

Jesus Christ said we should build our foundation on His gospel (see Doctrine and Covenants 33:12–13). Take turns building a tower of blocks as high as you can. Then take blocks one by one from the middle or bottom of the tower until it falls. How does this help you remember to build your foundation on Jesus Christ?

For younger children: Look at a picture of a building with your little ones and point out the foundation. Explain that Jesus Christ can make us strong like a foundation keeps a building strong.



APRIL 14–20: Easter

Easter Palm Branches

When Jesus Christ visited Jerusalem during the last week of His life, the people waved palm branches to celebrate. The palm branches are a symbol of eternal life. Because of Jesus Christ, we will all be resurrected and can have eternal life (see Doctrine and Covenants 138:17). Trace your hands on green paper and cut the handprints out. Glue or tape them to a craft stick to make a palm branch.

For younger children: Go on a walk and look for different branches or leaves. Teach your little ones that people waved palm branches to welcome Jesus Christ. Help your little ones wave a leaf or branch they find.



APRIL 21–27: Doctrine and Covenants 37–40

Human Hands Puzzle

In the Doctrine and Covenants, Jesus Christ told the Saints to gather together so He could bless them with power from heaven (see Doctrine and Covenants 38:31–32). Gather together a group of at least four in a circle. Grab the hands of two different people across from you to form a human knot. Try to untangle yourselves into a circle again without letting go of anyone’s hand!

For younger children: Help your little ones make a heart shape with their hands and say “I love you.”



PHOTOGRAPHS BY CHRISTINA SMITH

Tell the Easter Story

1.



Leaves or branches



The week before Jesus Christ died, He rode into Jerusalem on a donkey. The people waved **palm branches** and shouted "Hosanna!" (See Mark 11:8-9.) The word *hosanna* means "save us now."

2.



Bread



A few days later, the Savior gave His Apostles the sacrament. He took **bread** and blessed it and broke it in pieces. He also passed around a cup for them to drink from. He said, "This do in remembrance of me" (Luke 22:19).

5.



Nail



They put **nails** in the Lord's hands and feet. On the cross, Jesus said, "Father, forgive them; for they know not what they do" (Luke 23:34).

6.



Stone



After Jesus Christ died, His followers laid His body in a tomb and rolled a large **stone** in front of the door (see Mark 15:46). Guards watched the tomb to make sure no one moved the stone.

Put on this Easter program with your family! Choose readers for each part. Then gather these or similar items to hold up for each part of the story.



3.



Cup



Jesus went to the Garden of Gethsemane. He suffered for all our sins, pains, and sorrows. He prayed, "Father, if thou be willing, remove this **cup** from me: nevertheless not my will, but thine, be done" (Luke 22:42).

4.



Red cloth



Soldiers came to take Jesus away. They "put on him a **scarlet robe**" and "a crown of thorns" (Matthew 27:28, 29). They mocked Him and hurt Him.

7.



Spices

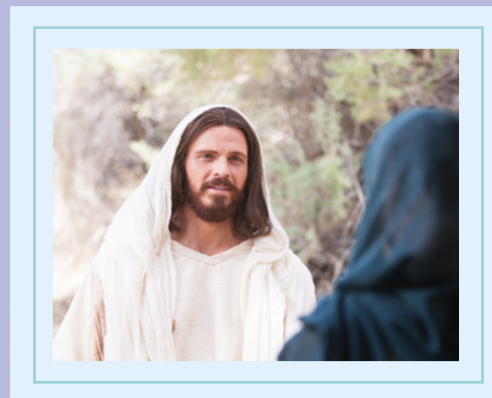


After three days, women brought **spices** to take care of Jesus's body. They saw that the stone had been moved from the tomb. An angel told them, "Fear not" (Matthew 28:5).

8.



Picture of Jesus Christ



He lives! The tomb was empty because Jesus Christ was resurrected. The angel said, "He is not here: for he is risen" (Matthew 28:6). Because of the Savior, we will all live again after we die.

Lucy Finds the Truth



One day, 15-year-old Lucy Morley was helping her neighbor, Abigail Daniels, weave cloth. As they worked, three missionaries knocked at the door. They said that Jesus Christ had sent them to share a message.



The men told Abigail and Lucy that Jesus had called Joseph Smith to be a prophet. They also told them about the Book of Mormon.



To Lucy's surprise, Abigail became angry. She made the missionaries leave.



Lucy knew the missionaries were servants of God. She told them to visit her family down the road.



The missionaries went to the Morley home. Lucy's parents invited the missionaries to teach them and their friends.



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

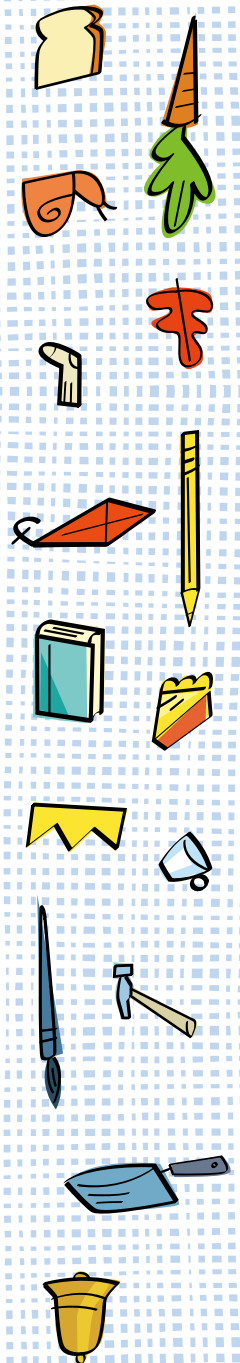


That night, 17 people were baptized. In the next few days, 50 more people heard the missionaries and were baptized. Even Lucy's neighbor Abigail changed her mind. She and her husband, along with Lucy and members of her family, chose to follow Jesus Christ by being baptized. ●



Sharing the Gospel

During World War I, a new part-time sister missionary program was created in the Netherlands since most full-time missionaries couldn't serve. Because of these missionaries, many people were baptized. Can you find the hidden items?



ILLUSTRATIONS BY DAVE KLUG

I Will See Celeste Again

By Sarah Cutler Chow

A true story from the USA.

I lean back on my heels and look at the yard. There is a line of dark soil against the side of the Johnsons' house where Mom and I just planted flower bulbs. I pat the soil and sigh.

"Thanks for helping plant those," Mom says.

I look at my hands, covered in dirt, and don't say anything. I'm thinking about Celeste Johnson. Celeste, who used to live in this house. Celeste, who was almost exactly the same age as me. Celeste, who came with me to Primary. We played together and went to each other's birthday parties. Sometimes we'd set up a tent in her backyard and pretend we were camping. She was my best friend.

Celeste's gone now. She died in a car accident a few months ago. My family and I cried a lot. Celeste

was our friend, and we knew we would miss her. We cried because Celeste's dad had gotten hurt in the car accident. We cried because Celeste's family was sad.

I really wanted to help Celeste's family. I gave a stuffed animal to Celeste's younger sister, Ella. I also helped some people from the ward make gifts for Celeste's family. I wanted them to know they were loved.



“These flowers remind me of the Resurrection,” Mom says.

When I went to Celeste’s funeral, I sat close to friends from church. We sang Celeste’s favorite Primary song, “Faith,” about how we can live with God again. It reminded me I’ll see Celeste again. At the cemetery, I placed a flower on top of the casket. Everyone who knew Celeste was still sad. We missed her. But when I prayed and fasted, I felt less sad. Reading scriptures and talking with friends from church helped too.

Today, we came to visit the Johnsons to help them plant flower bulbs in their yard. The bulbs are small and brown right now. I don’t know exactly what they’ll look like in the spring, but they’re supposed to be pretty.

Mom has been watching me and says, “Do you know what I like about bulbs?”

I shake my head. The sun is bright, and I have to squint to look at her. “What?”

“The flowers from these bulbs die in the winter, but they always come back in the spring,” she says. “They remind me of the Resurrection. You can’t see the flowers after they’ve died, but that doesn’t mean they’re gone. Just like Celeste and all of us when we die. Because of Jesus Christ, we will all be resurrected and live again.”

I look at the mounds of dirt. The bulbs will grow, and grow, and push away the dirt. I know that by spring they will be beautiful flowers, and I know that I will see Celeste again.

I lean over the dirt where the bulbs are planted and blow a kiss. “See you in the spring!” I whisper. ●



“Jesus Christ lives, and because of Him, we will all live again.”

Elder Paul V. Johnson, “And There Shall Be No More Death,” *Liahona*, May 2016, 123.





ANIMAL DANCE

1. Get a group of friends or family and choose a leader.
2. The person who's the leader stands in front, says an animal out loud, and turns to face away from the group.
3. Everyone dances like that animal. When the leader turns back around, everyone freezes! The leader watches to see who moves.
4. If anyone moves when they are supposed to be frozen, they become the new leader, and the game begins again. Play until everyone gets a turn to be the leader!
5. Dance until the animals need a rest. When the game is over, take a break and pretend to sleep like your animal.

Healthy Tip

When you play hard or exercise, your heart pumps faster. This helps your muscles get the oxygen they need so you can stay healthy and strong!

Remember

Our bodies are gifts from God. We can show we're grateful for this gift by taking care of them.



MARGO and PAOLO

Friends in Faith



Hey, Julia! How was your weekend?

Great! I had my First Communion! My whole family came.



What's communion?

I've heard of it. You're Catholic, right?



Yes! We take bread and a bit of wine after the priest blesses it. This helps us remember the Lord.



We do that too! Every Sunday! But we drink water. We call it the sacrament.



It's cool how we remember Jesus Christ the same way, even though our churches are different.



What do you do on Easter? We have a special mass.

We have an Easter program at church! Then, at home, we read the Easter story . . .



The Wilderness Way

Parley P. Pratt was called "into the wilderness" to share the gospel (see Doctrine and Covenants 32:2). He became a missionary only a month after he was baptized. He later served in the USA, Chile, and the Pacific Islands. Help Parley find the people waiting to hear him teach.

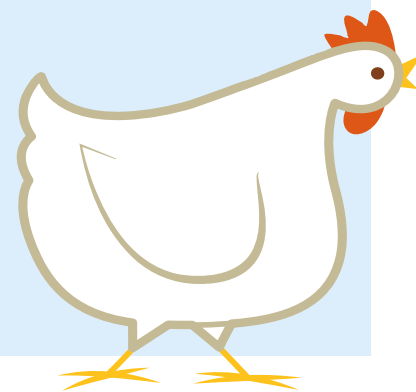


START

FINISH

Chicken Connections

Jesus Christ said that He would gather us together like a hen gathers her baby chicks under her wings (see Doctrine and Covenants 29:1-2). Help the hen gather her chicks! Can you find all seven?



"And now, after the many testimonies which have been given of him, this is the testimony, last of all, which we give of him: That he lives!"

DOCTRINE AND COVENANTS
76:22



THIS MONTH'S CHALLENGE

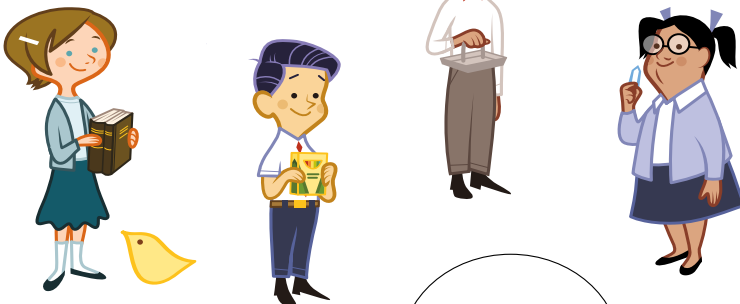
Think of a way you can remember Jesus Christ during the sacrament. Write it down here:

Blank writing area with two horizontal lines for text.



Sunday Puzzler

Each friend has something that can help someone else! Can you match them all?



Words from You



I keep the Sabbath day holy and special by going to church.

Matthew T.,
age 10,
Texas, USA



I know Heavenly Father and Jesus Christ love me and know my name. When I read the Book

of Mormon, I feel strength from above to help me with my studies.

Sarith T., age 10, Cundinamarca, Colombia

Send us ways you remember Jesus Christ during the sacrament!

Turn to the back cover to see how.



By JoLyn Brown

A true story from Canada.

Taylor helped Mom carry the supplies for the Primary activity toward the park. The sun was warm on her face, and the grass in the park was green again. It felt so good to be outside!

Spring was one thing that reminded her that Heavenly Father loved her. Taylor liked to look for God's love in all things—like a blue sky or getting to see her friends at the Primary activity.

Taylor followed Mom to where the other Primary leaders were setting up games for the kids.

Sister Kingsley waved and said, "Jane is coming!"

"That's great!" Mom said.

"Who's Jane?" Taylor asked.

"She's a new girl we invited. We hope you and the other kids can help her feel welcome," Mom said.

Taylor felt a worried knot in her stomach. Talking to new people was hard for her. She wanted to be kind.

But what if the new girl didn't like her?

Soon, everyone arrived, including a girl Taylor didn't know.

"Welcome to our Primary activity!" Sister Kingsley said. She put her hand on the new girl's shoulder. "This is Jane. She's joining us today. We hope everyone has fun playing together at the park."

"Can we play grounders?" asked one of the Primary kids.

"Yes, please!" Taylor shouted.

She was so excited! Grounders was her favorite game. Taylor raced with the other kids to the playground. Then Taylor stopped when she saw Jane standing alone.

Heavenly Father had given her this beautiful and special day. She wanted to enjoy it, and she wanted Jane to enjoy it too. Taylor's insides felt shaky, but she took a deep breath and walked back to Jane.

A New Friend



"Hi. I'm Taylor."

"Hi." Jane smiled a little, but she seemed nervous.

"Have you played grounders before?" Taylor asked. Jane shook her head.

Taylor knew what it was like to be nervous about new things.

"It's really fun!" Taylor said. "The person who is 'it' keeps their eyes closed while they try to tag someone on the playground equipment. Everyone else can run around. But if the person who is 'it' yells 'grounders!' then whoever's feet are still on the ground is 'it.'"

Jane still looked nervous.

"Do you want to stay by me for a little while?"

Taylor asked.

Jane smiled. "Yes!"

Taylor and Jane walked to the playground. As they climbed to the top, other kids said hi to Jane. Jane stayed near Taylor at first, but soon the other kids

were helping Jane too. For the rest of the Primary activity, Taylor and all the other kids talked to Jane. By the end, Taylor no longer felt nervous, and she was pretty sure Jane didn't either.

"Does anyone want an ice pop?" Mom said as she opened a cooler.

After all the running and playing, Taylor felt happy to sit with her friends and cool off. When Jane went home, Taylor and the other kids said goodbye to her.

Soon it was just Taylor, her mom, and the other leaders. Taylor picked up ice pop wrappers and put them in a trash bag.

"I'm so proud of you," Mom said. "You and your friends shared Heavenly Father's love with Jane today."

Taylor thought about that. Even though she usually looked for ways Heavenly Father showed His love for her, today was different. Today, *she'd* been the one showing His love. ●



ILLUSTRATION BY HOLLIE HIBBERT

How do you feel God's love? How can you share His love with a friend?

5 WAYS TO Make the Sacrament Special

Every week

at church, we can take the sacrament.



This is a special time to remember Jesus Christ and the covenants we made at baptism.

Here are five ways you can prepare for the sacrament.

1 Be ready for church!

Set out your Sunday clothes the night before church.



This can help you not feel rushed. Try to be on time for church so you can listen to the music and think about Jesus Christ. When you prepare for the sacrament, you are ready to feel His love.



2 Think about your week.

What happened the week before? Did you do anything kind?



Were there things you felt proud of? Is there anything you could do better next week? You can think about these things as you get ready for church and during the sacrament.



3 Think about what you would like to do differently.
Look at a picture of the Savior in the *Friend*.

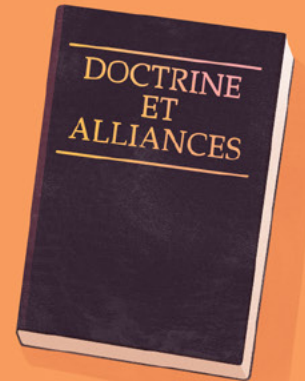
Focus on Him and remember that because of Him, we can repent and try again when we make a bad choice. He and Heavenly Father love you!



4 Pray to Heavenly Father.

The sacrament is a special time to think about Jesus Christ's life and His Atonement. Use this quiet time to say a special prayer to Heavenly Father.

Tell Him everything that is on your mind, and He can give you peace (see Philippians 4:6-7).



5 Read the sacrament prayers.

The sacrament prayers for the bread and the water are in Doctrine and Covenants 20:77, 79. Read these prayers before or during the meeting. If you need help understanding, ask an adult to read them with you. Pay attention to all the times Jesus Christ is mentioned in the prayers. ●



ILLUSTRATIONS BY JAROM VOGEL

A Chat with Melvis about the **Sacrament**



Melvis lives in Kuala Lumpur, Malaysia. We asked him some questions about what he does to make the sacrament meaningful.



Tell us about yourself.

I am nine years old, and I am from Nigeria. I speak two languages, Igbo and English. My favorite hobbies are football and playing games. There are four people in my family—me, my parents, and my sister.

My favorite things about living in Malaysia are the food and the culture. My favorite food is *nasi goreng* (fried rice). At my school we celebrate Lunar New Year and other holidays from different cultures too.





What do you do to prepare for the sacrament each week?



I try to follow Jesus and live in a Christlike way during the week. In sacrament meeting I like to sing the hymns. During the sacrament, I say a silent prayer in my heart, and I try to be reverent.

I do my best to listen to the talks after the sacrament. I like to take notes while I listen. Then after church I talk about what I learned with my mum and sister.

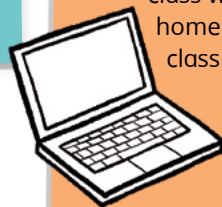
Why is taking the sacrament important to you?



By taking the sacrament, I am renewing the covenants and promises I made to Heavenly Father. I know that taking the sacrament and keeping my covenants brings blessings, like having His Spirit to be with me, guide me, and give me comfort to face challenges.

What do you do to follow and remember Jesus Christ throughout the week?

I always say morning prayers with my family every day. At school, I allow my classmates to use my laptop during class when they forget theirs at home. I also share my snacks with classmates who don't have any.



What would you tell others about focusing during the sacrament?

I would tell them to free their minds of their worries and everything else. Just reflect on the blessings and love of God in their lives. ●



For Little Ones



I like to draw pictures of
Jesus and the temple.

Norah V., age 4,
Western Cape, South Africa



I wear my CTR ring every day.
It reminds me to be like Jesus.

Levi S., age 4,
New York, USA

ILLUSTRATIONS BY FIONA POWERS





Cut out the pictures below.
If you do the activity during the day,
put the picture on the daytime side.



If you do the activity at night,
put the picture on the nighttime
side. If you do something at both
times of day, put the picture
in the middle!

Helping Lucas, Helping Lexi

By Rebekah Jakeman

A true story from the USA.

Lucas and Lexi are brother and sister. They like to work and play together.

Lucas is blind. This means he can't see well. Lexi has a clubfoot. This means her foot is twisted, and it's hard to walk. Lucas helps Lexi walk when her legs get tired. Lexi reads to Lucas when his eyes get tired. They like to help each other.

Lucas and Lexi like playing on the playground. Lucas helps Lexi if she trips and falls. Lexi helps Lucas if he can't find the monkey bars.

Lucas and Lexi like playing board games. Lexi reads the rules to Lucas. Lucas helps Lexi figure out her next move.

Lucas and Lexi like music. Lucas likes to play the piano. Lexi likes to sing.





Sometimes Lucas plays the piano while Lexi sings.

Lucas and Lexi like helping each other. Lucas sometimes helps Lexi make her bed. Lexi sometimes helps Lucas pick up his toys.

Lucas and Lexi like reading scripture stories. They like learning about Jesus Christ and how He helped others. Jesus loved those He helped.



Lucas loves helping Lexi, and Lexi loves helping Lucas. They love Jesus Christ and want to be like Him. Jesus loves Lucas and Lexi. He loves that they help each other. ●



Watch a video about this story here!



Teach Me about the Sacrament



Before Jesus Christ died, He had a special meal with His disciples. He told them it was a way they could always remember Him.

When we go to church, we have the sacrament too. It helps us always remember Jesus Christ.



We eat a small piece of bread and drink a small cup of water. When we take the sacrament, we can think of how we will follow Jesus. ●



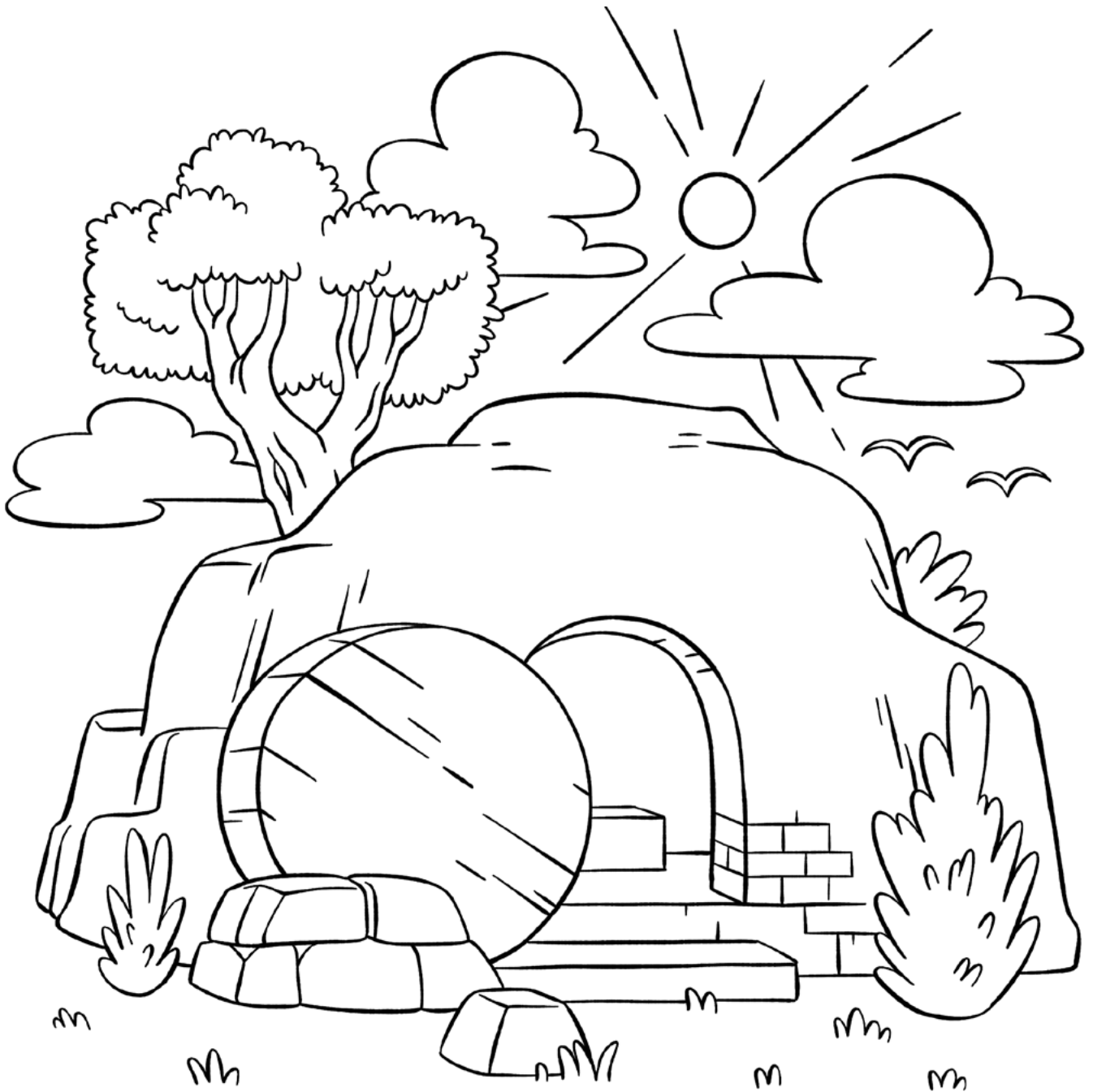


ACTIVITY TIME



You can look at these pictures of Jesus Christ during the sacrament. What is He doing in the pictures?





Because of Jesus Christ, I Will Be Resurrected

How do you remember Jesus at Easter?

We believe that a man must be called of God, by prophecy, and by the laying on of hands by those who are in authority, to preach the Gospel and administer in the ordinances thereof.

What this means:

We believe our Church leaders are chosen by God and called with His authority. Under God's direction, righteous priesthood holders can be asked to give blessings, baptize and confirm people, bless and pass the sacrament, and help with other parts of God's work.



Friend Mail

Where We Read the *Friend*

Maria V. and Laura M., ages 10 and 6,
read the *Friend* in Portuguese in
Minas Gerais, Brazil.



I Love to See the Temple

Linda T., age 10, visited the
Madrid Spain Temple.

Easter Lilies from the *Friend*

We made Easter lilies (Mar. 2024) and gave
them to our Primary president to say
thank you.

Lehi and Joel L., ages 3 and 4,
North Rhine-Westphalia, Germany



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



**PLEASE SEND YOUR
SUBMISSION TO:**

Friend Magazine
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

