

FEBRUARY 2025

# the Friend

Following Jesus Together



**BAPTISM and  
CONFIRMATION**

See pages 24-25







# Welcome, Friends!

God invites us to share the gospel. Everyone can do it!

On page 38, find five ways to share our beliefs. It can be as fun and easy as bringing a friend to church or a Primary activity. Being a good example is also a way to share.

On page 4, read how Sundae invited a friend to her baptism. Her friend Amy said she felt good being there.

Join our challenge on page 35 to think of three people you can share your testimony of Jesus Christ with. You can do it!

Love,

*The Friend*

P. S. Write and tell us how you shared the gospel!

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 Estonian CTR rings.

Check out the Articles of Faith poster on page 49!



## The *Friend* | February 2025, Vol. 55, No. 2

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Front cover by Steliyana Doneva





**By President  
Dallin H. Oaks**  
First Counselor in the  
First Presidency

## Covenants with God

A covenant is a commitment to do certain things. For example, doctors and firefighters covenant to help others. Missionaries promise to serve people and teach the gospel.

Prophets like Nephi and Isaiah wrote about the covenants Heavenly Father made with His people long ago. We can read about them in the scriptures.

When God called Joseph Smith as the prophet, He guided Joseph to restore covenants that had been lost. Joseph taught Church members about baptism, the sacrament, and the temple.

Today, President Nelson teaches us to follow the covenant path. Temples are being built all over the world. This helps more Church members make covenants with God.

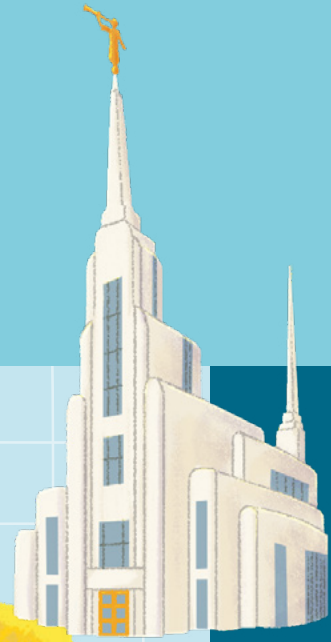
I testify that if you strive to keep your covenants, Jesus Christ will bless you. ●

*Adapted from "Covenants and Responsibilities," Liahona, May 2024, 93–96.*



# Remember Your Covenants

President Oaks taught about how special objects can help us remember our covenants. For example, a wedding ring reminds people of their marriage covenants.



Decorate this shield to remind you of the covenants you have made or will make! As we keep our covenants, Heavenly Father protects us, and we can stay close to Him.



# Sundae's Song

Sundae had an idea! "Do you want to come to my baptism?"

**By Abby Larkins**

*A true story from the Philippines.*

Sundae and her friend Amy played all day. They practiced cartwheels outside and played with stuffed animals. It had been fun, but Sundae needed to go home.

"Can you play again tomorrow?" Amy asked.

Sundae didn't know what to say. Tomorrow she was getting baptized! Amy wasn't a member of the Church. How could Sundae tell her about baptism?

But Amy was Sundae's friend. Maybe it would be OK.



"I can't play tomorrow because I'm getting baptized," Sundae said.

"What does that mean?" Amy asked.

"It's something we do in my church," Sundae said. "Jesus Christ was baptized, and I want to be baptized so I can follow Him."

Then Sundae had an idea! "Do you want to come? I'm singing a song too."

Amy smiled. "Sure, I'd love to!"





The next day, Sundae watched people come for her baptism. Then she saw Amy! Amy waved at her. Sundae smiled and waved back.

Soon it was time to start. Mom gave a short talk. She said that when Sundae got baptized, she would promise to follow Jesus Christ and keep the commandments. Then she would be confirmed. This meant she would be blessed with the gift of the Holy Ghost.

"We can all feel the Holy Ghost," Mom said. "But when we get confirmed, the Holy Ghost can be with us always."

Then it was time for Sundae's song. She walked to the front of the room and took a deep breath. Then she started to sing "When I Am Baptized."

*I want my life to be as clean  
as earth right after rain.  
I want to be the best I can  
and live with God again.*



When she finished, Sundae felt so happy. She knew this feeling was the Holy Ghost. She saw Amy smiling with tears in her eyes.

*I think Amy is feeling the Holy Ghost too,* she thought.

After Sundae was baptized and confirmed, she found Amy.

"Thanks for inviting me," Amy said. "It made me feel really good. I'm happy for you."

Sundae smiled at her. "Thank you for being my friend," she said. She was happy to now have two great friends—Amy *and* the Holy Ghost. ●



Learn more about baptism and confirmation on page 46!



# My Gospel Words

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

## Priesthood

The **priesthood** is God's authority and power that He gives us to help do His work on the earth.

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## Baptism

When you are **baptized**, you make a covenant with God. You promise that you are willing to take Jesus Christ's name upon you, keep God's commandments, and always serve Him. A

priesthood holder says a special prayer, dips you completely under the water, and brings you back up. This represents leaving your sins behind and being born again as a follower of Jesus Christ.

---

## Confirmation

After you are baptized, a priesthood holder **confirms** you a member of The Church of Jesus Christ of Latter-day Saints. You also receive the gift of the Holy Ghost, which means that the Holy Ghost can always be with you.



## Covenant

A **covenant** is a promise we make with Heavenly Father to obey His commandments. When we make and keep covenants, Heavenly Father blesses us.

---

## Jesus Christ's Atonement

**Jesus Christ's Atonement** is the sacrifice He made for us. In the Garden of Gethsemane, He suffered for our sins and felt all our pain. He died on the cross. Then He rose from the dead. Because of Jesus Christ, we can all repent and be forgiven of our sins.

# How to Find Joy



**By Elder  
Dieter F. Uchtdorf**  
Of the Quorum of the  
Twelve Apostles

Joy comes from following the Savior and walking in His way.

---

The path to happiness is not a secret. It is available to us all!

---

True joy grows when it is shared.

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You can share this joy by praying for someone with all your heart.

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*Adapted from "A Higher Joy," Liahona, May 2024, 66–69.*

## Did You Know?

When Elder Uchtdorf was a young boy, he delivered laundry on his bicycle for his family's business.





## How the Church Is Growing in Colombia

- The first stake in Colombia was created in 1977. There are now about 215,000 members of the Church there.
- Colombia has 72 family history centers!
- Colombia has temples in Bogotá and Barranquilla. Another temple will be built in Cali.



¡Chévere!

That means "awesome" in Colombian Spanish!



# Hello from Colombia!

Colombia is in the northwest part of South America. More than 50 million people live there! The official language of Colombia is Spanish.

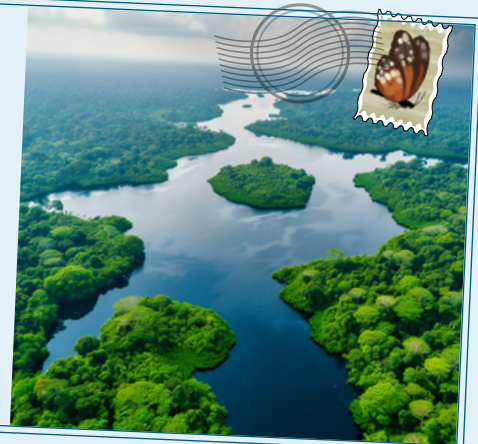


## RIVER RAINBOWS

Caño Cristales is a river known as the "liquid rainbow" or the "river of five colors." It has many colorful plants on the riverbed.

## RAINFOREST

About half of Colombia is covered in rainforest. The two biggest rainforests in the country are the Amazon and the Chocó.





## THE LOST CITY

La Ciudad Perdida ("the Lost City") is an old town where people used to live about 1,225 years ago. It is deep within the rainforests of Colombia.



## CHEESE IN CHOCOLATE

A favorite treat in Colombia is hot chocolate with melted cheese in it.



## PINK DOLPHINS



The Amazon pink river dolphin can change color! They are born gray and then can become pink as they get older.





# FOLLOWING JESUS IN COLOMBIA

Ruben follows Jesus Christ by sharing the gospel. One Sunday, the Primary president asked each child to give a Book of Mormon to someone. Ruben talked to his parents and listed people he could give one to. He chose to give a Book of Mormon to a security guard he met when his family moved to a new city. He was nervous, but he prayed to Heavenly Father for help.

“When I follow Jesus, I feel happy. There are people who need my help,” he says. “When I help others, I feel peace.”

With his family, he loves to read the scriptures, study *Come, Follow Me*, and eat ice cream. He serves his family by doing chores and watching his younger sister. ●

## About Ruben

**Age:** 10

**From:** Cundinamarca,  
Colombia

**Language:** Spanish

**Goals:** Be a building  
engineer or a football player

**Hobbies:** Playing video  
games, going to the park,  
and playing the piano

**Family:** Ruben, Mom, Dad,  
and younger sister





## MEET RUBEN



### Ruben's Favorites

**Scripture Story:** When Jesus Christ calmed the sea (see Mark 4:35–41). It shows how Jesus can calm us when we are worried.

**Holiday:** Christmas—Ruben loves sharing presents with his family!

**Fruit and Vegetable:**  
Bananas and broccoli

**Colors:** The colors of the Colombian flag (yellow, blue, and red)

**Primary Song:** "Keep the Commandments" (*Children's Songbook*, 146)



### 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 temple was built by the early Saints from 1840 to 1846. It burned down but was rebuilt in 2002.
- While the temple was first being built, Joseph Smith received revelation about temple ordinances.
- This was the first temple to have an angel Moroni on the top.



**Nauvoo Temple**

- This was Colombia's first temple!
- Members in Colombia helped design and build this temple.
- Some members in Colombia rode on a bus for 22 hours to attend the temple dedication.



**Bogotá Colombia Temple**

- This was the first temple built in the Pacific islands.
- The street that leads up to the temple is named Hale La'a Boulevard. *Hale la'a* means "sacred house."
- This temple has been in operation for over 100 years!



**Laie Hawaii Temple**



# Primary Friends

Follow the paths to find out who each child goes to church with. Who helps you learn about Jesus Christ?



Kenji



Efua



Emma



Diego



Veda



Mom and Dad



Primary teachers



Neighbors



Friends



Grandpa

ILLUSTRATIONS BY BRYAN BEACH







# Friends around the World



I made a temple night light to make me feel comforted and to help me choose the right.

**Riley J., age 10,  
Utah, USA**



My mom needed help with an errand. I felt the Holy Ghost prompting me, and I helped her.

**Phyllis O., age 12,  
Central Region, Ghana**



**Kynzie H., age 9, Missouri, USA**



**Bat-Enerel B., age 4, Ulaanbaatar,  
Mongolia**



**Alice H., age 11, Miaoli County, Taiwan**



Heavenly Father guides us when we read the Book of Mormon. I know He loves us because He gives us things to learn and books to read to give us knowledge.

**Filipe U., age 9,  
Tailevu Province, Fiji**



I had a question during an exam that I didn't know how to answer. I said a prayer in my head, and Heavenly Father helped me understand the question.

**Gabriel W., age 11,  
Luxembourg, Belgium**



I saw a girl at the playground who looked sad. I asked her if she wanted to play with me. It made her happy, and it made me happy to do what Jesus would do.

**Daisy M., age 8,  
Florida, USA**

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

Turn to the back cover to see how.



**Katelyn A., age 8, Minnesota, USA**



**"Tree of Life," Ethan J., age 8,  
South Dakota, USA**



**Donnelle B., age 9, Waikato, New Zealand**





# Walking TO CHURCH

By LaNae H. Poulter

*A true story from Zimbabwe.*

"M omma, wake up," whispered Kupa.

"The sun isn't up yet." Momma yawned. "Can't you sleep just a little longer?"

"I'm too excited," said Kupa. "It's Sunday, and we can go to church!"

"OK. You win," said Momma. "But I'll need your help to get your sisters ready."

Kupa liked to help Momma. She started by boiling cornmeal to make sadza for her little sisters, Agnes and Sheila. After they ate, Kupa helped clean up.

Kupa put on her favorite dress and chose clothes for her sisters. The room was filled with giggles as she helped them get dressed. She was so excited!

"You are a good helper, Kupa," said Momma.

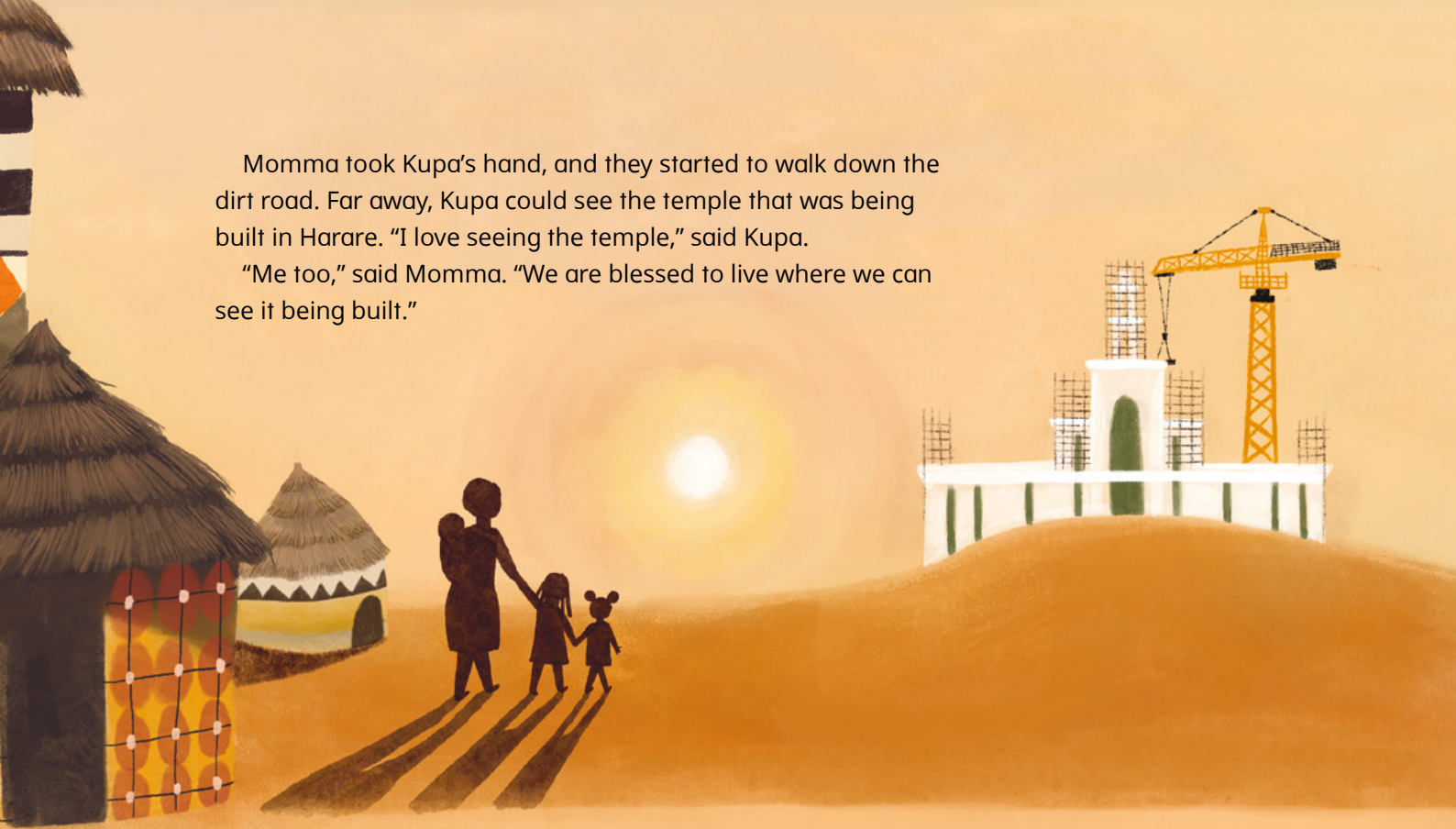
"Thanks!" said Kupa.

As they started out the door, Momma tied Sheila onto her back with a cloth wrap. "I am so glad you two are big enough to walk," she said to Kupa and Agnes.



Momma took Kupa's hand, and they started to walk down the dirt road. Far away, Kupa could see the temple that was being built in Harare. "I love seeing the temple," said Kupa.

"Me too," said Momma. "We are blessed to live where we can see it being built."



They took a shortcut through the fields of corn. Sometimes, they stopped to rest and let Sheila wiggle and stretch. They talked, sang songs, and listened to the birds. After walking for an hour and a half, Kupa was so happy to see the church.

Kupa read the sign: "The Church of Jesus Christ of Latter-day Saints."







"We made it," said Momma. She untied the wrap around Sheila.

"And we are early again!" said Kupa excitedly.

Soon Kupa and Momma were cheerfully greeting the others entering the building. Kupa liked being with the people at church. She felt loved there.

Kupa and her family found a place to sit. Resting her legs felt good. When she took the sacrament, she thought about Jesus Christ. Then she listened carefully as the bishop explained it was fast Sunday and invited people to share their testimonies.

Kupa watched and listened as others came to the front of the chapel to share what they believed. She wanted them all to know she had a testimony too. Kupa walked to the front of the room. She felt a little nervous, but she knew what she wanted to say.

She breathed deeply, stood tall, and said, "I love to see the temple. I know it is a special place to learn about Heavenly Father's plan. Our life is a special gift from Him. I know the



scriptures are true. I know Heavenly Father and Jesus love me. I am trying to be kind and helpful like Jesus. I know the Church is true. In the name of Jesus Christ, amen."

Kupa looked at the people in the room. They were smiling at her. Kupa smiled big and walked back to her seat. Momma hugged her when she sat down. Kupa was glad that she had the courage to share her testimony. Kupa loved Sundays. ●

# PEACE

## during the Sacrament



**By Te Raki B., age 12,  
Otago, New Zealand**

Where I live, my family and I are the only members of the Church.

I am the only member at my school. I have had to stand up for my belief in Jesus Christ with my friends many times. It is not easy, but I know I need to choose the right. One way I choose the right is by passing the sacrament.

I was nervous to pass the sacrament for the first time. I didn't want to trip and fall. My friend taught me what to do. He helped me out on my first Sunday. It was also fast Sunday, so I fasted and prayed that I would not make a mistake. I felt happy after I passed the sacrament, and I knew that I did the right thing. I felt at peace.

The sacrament allows everyone to renew their covenants. It feels amazing to help others. I would tell other new deacons who are nervous about passing the sacrament to pray and to practice. It is the best experience. Even if you feel like you won't do it right, you will do great and feel so good after. ●







By Elder  
John A. McCune  
Of the Seventy



## *Looking to the Light*

**W**hen I was young, my family lived on a farm. My chore was to feed the cows. The barn was a long walk from my house. This wasn't an easy chore for me to do.

Some days I had to walk in the dark. When it was time to walk back home, I felt so scared! My house seemed so far away. As soon as I stepped through the gate near my house, I would run the rest of the way home.

I could see the light coming through the windows of my house. If I focused on that light, I wouldn't be as scared. The light gave me a purpose. But when I took my focus away from the light, my fear felt overpowering.

It is very easy to feel afraid in the world today. But if we stay focused on the light of Christ, our fears become less powerful. Each day, we can choose: Are we going to focus on the darkness or focus on the light?

We are children of God. He will guide us safely to our heavenly home. ●

*From an interview with Kristin Pedersen.*

# The Light of Christ

Make this craft to remind you to focus on the light of Christ. How has focusing on Him helped you overcome your fears and feel peace?

1. Draw a picture of yourself in the center of the sun. Then cut out the picture!
2. Hang the picture on your window so light can shine through.





# Come, Follow Me Activities

JANUARY 27–FEBRUARY 2: Doctrine and Covenants 3–5

## Heart Wreath

We can follow Jesus Christ with all our hearts (see Doctrine and Covenants 4:2). Cut out 10 small paper hearts. On each heart, write one way you can follow the Savior. Place the hearts overlapping each other in a circle and glue in place to make a wreath.

**For younger children:** Cut out a heart for your child to color. As they color, tell them how you try to follow Jesus Christ with all your heart.





FEBRUARY 3–9:  
Doctrine and Covenants 6–9

## Flashlight Fun

God can give us answers to our questions through the Holy Ghost (see Doctrine and Covenants 6:23). Sometimes we need to really focus to understand the message. Get a flashlight and turn off the lights in a room. One person uses the flashlight to draw a picture or letters on the wall. The others try to guess what it is. How is the flashlight like the Holy Ghost?

**For younger children:** Tell your child about a time when you received a message from Heavenly Father through the Holy Ghost.

FEBRUARY 10–16: Doctrine and Covenants 10–11

## Prayer Rocks

The scriptures teach that we should always pray to Heavenly Father (see Doctrine and Covenants 10:5). Use paint or markers to decorate a smooth rock with words or pictures that remind you of Him. Once the rock dries, put it next to your bed to remind you to pray each morning and night.

**For younger children:** Practice folding your arms and bowing your heads. Then help your child say a simple prayer.



FEBRUARY 17–23: Doctrine and Covenants 12–17; Joseph Smith—History 1:66–75

## Scripture Sharing

The scriptures say that we should help “bring souls unto [Christ]” (Doctrine and Covenants 16:6). That means helping others learn about Heavenly Father and His plan for us. Cut cards out of paper and write a scripture on them. Give a card to a teacher, friend, or family member to share the gospel with them.

**For younger children:** Pass a set of scriptures back and forth with your little ones. Tell them something you love about the scriptures.







# The Priesthood Is Restored



## JESUS CHRIST IS BAPTIZED

In the Bible we read how John the Baptist baptized Jesus Christ. John the Baptist had the Aaronic Priesthood—God’s authority to baptize. Jesus was baptized to set an example for us.



## JOSEPH SMITH RECEIVES THE AARONIC PRIESTHOOD

When Joseph Smith was translating the Book of Mormon, he and Oliver Cowdery read about baptism. When they prayed to learn more, John the Baptist appeared! He gave them the Aaronic Priesthood.







## JOSEPH SMITH IS BAPTIZED

God's authority to baptize was on the earth again! Joseph and Oliver baptized each other in the river.



## WE CAN BE BAPTIZED TOO

With the Aaronic Priesthood on the earth, we can be baptized like Jesus Christ was. We can repent from bad choices and be clean again. ●

**Joseph Smith was baptized in the Susquehanna River. Can you find these things in the picture?**

- |               |          |               |
|---------------|----------|---------------|
| 1 turtle      | 1 beaver | 4 dragonflies |
| 1 squirrel    | 1 mouse  | 1 otter       |
| 3 butterflies | 11 fish  | 1 ladybug     |
| 1 heron       | 2 ducks  |               |



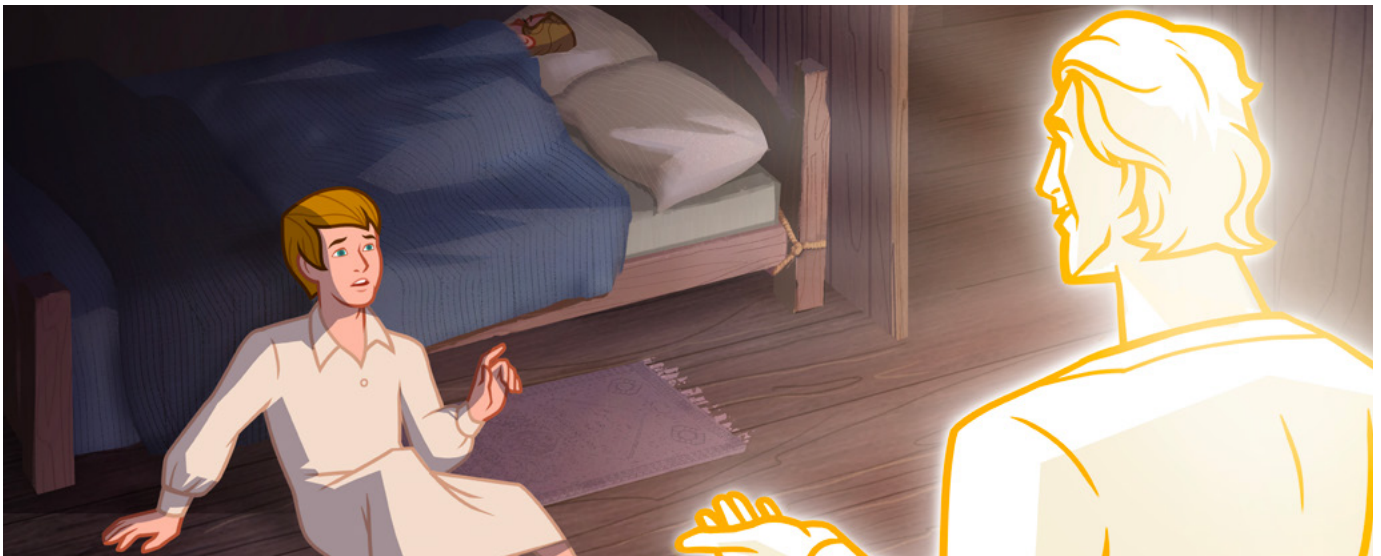
## Joseph Smith Receives the Gold Plates



Three years after the First Vision, Joseph Smith felt bad about some mistakes he had made. He prayed to Heavenly Father about it.



While Joseph was praying, light filled the room. He saw an angel standing in the air. The angel's name was Moroni.



Moroni said there was a book made of gold pages, or plates. It was buried in a hill near Joseph's home. The book was about people who lived in the Americas long ago. Moroni said God would help Joseph translate the book.



You can read this story in Joseph Smith—History 1:28–60.



Joseph went to the hill and found the plates under a heavy rock. Moroni came and said that Joseph wasn't ready to take them yet.





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



When Joseph was older, Moroni met him on the hill and gave him the plates. Moroni told Joseph to keep them safe.

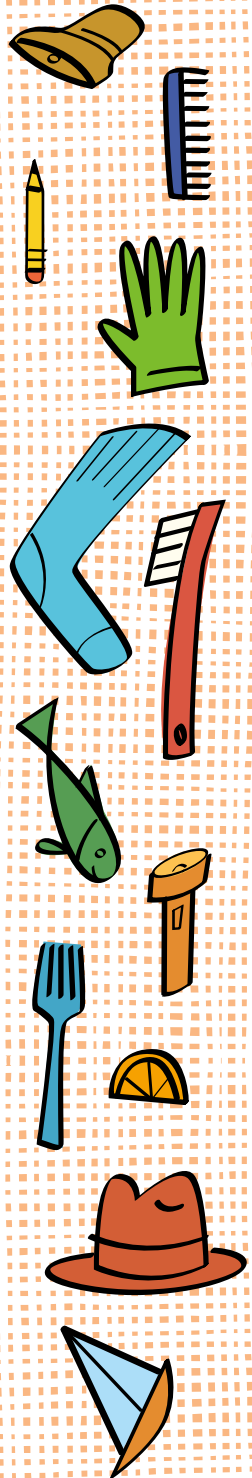


Joseph began translating the plates into English. He used special tools from God to help him. The book was published in 1830 as the Book of Mormon. It teaches about Jesus Christ and His gospel. ●



# Finding the Gospel in India

In 1954 a man named S. Paul Thiruthuvadoss was in a used bookstore in India. He found a pamphlet about Joseph Smith inside a book and read it. He and his family were baptized! Can you find the hidden items?



ILLUSTRATIONS BY RAYE CALUG



# Mom's Baptism

Scott was happy they got to share this special day together.

By Karly Lay

*A true story from the USA.*

**W**ater swirled around Scott's legs as he stepped into the baptismal font. His older brother Sandy was already standing in the water. He smiled and took Scott's hand.

Scott smiled back and looked up at the people watching. There was Dad. He looked so happy! And there was Mom. She waved at him. She was also wearing white baptismal clothes. Scott's other brother Gerrie was going to baptize her.

When Mom had told Scott she would get baptized on the same day as him, he had been so excited. Mom hadn't grown up going to church like Scott had. She had started going to church after she met Dad.

Scott always knew Mom loved Jesus Christ, and she came to church with them almost every week. The missionaries had come to their house a lot too. But it had taken years before Mom felt ready to be baptized. He was so happy they could share this special day together!



It was Mom who had taught him about baptism and confirmation when he turned eight.

"You'll make a very important promise to Heavenly Father to always follow Him and Jesus Christ," she had said. "In return, you'll always have the Holy Ghost with you."

And now it was time to be baptized! Scott plugged his nose when Sandy dipped him all the way under the water. When Scott came back up, he blinked water from his eyes and grinned. He felt so clean! There was a warm feeling in his heart as he stepped out of the font.

After he changed into dry clothes, Scott sat down and watched Gerrie baptize Mom. She looked so happy as she went into the water and came back out. She looked right at Scott and gave him a big smile.

The next day at church, they were both confirmed as members of The Church of Jesus Christ of Latter-day Saints. Scott closed his eyes as Dad and other priesthood holders put their hands on his head. They blessed him with the gift of the Holy Ghost. Then he listened reverently as Mom was confirmed. He felt warm, happy, and safe. Scott knew he was feeling the Holy Ghost.

Afterward they sat back down to listen to the speakers. Then Scott heard a sniffle. He looked over in surprise to see a tear slide down Mom's cheek.

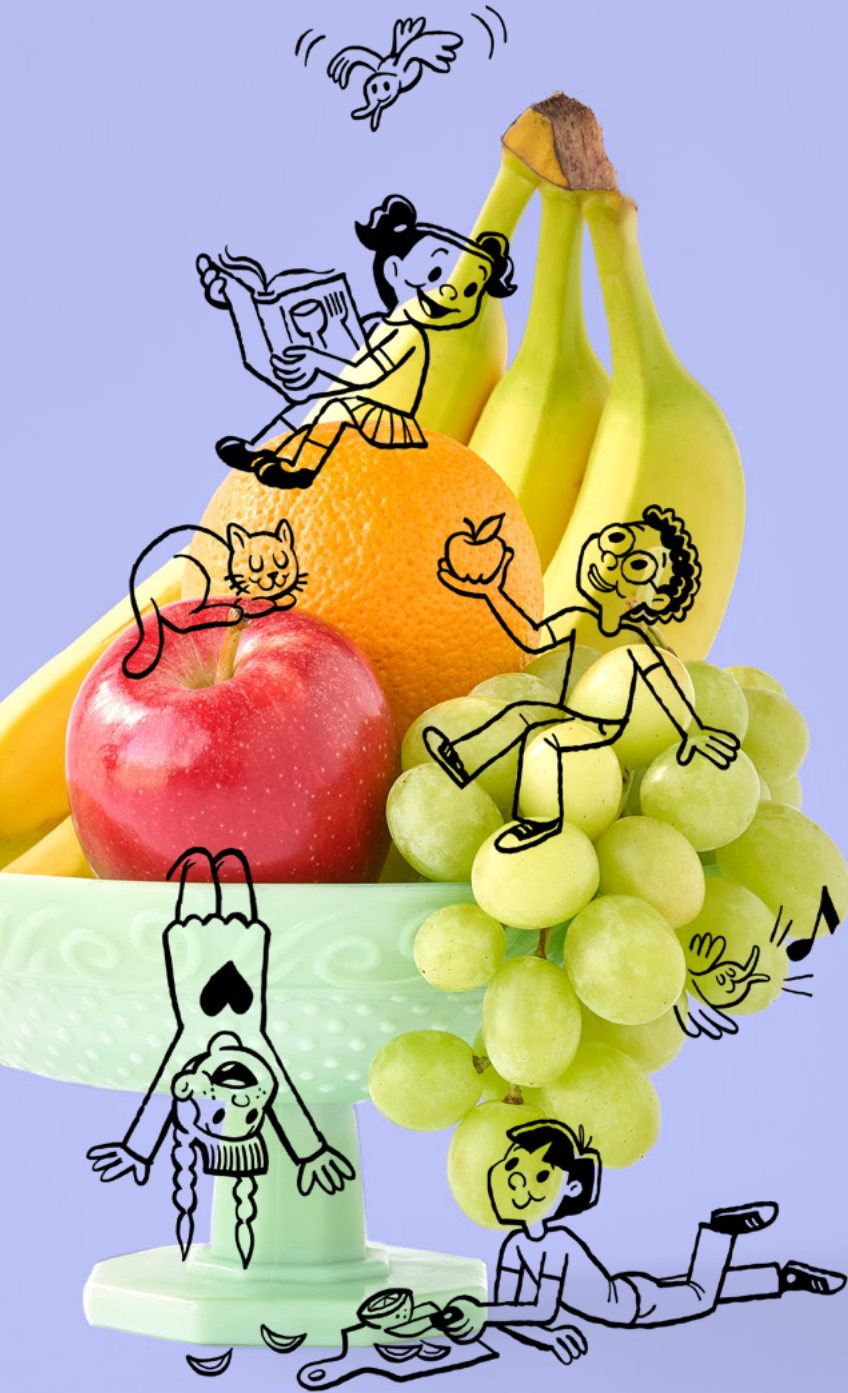
Scott frowned. "Are you OK, Mom?" he whispered. "Why are you sad?"

Mom wiped her cheek and smiled. "I'm not sad," she whispered back. She put an arm around Scott and squeezed. "Sometimes people cry when they're happy. And I'm so happy right now."

Scott squeezed back. "Me too." ●







# FRUIT SALAD

- 1 orange
- 1 apple
- 1 banana
- 1 ½ cups (225 g) grapes
- ½ cup (125 g) yogurt of your choice

1. Pull the stems off the grapes and peel and slice the other fruit. You can use other fruits too!
2. Mix the fruit and yogurt in a bowl. Now enjoy your fruit salad!

## Remember

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

## Healthy Tip

Different colored fruits have different vitamins we need. Try to eat several fruits each day. They make great snacks!



# MARGO and PAOLO



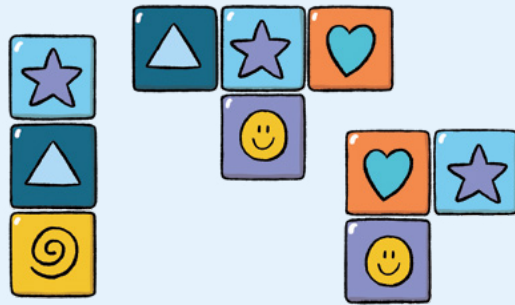
## A Special Job





## Find the Pattern

Which pattern can you find in the grid?



## Sketch It Out

Follow these steps to learn how to draw a missionary!



## Words from You



Recently in Primary, we learned about the life and miracles of Jesus Christ. I would like to follow Him and His example.

**Bella F., age 10, Córdoba Province, Argentina**



One day, when my mom and I were driving home, our car was really low on gas. We started driving to a gas

station, but soon it said we had zero miles left. I said a prayer. We made it to the gas station! I thanked Heavenly Father for helping us be safe.

**Austin E., age 9, Iowa, USA**

“Therefore, if ye have desires to serve God ye are called to the work.”

DOCTRINE AND COVENANTS 4:3

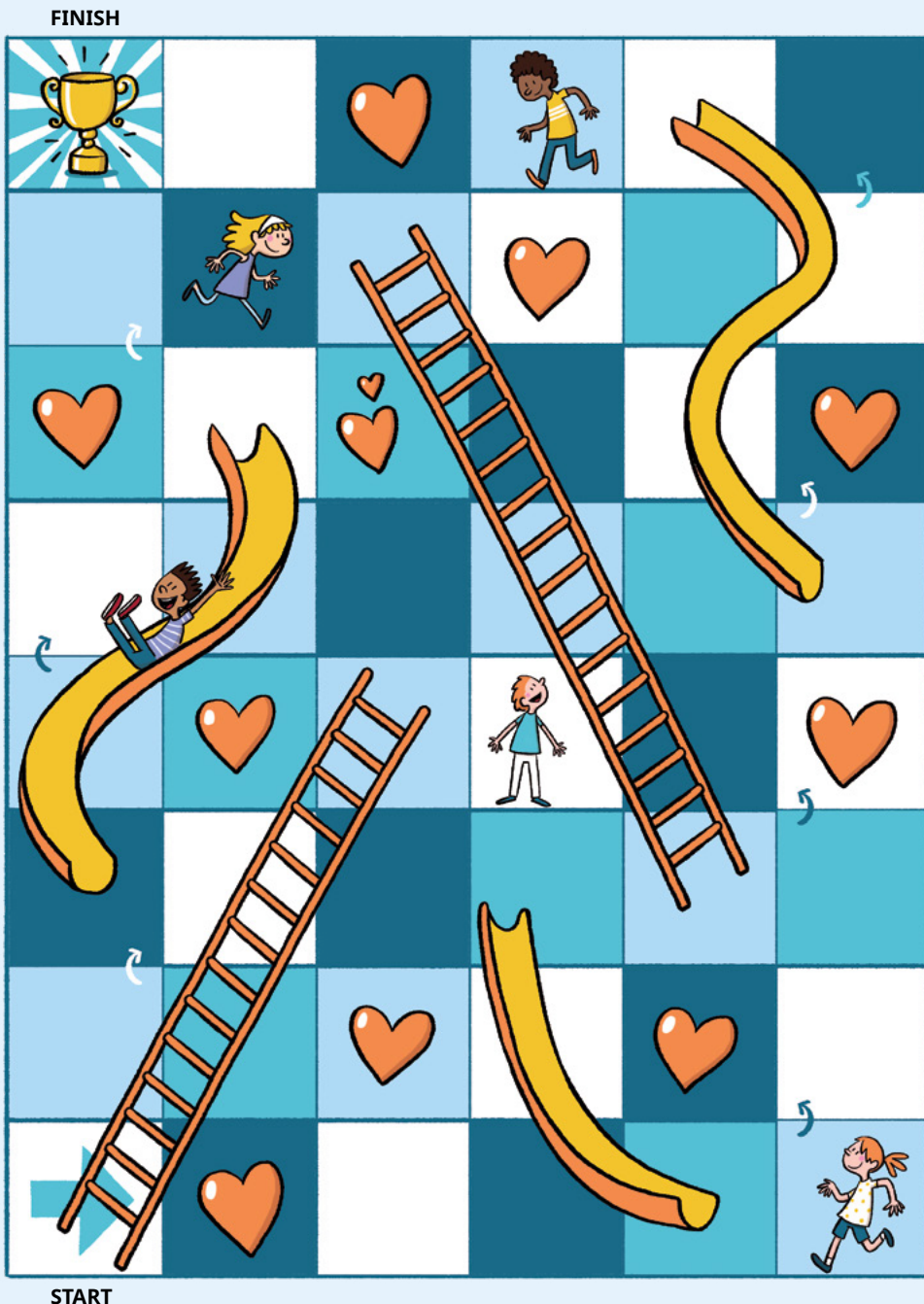
**THIS MONTH'S CHALLENGE**

Think of three people you can share your testimony of Jesus Christ with. Write their names here:

\_\_\_\_\_

\_\_\_\_\_

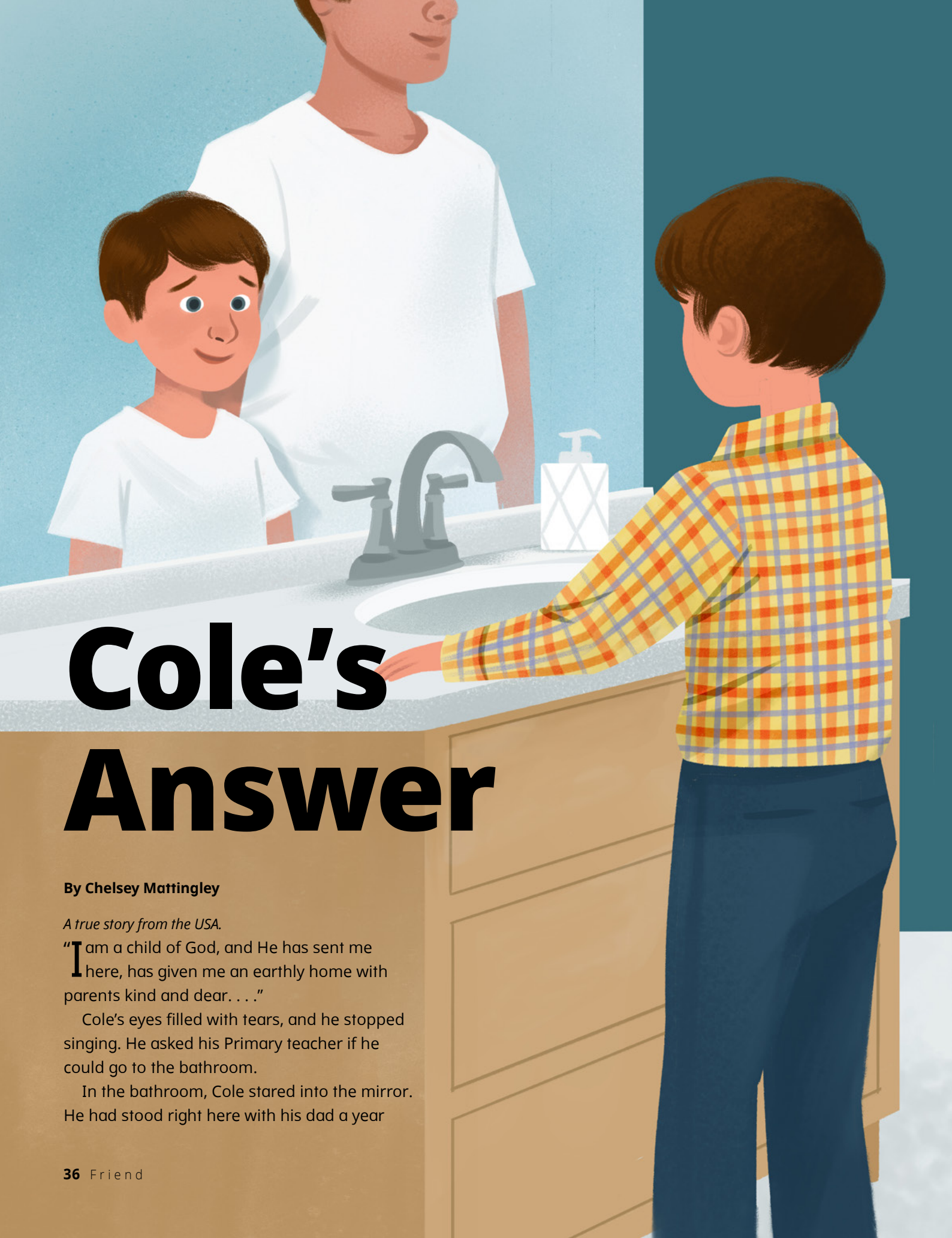
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### Climbing Hearts

1. Find small items to use as game pieces. The person with the closest birthday goes first!
2. Roll a dice to see how many spaces you can move. If you land on a ladder, climb to a higher space! If you land on a slide, ride down to a lower space.
3. If you land on a heart space, say a way you can help someone feel loved.
4. The first one to the finish square wins! Once the game is done, go do one of your ideas to share love with someone.





# Cole's Answer

By Chelsey Mattingley

*A true story from the USA.*

**I** am a child of God, and He has sent me here, has given me an earthly home with parents kind and dear. . . .”

Cole’s eyes filled with tears, and he stopped singing. He asked his Primary teacher if he could go to the bathroom.

In the bathroom, Cole stared into the mirror. He had stood right here with his dad a year

ago, right before Cole's baptism. They had both been dressed in white.

"You're about to make a very important covenant," Dad had said. "Today you will promise to always follow Jesus Christ and try to be like Him."

Cole had felt so happy and warm when he came out of the water. He knew he had made the right choice to be baptized.

But now, it was all different. Dad wasn't with him today. He never came to church anymore.

Cole sniffed and wiped his eyes. At first, when Dad missed church, Cole thought he was sick. Or maybe that he had to go to work. Then Dad came less and less. Soon, he didn't come with them at all.

Cole remembered the day when he finally felt brave enough to ask his mom about Dad. Mom had sighed and said, "Dad isn't sure the Church is true anymore. He's trying to decide what he believes." She looked sad, and Cole knew that it was hard for her too.

Scary questions had filled Cole's mind. How could someone lose their testimony? Would Cole ever lose his? What did all this mean for their family?

Cole had given Mom a hug. "What can we do? How can we help Dad find his testimony?"

"Only Heavenly Father can help Dad find his testimony again," Mom had said. "But we can pray for him."

Ever since then, Cole prayed for Dad every day. But months went on, and nothing changed. Cole felt afraid. He worried all the time. It was hard to go to church without Dad. It was hard to believe that his family could be together forever.

Cole wiped away the rest of his tears and said another silent prayer. Then he walked back to Primary. When he came in, Sister Snow was reminding everyone about general conference next weekend.

The next Sunday, Cole sat with Mom and watched conference. Dad was upstairs watching basketball. Cole listened to the prophet talk about his life as a little boy. He was surprised to learn that President Nelson's parents didn't go to church either when he was young.

Then President Nelson talked about how he had longed to be sealed to his parents in the temple. Cole froze, listening closely. President Nelson had to wait for many years, even after his parents were 80! But then they were finally sealed as an eternal family.

Cole felt the Holy Ghost whisper to him that things with Dad would be OK too. Cole would have to be patient. But Heavenly Father would help his family, just like He had helped President Nelson's family.

Even though the answer was not what Cole had wanted, he knew that Heavenly Father had heard and answered his prayer. Heavenly Father loved his dad, and He loved Cole too. ●





# 5 WAYS TO SHARE THE GOSPEL

By Isabelle Justice

In the scriptures, Jesus Christ asks us to share His gospel with others (see Mark 16:15). Here are five simple ways you can share your testimony of the Savior with your friends and family!

## Bring a friend.

Everyone is welcome at church! Invite a friend to Primary or a church activity.



## Write down scriptures you like.

As you read the scriptures, write down some verses you like. If you see someone having a hard time, you can share a scripture with them!



## Keep a picture of Jesus Christ with you.

Cut out the picture of Jesus and keep it with you to remember to follow His example. When you're a good example, you're sharing the gospel too!



**A scripture I love:**

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**A scripture I love:**

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Cut out the door hanger to put on your bedroom door when you are praying.



# PRAYER in Progress

## Share your testimony.

You can share your testimony of Jesus Christ at home, school, or church. Just focus on your feelings for Him and say what is in your heart. Turn to page 16 to see how Kupa shared her testimony in church!

## Pray for others.

Jesus Christ teaches us to pray always (see 3 Nephi 19:15–36). If you aren't sure how to share the gospel with someone, say a prayer for them, and Heavenly Father will help you. ●





A Chat with Lili about  
**SHARING THE  
GOSPEL**

Lili is a 10-year-old from Hungary. We asked her some questions about how she lives and shares the gospel.

**Tell us about yourself.**

I love to sing a lot, and I also enjoy dancing. When I'm not singing and dancing, I enjoy being outside in nature with my friends. I like to read too.

**Can you tell us about a time when you shared your beliefs with someone else?**

One day at school, I was sitting on a bench reading the Book of Mormon. One of my classmates asked me about the book. I talked about it with her and shared my feelings about why I like to read it. I also took the opportunity to share my testimony about Jesus Christ.





## What is it like being a member of the Church where you live?

In the town where I live, we don't have a Church unit, so we travel 30–40 minutes to go to meetings on Sundays and activities during the week. It's a bit of a drive, but I don't mind. It's a great time to listen to music and annoy my sisters and brother, haha.

I am also the only member of The Church of Jesus Christ of Latter-day Saints in my school. I attend a Christian school and have made great friendships with my classmates. All my teachers and friends support me in my faith, and I can bravely live and share my beliefs.



## What advice would you give to someone who is nervous about sharing the gospel?

Focus on feeling the Holy Ghost. Just feel it. You will know at the moment when you need to speak. ●



# For Little Ones

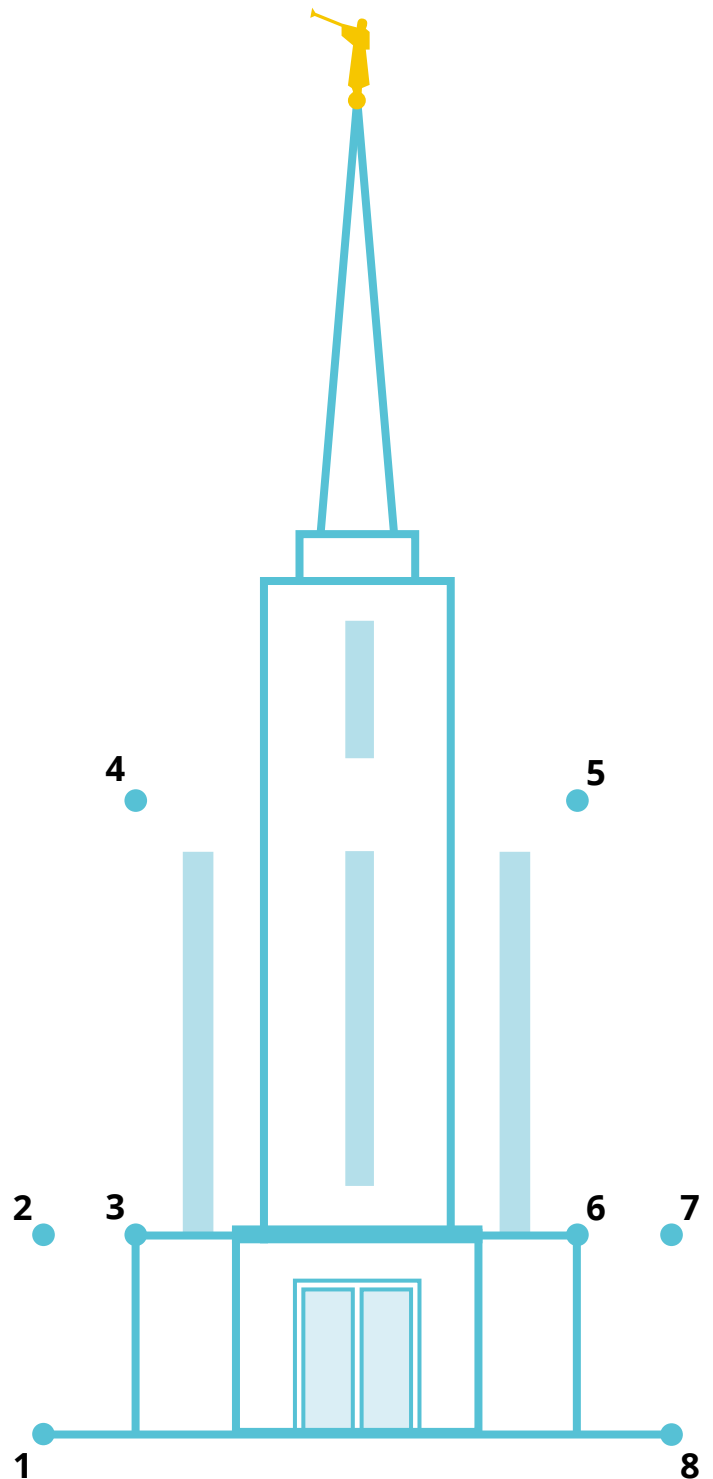


I can follow Jesus by helping others.  
Spencer S., age 5,  
Indiana, USA

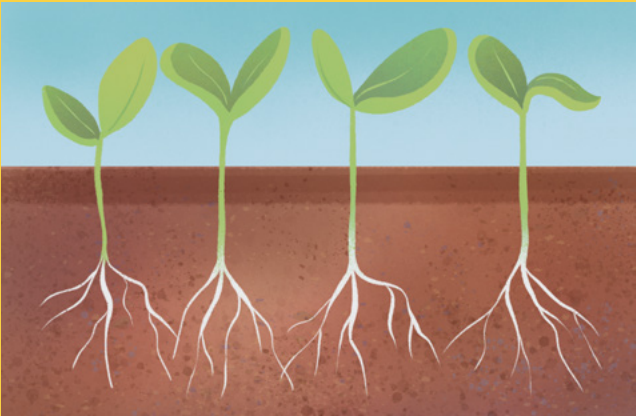
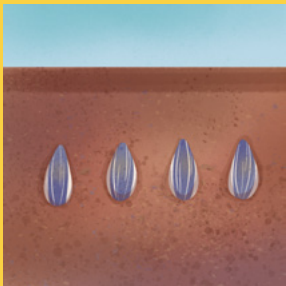


I love Jesus, I love the temple, and I love the world!  
Emery W., age 4,  
Utah, USA

Do you love to see the temple?  
Connect the dots to finish the picture!



Point to what happens first. What comes next? What happens last?





# Already a Missionary

By Jane McBride

*A true story from the USA.*

Thad had helped Mom set the table for dinner. "Can I wear my church clothes tonight?" Thad asked. "Since the missionaries are coming to dinner?"

Mom smiled. "I think that's a great idea."

Before dinner, Thad went upstairs to put on his white shirt and tie.

"Why are you wearing a tie today?" his older sister, Mindy, asked. "It's not Sunday."

"The missionaries are coming," he said. "I want to be like them!"

The doorbell rang, and Thad and Mindy ran downstairs. They saw two missionaries in white shirts come inside. They sat down, blessed the food, and started to eat. Thad was careful not to spill spaghetti on his clean white shirt.

"I like your tie," said Elder Cowley. "You look just like a missionary."





Thad grinned. "I'm going to serve a mission when I grow up."

"That's a great goal!" Elder Wakefield said. "You can even start being a missionary now."

Thad sat up taller in his chair. "How?"

"You can be a good example to others. You can serve your family. And you can be a good friend."

Thad thought about it. "I can do that."

The next day, Thad tried extra hard to be nice to Mindy. He helped Mom with chores. He shared his toys when a friend came over to play.

At the end of the day, Mom hugged him. "You're going to be a great missionary someday."

Thad gave a big smile. "I already am!" ●



Watch a video about this story at [friend.ChurchofJesusChrist.org](http://friend.ChurchofJesusChrist.org).



# Teach Me about Baptism and Confirmation



**Jesus Christ was  
baptized.**

He set an example for us.  
We can follow Him by  
being baptized too.

**We go all the  
way under  
the water.**

Then we quickly  
come back up.



# We get confirmed after we are baptized.

This means we can always have the Holy Ghost with us to help us make good choices.

**Activity Time**  
Can you find these shapes?



# We promise to do our best.

We show that we want to follow Jesus Christ and become a member of His Church.





# I Can Be a Witness That the Book of Mormon Is True



How can you help others learn about Jesus Christ in the Book of Mormon?

We believe that through the Atonement of Christ, all mankind may be saved, by obedience to the laws and ordinances of the Gospel.

**What this means:**

Jesus Christ died for us because He loves us. We believe that His Atonement allows all of us to live with Him and Heavenly Father again as we follow Their commandments.





# Friend Mail

## Where I Read the *Friend*

**Candace C., age 11**, reads the *Friend* in English in Mashonaland East, Zimbabwe.



## I Love to See the Temple

**Pedro A., age 6**, visited the Buenos Aires Argentina Temple.

## My Family Story

I drew my family story (Oct. 2023). We went camping, looked at the stars, and cooked food over the campfire.

**Kalliope D., age 6, Georgia, USA**



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	

