

SEPTEMBER 2024

# the Friend

Following Jesus Together



**I Can  
REPENT!**

See pages 2-3



## Dear Friends,

Only Jesus Christ was perfect. Because of His Atonement, we can all repent when we make wrong choices.

Repentance is an amazing gift! It means that we can pray for forgiveness and make it right. The Savior will help us try again and do better.

Read the message from President Oaks on page 2 to learn more. What did Rafaela on page 14 do to repent when she took something that didn't belong to her?

We're cheering for you!

The *Friend*



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

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**POSTMASTER:** Send all UAA to CFS (see DMM 707.4.12.5). **NONPOSTAL AND MILITARY FACILITIES:** Send address changes to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

**Canada Post Information:** Publication Agreement #40017431.

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The Friend Magazine



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## Friends by Mail

### Where I Read the *Friend*

**Emily R., age 10,** reads the *Friend* in German in Lower Austria, Austria.



### Armor of God

I dressed up in my armor of God from the "Come, Follow Me Activities" (Oct. 2023). I learned I can always be spiritually ready to follow Jesus Christ.



**Mattheus van D., age 7,** South Holland, Netherlands

### I Love to See the Temple

**Andrea Camila G., age 6,** visited the Caracas Venezuela Temple.



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Find 3 Hidden Chinese CTR Rings

**Hard:** Next to the elephant

**Harder:** Who will win?

**Hardest:** Between the blossoms



Front cover by Donald Wu

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

WE LOVE HEARING FROM OUR FRIENDS!



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

## Repentance Is Joyful!

**R**epentance is a joy. It is an important part of God's plan. We all need to repent.

To repent, we must begin with faith in Jesus Christ. We must forsake our sins and confess them. This means recognizing we did wrong, saying sorry to those we hurt, and choosing to make better choices. We should also partake of the sacrament each Sabbath day.

When we repent, we will be clean. The Lord promises that He will “remember [our sins] no more” (Doctrine and Covenants 58:42). What a promise! What a miracle! What a blessing!

Our loving Savior opens His arms to receive all who repent and follow Him. ●

*Adapted from “Cleansed by Repentance,” Liahona, May 2019, 91–94.*

# Clean Again

Do this activity to help you learn about repentance!

## Materials you need:



1. Fill a clear container with water. Then drop some rocks and dirt in the water. This represents the wrong choices we make.



2. To become clean again, we need to stop doing what is wrong. To represent this, take the rocks out of the container. How does the water look now? Is it still dirty?



3. To fully repent, we need Jesus Christ. We need to have faith in Him and His Atonement. Hold the container of water under a faucet. Let clean water run into the container until all the dirty water splashes out! This represents the power Jesus Christ has to help us become clean.





# THE **Dart** *DISASTER*

*Was Daniel brave enough to tell the truth?*

**By Kimberly Oldroyd**  
(Based on a true story)

*This story happened in the USA.*

**D**aniel lifted the lid off Grandpa's old toybox and peeked inside. His cousins gathered around to see. They loved to play together at Grandpa's house!

Inside were lots of old toys that Daniel's mom and aunt had played with when they were kids.

"What are those?" Daniel's cousin Noah pointed to six shiny, old-fashioned lawn darts. They had pointy ends and colored flags—some red and some yellow.

Daniel picked one up. "My mom told me about these," he said. "You put a hoop on the lawn outside. Then you take turns throwing these up in the air and try to get them to land in the hoop."

"Cool!" said Noah. He was already running to the yard to set up the game.

Soon Daniel and his cousins were launching the metal lawn darts in the air all around Grandpa's yard. Daniel liked it when the darts landed hard and stuck in the grass.



"I bet I can throw mine higher than yours," said Daniel's cousin Lily.

The kids laughed and threw the darts higher and higher.

Then Daniel had an idea. "I bet I can throw mine all the way across the driveway and into the hoop!" he said. He ran to the other side of the driveway and threw the dart hard.

The dart flew high into the air, but it didn't land in the grass. Instead it fell onto Aunt Robilyn's brand-new car with a loud *THUD*.

"Oh no!" yelled Noah.

Daniel picked up the dart. There was a giant dent on the car where it had landed.

The kids looked at each other with dread. Then, without saying anything, they left the darts on the lawn and ran inside.

Later that afternoon, everyone went to their cars to go home. Daniel's aunt noticed the dent on her car. "What happened?" she asked.

Daniel's stomach felt heavy. But he didn't say anything. He just climbed into the car and waved goodbye to his cousins.

On the drive home, Daniel sat quietly in the backseat. He tried to read his book. But he couldn't focus. He felt sick inside about what happened. He knew being honest was the right thing to do. But telling the truth would be awful! His parents would be so mad at him. So would his aunt.

Then Daniel thought about his favorite scripture hero. Daniel in the Old Testament was thrown into the lions' den for choosing the right. He was brave. Maybe Daniel could be brave too.

"Hey, Mom?" Daniel said. "I threw a lawn dart, and it hit Aunt Robilyn's car and made the dent. It was my fault."

Mom glanced at him in the rearview mirror. She wasn't as mad as Daniel thought she would be. "Thanks for telling me the truth," she said.

Daniel took a deep breath. "Can I call Aunt Robilyn when we get home?" he asked. "I want to say sorry. And I'll work hard to earn the money to pay to fix her car."

Mom smiled. "That's a great idea."

The heavy feeling in his stomach was gone, and Daniel felt peaceful. He had been brave enough to tell the truth. Because of Jesus Christ, he could repent and make things right. ●



**How did Daniel feel when he told the truth and repented?**

MEET SARIAH!

# Following Jesus in **Zimbabwe**



Mhoroi!



## How Sariah Follows Jesus

Sariah has some health problems. She takes medicine to help her. She is grateful for her life. "The Savior helps me, so there is no need to worry," she says.

"When my mother is tired, she needs someone to play with my baby sister," says Sariah. She helps by singing to her, carrying her, and playing with her.

Sariah is the first one to notice when her mom is sad, and she always gives her a big hug. "Helping people makes me happy," she says. "Especially helping my family." ●



### You Can Follow Jesus Too!

What's something you've done to follow Jesus?  
Write and tell us! Turn to the back cover to see how.



## About Sariah

**AGE:** 7

**FROM:** Mashonaland East, Zimbabwe

**LANGUAGES:** English, Shona

**GOALS:** 1) Be a dancer.  
2) Be a doctor.

**HOBBY:** Playing with friends

**FAMILY:** Sariah, Mom, Dad, older brother, older sister, younger sister

---

## Sariah's Favorites

**BOOK OF MORMON STORY:** When Jesus Christ blessed the Nephite children (see 3 Nephi 17)

**HOLIDAY:** Easter

**FRUITS:** Apples and grapes

**COLOR:** Red

**PRIMARY SONG:** "The Sixth Article of Faith" (*Children's Songbook*, 126)

# Hello from ZIMBABWE!

Zimbabwe is in Southern Africa. More than 16,500,000 people live there.

## A WONDERFUL WATERFALL

Victoria Falls in Zimbabwe is the largest waterfall in the world. The noise can be heard from over 24 miles (40 km) away!



## A VISIT FROM THE PROPHET

In April 2018 President Nelson and Sister Nelson visited Zimbabwe. Hundreds of children sang "I Am a Child of God" for them.



Livukile!

That means "Good morning!" in Ndebele.



**ACTIVITY**

## Elephant Craft

Zimbabwe has the second-largest elephant population in the world!

1. Cut one large paper circle for the head and two smaller circles for the ears. Then glue the ears to the head.
2. Cut a long paper rectangle to make the trunk. Fold it back and forth so it makes a zig-zag shape.
3. Cut out two elephant tusks.
4. Now draw eyes and a smile for your elephant. Then glue the tusks and trunk on top!



## AMAZING ANIMALS

There are many grasslands in Zimbabwe. Some of the animals that live there are lions, hippopotamuses, giraffes, antelopes, and elephants.



ILLUSTRATIONS BY KATIE RENISE



## LANGUAGES

Zimbabwe has 16 official languages. Some of these are Shona, Ndebele, and English—just to name a few!



**RECIPE**

## Muriwo Unedovi (Peanut Butter Greens)

Muriwo unedovi is a traditional dish in Zimbabwe. Here's a version you can try!

1. Dice **1 onion** and cook in a pan with **oil** for 3–5 minutes. Dice **2 tomatoes** and add to the pan. Cook for 3–5 more minutes.
2. Chop **10 cups (2400 ml) spinach** (or a leafy green of your choice) and add to the pan. Let greens wilt for 5 minutes.
3. Add **2 tablespoons (30 ml) peanut butter**, **1/4 cup (59 ml) water**, and **1/2 teaspoon (2.4 ml) of garlic powder**. Mix well and add **salt** to taste.

*Be sure to get an adult's help!*



# Patrik's Boring Day

*Patrik's older brothers were always too busy for him.*



**By Rebekah Jakeman**

(Based on a true story)

*This story happened in Romania.*

Patrik stared up at the ceiling as he lay sprawled on his bed. He was bored. He had already read his animal books, jumped on the trampoline, and rode his bike around the neighborhood. What could he do now?

Patrik got up and walked to his older brother Daniel's room. "Will you play with me?" Patrik asked.

"Sorry, I can't. I have to study," Daniel said. He didn't even look up from the book he was reading.

Patrik felt his heart sink. Daniel was *always* studying. Couldn't he take a break?

Oh well. Daniel was busy, but Patrik could ask his other brother, Simion. "I'm bored. Can you play with me?" Patrik asked.

"No, not today. I'm going out with friends." Simion put on his jacket and walked out the front door.

Patrik was so mad! His heart beat faster. His older brothers were *always* too busy for him. He ran to his bedroom and slammed the door.

*It's not fair!* Patrik thought.

He stomped his foot and flopped onto his bed. His chest felt tight. He was so bored! But he felt too mad to think of something to do.

Then he remembered something he learned at school. His teacher taught them that taking deep breaths could help them feel calm.

"It's hard to fix anything when you feel angry," she had said. Maybe if he was calmer, Patrik could think of a way to solve his boredom problem.

So Patrik took a big, deep breath. Then he took another. After a few more, his chest didn't feel so tight anymore. But he still didn't know what to do.

He sat up and looked at the picture of Jesus Christ on his wall. What would He want Patrick to do?

Patrik got down on his knees. "Heavenly Father, please help Daniel as he studies," he said. "Help Simion to have fun with his friends. And please help

me to not be so bored."

When he finished his prayer, Patrik had an idea. He raced down to Daniel's room.

"Daniel, when you're done, can we play together?"

Daniel looked up from his book at the clock on the wall. "I can take a break in about 30 minutes. Then we could go outside. Do you want to do that?"

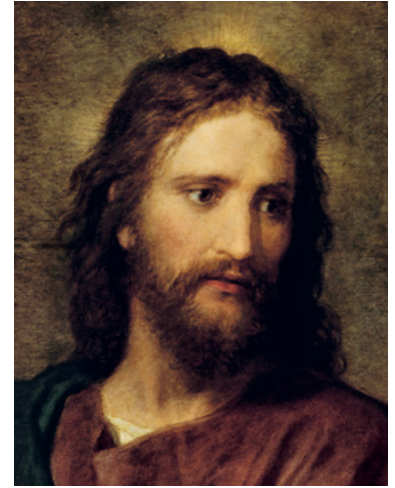
"Yes!" Patrik smiled and ran back to his room. He found an animal book about tigers he liked looking at. After reading it for a while, he played with blocks. Soon the time had passed, and he and Daniel headed toward the woods near their house.

"Do you want to play warriors in space or explorers in the jungle?" Daniel asked.

"I don't care. I'm just glad we can spend time together. It's a lot better than being bored," Patrik said.

Daniel grinned. "Well, playing with you is a lot more fun than studying for a test."

Patrik felt happy as he and Daniel crawled through the grass. Calming down had helped him to think more clearly so he could solve his problem. And Heavenly Father had helped him to be more like Jesus Christ. It was turning out to be a good day after all. ●



# Samuel on the Wall

*Samuel the prophet climbed on a wall to teach the people about Jesus Christ (see Helaman 13–16). Make this craft to help you remember Samuel's story. How can you share about Jesus Christ with others?*

1. Cut out the pieces. Then carefully cut the dotted lines on the wall to make two slits.
2. Slide the long strip through the slits. Now you can make Samuel climb up and down the wall as you tell the story on page 24!





I CAN PLAY IT

# If I Listen with My Heart

(Simplified)

Quietly ♩ = 96-112

Words and music by Sally DeFord

G C D G Em D

1. If I had been a lit - tle child when Je - sus lived on earth, I  
 hear a liv - ing proph - et speak the things that Christ would say If  
 feel the Ho - ly Spi - rit as He teach - es truth and right. He

G C D G Em Am B

would have liked to walk with Him and lis - ten to His words, But  
 He were here up - on the earth to talk with me to - day. The  
 com - forts me in times of need; He tes - ti - fies of Christ. He

Em B7 G Cm

as I search the scrip - tures I can hear His words of peace, And  
 proph - et teach - es how to live in righ - teous - ness and peace, peace,  
 speaks to me in qui - et ways that fill my soul with peace,

G Em Am D 1, 2. G Am D7 G Am D7

if I lis - ten with my heart I hear the Sa - vior's voice. 2. I  
 3. I

3. G Am7 D G D G

hear the Sa - vior's voice.



# Lost and Found Pencils

By Abby Larkins  
(Based on a true story)

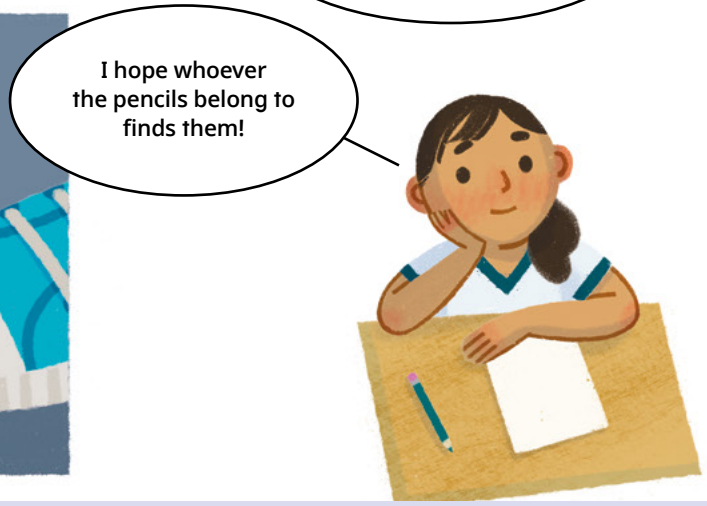
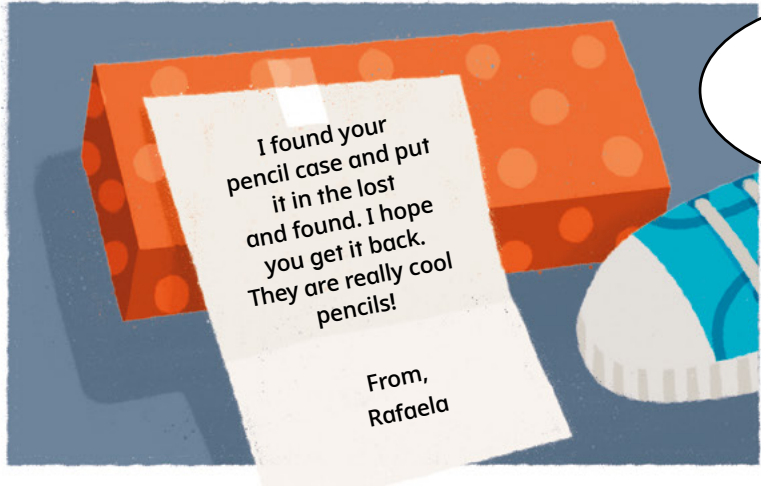




Later that day . . .



The next day . . .



**"When we choose to repent, we choose to become more like Jesus Christ!"**

President Russell M. Nelson, "We Can Do Better and Be Better," *Liahona*, May 2019, 67.

*This story happened in Brazil.*



**By Elder  
Gary E. Stevenson**  
Of the Quorum of  
the Twelve Apostles

# How Can I Improve?

Listen to the Holy Ghost.

---

Be patient as you keep  
trying.

---

Seek the Savior's help and  
follow His directions.

---

Remember, you are not  
alone. You have the Savior  
of the world on your side!

---

*Adapted from "Your Four Minutes," Liahona, May  
2014, 85.*



## Did You Know?

Elder Stevenson enjoyed skiing, snowboarding, and fly fishing with his children when they were growing up.





# THE SCIENCE PROJECT

**By Bradley Salmond III**  
(Based on a true story)

*This story happened in the USA.*

**B**radley dumped another cup of sand into his bucket. He was going to need lots!

His school's science fair was soon. Bradley was making a model that showed how tsunamis worked. He learned that a tsunami is a big wave of water caused by an earthquake in the ocean. He wanted his project to be perfect. Maybe he would win a prize!

When his bucket was full, Bradley gathered some sticks. Then he found a plastic bin and some small toy houses in the basement.

Bradley poured the sand into the bin to make the land. He carefully placed the houses and trees. Next came the exciting part—the water! Once he poured it in, he could push a piece of cardboard through the water to create the wave.

But then he made a big mistake. He poured in too much water! The houses were flooded—and he hadn't even made the wave yet. The wet sand made a goopy, muddy mess.

Bradley called to his mom in the kitchen. "What should I do now? I put too much water in."

"That's OK. You can just start over," said Mom.

"Let's do it together and measure a little at a time."

"OK." Bradley hung his head and went outside to get more sand.

This time they carefully measured the right amount of water and poured it in. Bradley moved the cardboard and watched the waves crash against the sand. It worked!

Next Bradley and Mom worked on his poster. He started writing some fun facts about tsunamis. But the words didn't fit on the page.

"I don't want to write it all over again!" Bradley said. His head began to ache.

"We don't have to rewrite all of it," said Mom. "We can just reword it so it will fit on the page."

Bradley groaned. His poster did not look at all like he wanted it to. "I don't want to do that. It will look bad if the words don't fit perfectly."

"Learning can be hard." Mom gave him a hug. "Sometimes we make mistakes. But the important





*"Heavenly Father wants us to keep trying."*

thing is that we don't give up. Heavenly Father wants us to keep trying. So let's take a break and finish in the morning."

The next morning, they finished his poster. It wasn't perfect, but Bradley felt a little better about it. Finally the day of the science fair came. Mom dropped Bradley off at school. "Remember," she said, "you worked hard on your project and learned a lot. And that's what matters."

Bradley carried his project to the big gym. It was full of projects and posters. All the fourth-graders were sitting down and waiting for their turn to show their project.

Soon it was Bradley's turn. His heart beat fast as he walked to the front. What if everything went wrong? Bradley pushed the cardboard through the water and showed the judges how the waves crashed against the land.

"What causes those big waves in the ocean?" one of the judges asked.

"The big waves are caused by . . ." Bradley's mind went blank. "I can't remember. But I can tell you

some fun facts about tsunamis." He read them the facts on his poster.

After school Bradley climbed into the car with his project.

"How did it go?" Mom asked.

"Not exactly the way I wanted," Bradley smiled.

"But I did my best and kept trying." ●



"Our destiny is not determined by the number of times we stumble but by the number of times we rise up, dust ourselves off, and move forward."

Elder Dieter F. Uchtdorf of the  
Quorum of the Twelve Apostles,  
"You Can Do It Now!" *Liahona*, Nov. 2013, 55.



# Following Jesus Together



**Unique S., age 10, Davao Region, Philippines**



I was nervous to go to Primary after my family moved to a new country. I prayed so I would feel welcome. We learned at family scripture study how Jesus loved and served everyone. Little by little, I am choosing to become more like Jesus and am thankful for my new friends at Primary.

**Jenika K., age 10, Mashonaland, Zimbabwe**



**Georgia B., age 8, Kansas, USA**



My mother turned on hymns for me to listen to. It made me feel good, and I felt like Jesus was near me.

**Laura O., age 6, Santa Catarina, Brazil**



**Clayton, Camilla, Camden, and Clara U., ages 4, 10, 8, and 6, South Dakota, USA**



I sweep the floor and set the table before meals to help my mom. I help my classmates with their homework and help my teachers move books at school.

**Kayser I., age 7, Macau, China**



I play with my younger brothers and help them get dressed while my mom gets ready for church. I feel the Lord's love for me when I help my family.

**Spencer F., age 8, South Carolina, USA**



**Ellery S., age 11, Texas, USA**



**"Love, Share, Invite," Will P., age 10, Idaho, USA**



**Trevor B., age 8, Okinawa Prefecture, Japan**

**Send in your art and stories!**  
Turn to the back cover to see how.

# What Does “Gathering Israel” Mean?

Gathering Israel means helping people make and keep covenants, or promises, with Heavenly Father. Inside the temple we can do this by being baptized for those who have died. Prophets have promised that as we help gather Israel, we will feel Jesus Christ’s love for us.

- This will be the first temple in Zimbabwe.
- Elder Edward Dube, who is from Zimbabwe, said a prayer at the groundbreaking. He prayed that the temple would help turn people’s hearts to Jesus Christ.



**Harare Zimbabwe Temple**

- This temple has brick walls that are 2 feet (60 cm) thick.
- When it was finished in 1985, it was the smallest temple.
- Almost 90,000 people attended the two-week open house.



**Freiberg Germany Temple**



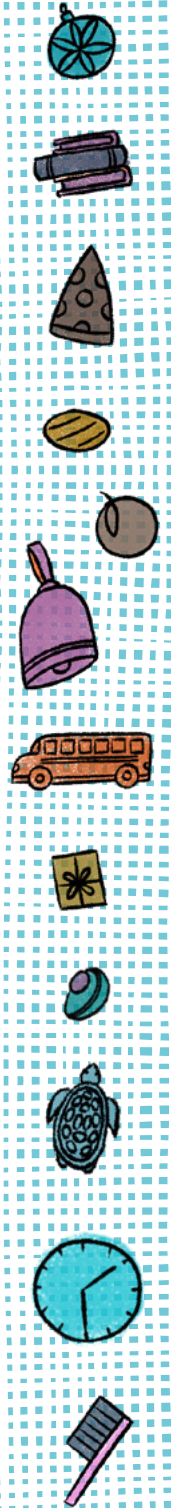
*Cut out the cards, fold on the dotted line, and tape them closed.*  
**Find more temple cards at [friend.ChurchofJesusChrist.org](http://friend.ChurchofJesusChrist.org).**





# A New Star

People in the Book of Mormon saw the star that showed that Jesus Christ had been born far away! Can you find the hidden objects?



# The Signs of Christ's Coming

**THE PROPHET SAMUEL**  
taught about the coming of Jesus Christ.



He taught that when Jesus came, there would be a **NEW STAR IN THE SKY**. There would be a day, a night, and a day with **NO DARKNESS!**



He taught the people to **WATCH FOR THESE SIGNS** so they could repent. He wanted them to be ready for the Savior's coming.



When the Savior comes again, we want to **BE READY** too! ●



# Scripture Challenge

Where did Nephi pray for the people? (Helaman 7:10)

---

Blessed are they who do what? (Helaman 12:23)

---

The Lord promised to gather His people as what animal gathers its chicks? (3 Nephi 10:4)

---

## I Can Read the Book of Mormon!

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

**Week 1:** Helaman 5:12

**Week 2:** Helaman 10:2-4

**Week 3:** Helaman 14:8

**Week 4:** 3 Nephi 4:31-32

**Week 5:** 3 Nephi 11:10-11



**Make a star to remind you of the new star that appeared when Jesus came. You can draw it or make it with objects you find. Send what you made to us! See the back cover to find out how.**

# Nephi Prays for the People

*You can read this story in  
Helaman 7:10-17 and 8:7-10.*



Nephi was a prophet. He was named after Nephi who got the brass plates. He was worried about the people. They had stopped following God.



Nephi went to his garden. He climbed a tower in the garden and prayed to God there. He prayed for the people.



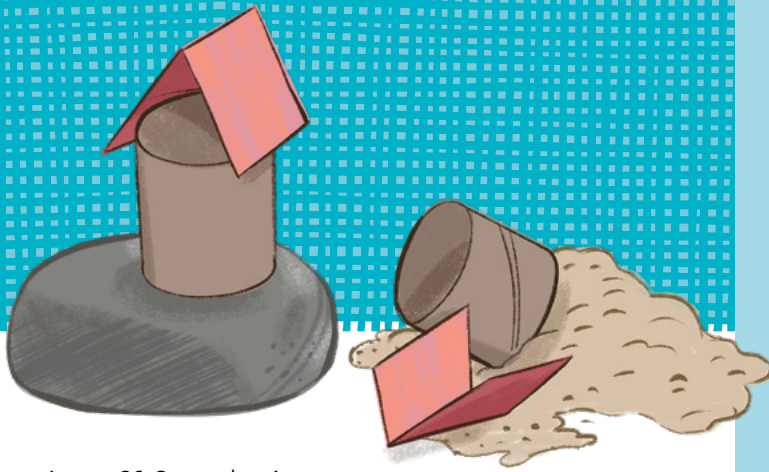
Some people noticed Nephi on the tower. They stopped to listen and gathered others to hear. When Nephi finished praying, he noticed they were watching and started teaching them.



Nephi asked the people to repent. Some of them didn't like what Nephi taught. But many others listened! They chose to repent and changed their ways. ●

# Come, Follow Me Activities

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



August 26–September 1

## Strong Foundations

FOR HELAMAN 1–6

Helaman taught his sons to build their lives on the strong foundation of Jesus Christ (see Helaman 5:12). A foundation is what something is built on. A strong foundation makes the whole building strong, even through storms. Build two towers—one on a strong foundation and one on a weak foundation. Which tower is more stable? How can we build our lives on Jesus Christ?

**For younger children:** Help your little ones find something they think is really strong. What did they find? Teach that we can be strong with Jesus Christ.



September 2–8

## Testimony of Christ

FOR HELAMAN 7–12

Many people in the scriptures taught and testified of Jesus Christ (see Helaman 8:16–20). You can start building your testimony of Him too! A testimony is something you believe or know is true about Heavenly Father and Jesus Christ. Write down your testimony and practice sharing it with your family or friends.

**For younger children:** Ask your little ones what they love about Jesus Christ. Then share your testimony of the Savior with them.



September 16–22

## Gathering Game

FOR 3 NEPHI 1–7

Jesus Christ promised He would gather all His children because He loves everyone and wants them to have the gospel (see 3 Nephi 5:24). Play a game about gathering. Have players stand in a circle. One person in the middle says a fact about themselves, like their favorite color. If that fact is true for anyone else, they come to the middle too. Keep going till everyone is gathered in the middle.

**For younger children:** Play hide and seek with your little ones. Give them a big hug when you find them. Talk about how Jesus Christ promises He'll gather us no matter where we are.



September 9–15

## Samuel Climbing the Wall

FOR HELAMAN 13–16

Samuel was a prophet who taught about Jesus Christ on top of a city wall (see Helaman 13:4). Go to page 12 and make the craft to help you tell Samuel's story.

**For younger children:** Hold your little ones while they stand on a chair and share what they know about Jesus Christ, like Samuel did.



September 23–29

## Jesus Is the Light

FOR 3 NEPHI 8–11

Jesus Christ is “the light and the life of the world” (3 Nephi 9:18). Watch a sunrise or sunset with your family. Then draw a picture of what you saw. While you draw, talk about reasons you love Jesus Christ and how He brings you light.

**For younger children:** Go outside and look at different lights, like the sun, the stars, or the moon. Ask your little ones how the light makes them feel. Talk about how Jesus Christ is our light.

# Cheering for Both Teams

By Ashley Stark

(Based on a true story)

*This story happened in South Korea.*

Jayne took one last bite of her noodles. *Mmmm.* Delicious!

"Let's play Yut Nori!" Uncle Ji-Ho said.

It was that time of year again! Her family was celebrating *Chuseok*, Korean Thanksgiving. Today Jayne's family had gathered to eat lots of food and play Yut Nori together. Yut Nori was Jayne's favorite game.

Everyone sat in a circle on the floor. Jayne looked around. What team did she want to be on? She scooted over to sit next to Uncle Ji-Ho. "I want to be on your team!" she said. "We're going to be the big winners!"

Uncle Ji-Ho laughed. "With you on our team, we sure have a good chance!"

Jayne's mom set the game board in the middle of the circle. Jayne helped her set out the pieces. They passed the four sticks to the team that would go first.

Jayne's cousin Ana took the first turn. She threw the sticks into the air. The way the sticks landed showed how many spaces that team could move on the game board. All four sticks were facing down, which meant that Ana got a Yut! She got to move her team's piece forward four spaces *and* got an extra turn.

But Ana was not on Jayne's team.

*Jayne frowned. She didn't want the other team to win!*



Jayne folded her arms and frowned. "I was hoping she wouldn't have a good throw," she whispered to Uncle Ji-Ho.

"Cheer up!" Uncle Ji-Ho said. "The game just started." He gave her an encouraging smile.

After Ana's second turn, Jayne's team threw the sticks. But they didn't get to move their pieces as far as Ana's team did.

With every turn, Jayne's family members cheered and laughed. Jayne watched the game pieces move around the board. Everyone was having fun.

Everyone but Jayne. Her team was still losing.





Finally it was Jayne's turn. She threw the sticks in the air, but only one landed face down. Her team's piece moved forward only one space.

Jayne folded her arms. "I quit!" she yelled. "I wanted us to win."

Suddenly, everyone was quiet. When she looked up, her family was staring at her. They seemed surprised that she was so angry.

Jayne's face felt hot. She felt bad that she wasn't happy for her family. She didn't usually get so mad. She stood up to leave the circle.

Uncle Ji-Ho put a hand out. "You don't have to leave," he said. "Winning isn't everything. Just try to have fun."

"OK." Jayne sat back down. She wanted to have fun like everyone else. She took a deep breath and watched her cousin Ben toss the sticks.

"Nice turn, Ben!" Uncle Ji-Ho said. He sounded happy.

Jayne looked at Uncle Ji-Ho with wide eyes. He was cheering for the other team! Maybe that was why he was having so much fun.

As the next turn began, Jayne decided to cheer for everyone on *both* teams. Uncle Ji-Ho was right. Winning wasn't everything. Jesus could help her be happy for her family members even if she lost.

When it was Ana's turn again, Jayne smiled at her. "Good luck! You've got this."

From across the circle, Ana smiled back. Jayne felt warm inside. She was having more fun already! ●

"So much in life depends on our attitude. The way we choose to see things and respond to others makes all the difference."

President Thomas S. Monson (1927–2018), "Living the Abundant Life," *Liahona*, Jan. 2012, 4.



By Elder  
Kevin W. Pearson  
Of the Seventy

# Who You Really Are



Our Heavenly Father loves us. He wants to help us know who we are. He created our spirits before we came to live on earth. We are all sons and daughters of God.

At times we may feel lonely or worry that we will never be good enough. Jesus Christ knows exactly how we feel. He will help us overcome any challenge. The hard things that we face in this life can help us become more like Jesus Christ if we turn to Him.

The gospel helps us see ourselves as Heavenly Father sees us. Through our faith in Jesus Christ, our trials can turn into blessings. Knowing who you are and how God sees you will bless anyone at any age!

As we come to understand who we are as children of God, we will be able to focus on who Heavenly Father wants us to become. We will face our challenges *with* Him. Even though we are imperfect and will make mistakes, we can find hope in knowing we are God's children. ●

*From an interview with Olivia Kitterman and Diana Evelyn Nielson.*

# Find the Favorites

All of us are different. We have different talents, likes, and dislikes. But we are all children of God!

Use the clues to fill out the chart and find what each of these friends is interested in. Hint: Put an X by what you know is *not* true. The first one is done for you. When you're done, each column should have one empty square!

1. The piano player is not Amara or Jade.
2. Max doesn't like math.
3. None of the boys play an instrument or do karate.
4. The girl who likes animals is not Amara.
5. Kai is the only one who likes basketball.



Dancing



Basketball



Karate



Math



Animals



Piano



Eva



Kai



Aaron



Jade



Max



Amara

					X
					X

# MARGO and PAOLO



## The Lemonade Lie



# Older Kids' Section

## What's Inside:

The Worry Box.....	36
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What's on Your Mind?.....	39
A Chat with Teancum.....	40
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### Quick Quiz

Who is Mormon descended from?

- A. Laban
- B. Zoram
- C. Lehi



(See 3 Nephi 5:20.)

Illustration: C.

### Inspiring Words

"Anytime we read and study from the Book of Mormon, we can expect remarkable outcomes."

Elder Gary E. Stevenson of the Quorum of the Twelve Apostles, "The Greatest Easter Story Ever Told," *Liahona*, May 2023, 8.

# The Worry Box

By Olivia Kitterman

(Based on a true story)

*This story happened in the USA.*

Olivia hurried out of her classroom before school was over. She tried not to look anyone in the eyes.

Today was Olivia's first day of therapy. Her mom explained that she would be meeting with a doctor who could help her with her worries. Olivia felt worried a lot. Sometimes she felt so worried that it was hard to sleep or have fun with her friends.

Olivia got in the car with Mom and slouched in her seat.

"Are you OK?" Mom asked.

Olivia didn't answer for a moment. "Why do I have to go to the doctor?"

Mom started driving.

"Heavenly Father gives us

doctors to help us. Just like how He gives us other things to help us, like friends and the scriptures. Do you remember the scripture chain we made?"

Olivia nodded. Mom had helped her find scripture verses that helped with her worries. At each verse, Mom wrote where to find the next one. When Olivia was worried at night, she would say a prayer and find one of the verses in the scriptures. Then she'd read the other verses in the chain until she could sleep.

When Olivia and Mom walked into the doctor's office, Dr. Posy introduced herself. She asked Olivia about her feelings. Olivia told her a little bit about her worries.

"A lot of people have something



*Olivia thought about her worries a lot.*



called anxiety,” Dr. Posy said. “They get worried a lot like you do. But you can do some things to help you feel less worried. Can you try one of them with me?”

Olivia looked at her shoes and nodded.

Dr. Posy handed Olivia a little box. “This is a worry box. It keeps our worries safe, so we don’t have to think about them.”

Olivia turned the box over in her hands. It didn’t look like anything special.

“Next time you feel afraid, write your worry on a piece of paper and put it in the box,” Dr. Posy said. “Then pick a time to open the box every day for worry time. If you worry about anything before worry time, say, ‘I don’t need to think about this right now.’”

“OK,” Olivia said. Dr. Posy helped her write her biggest worries, and Olivia tucked them into the box.

Later that day, one of Olivia’s worries popped into her head. *It’s in the worry box*, she told herself. *I can worry about that later*. She tried to stop thinking about it. She played with her brother instead.

When it was time for bed, Olivia felt nervous. Nighttime was when her worries got the worst. She put her worry box and her scriptures by her bed and called for Mom.

“What if it doesn’t work?” she asked.

Mom gave her a hug. “Then we keep trying.

Heavenly Father will help you find other ways that help.”

Olivia nodded. “Maybe I should write that down for the worry box too.”

“Great idea,” Mom said. She said a prayer with Olivia. That helped Olivia feel a little better.

A little while after Mom turned off the lights, a worry popped into Olivia’s head. She turned on her lamp. She wrote down the worry and put it in the box for later. She said another prayer to ask Heavenly Father to comfort her.

Then she opened her scriptures and looked for a highlighted verse from her scripture chain. The first one she found was Isaiah 41:10. It said, “Fear thou not; for I am with thee.”

Next to the verse, Mom had written “Doctrine and Covenants 6:36.” Olivia searched for that scripture and read it out loud. “Look unto me in every thought; doubt not, fear not.”

Olivia felt peaceful. She knew she would probably think of more worries. But Heavenly Father had given her lots of things to help her feel better. He had answered her prayers. And that helped a lot! ●



Turn the page to make a scripture chain, like Olivia did!



The scriptures can help us feel comfort and love from our Heavenly Father. You can make a chain of scriptures to read when you feel worried or sad.

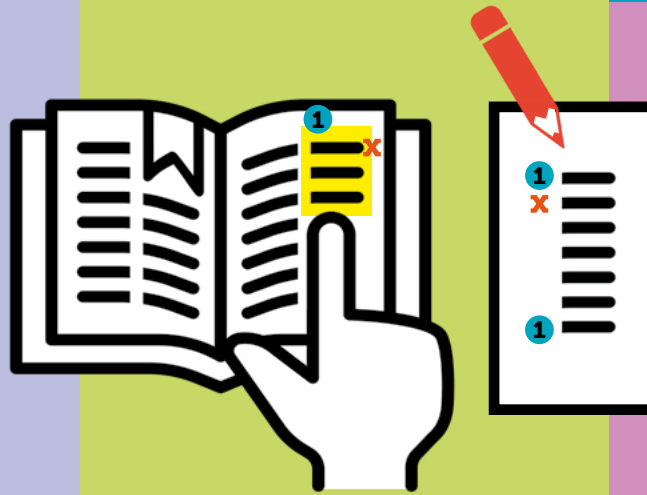
# Scripture Reading CHAIN

The purple shapes have some scripture verses you can use! You can add your own favorites too.

*Ask a parent or Primary leader for help!*

**Proverbs 3:5:**

“Trust in the Lord with all thine heart.”



**Proverbs 3:24:**

“When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet.”

**John 14:27:**

“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”

1. Make a list of your favorite scripture verses.
2. In your scriptures, find the first verse on your list. Use a colored pencil to carefully highlight the verse.
3. Next to it, write down the scripture reference (or page number, if that's easier for you) for the next scripture verse from the list. Then go to that verse and highlight it too.
4. Keep highlighting verses and writing down the reference for the next scripture. When you highlight the last one on your list, write down the scripture reference for the first scripture you highlighted.

**D&C 121:7:**

“Peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment.”

**D&C 68:6:**

“Wherefore, be of good cheer, and do not fear, for I the Lord am with you, and will stand by you.”

**D&C 45:62:**

“For verily I say unto you, that great things await you.”



# I don't like trying new things because I always make mistakes. What should I do?

—Trying in Toronto

## Dear Trying,

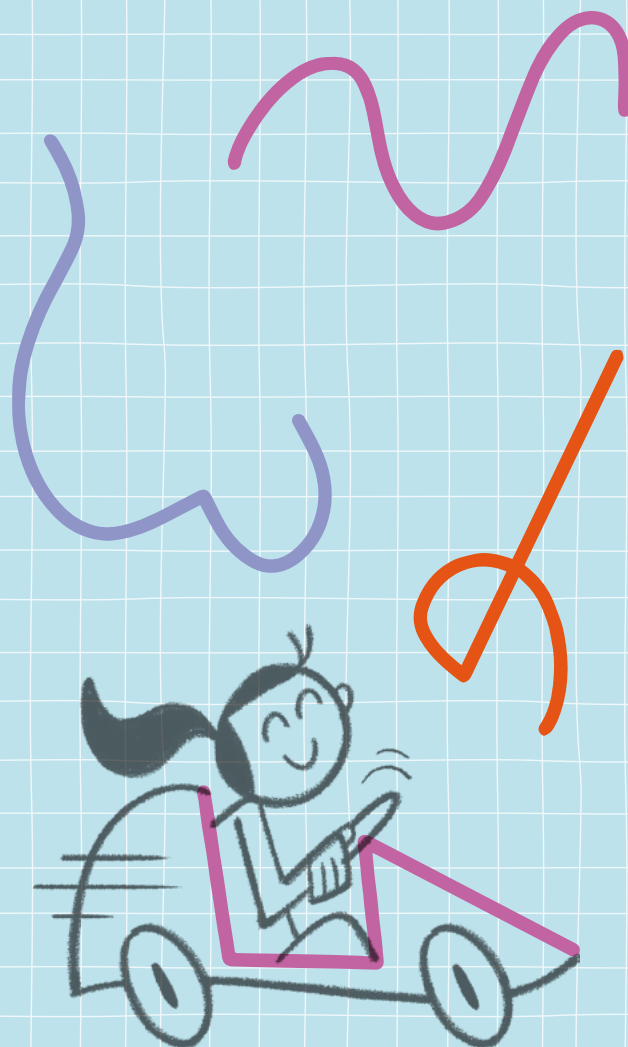
Maybe you think that if you don't do things perfectly, you are a failure. But that's not true! In fact, mistakes can help you learn and improve.

Heavenly Father helps us learn little by little (see Doctrine and Covenants 98:12). Instead of focusing on being perfect, try focusing on growing and slowly becoming more like Him. Look for the things you do well. Work on changing negative thoughts about yourself into positive ones. Most importantly, when you make a mistake—or even 20 mistakes—take a deep breath, say a prayer, and keep going!

With love,  
The *Friend*

## Turn These Scribbles into Art!

Someone started these drawings but gave up when they thought they weren't good enough. Use your creativity to finish each drawing. Let's see what can happen when we keep going!



# A Chat with Teancum about the Scriptures



*Teancum is from Fiji. We asked him some questions about how he learns from the Book of Mormon.*

## **Tell us about yourself.**

I am nine years old and the youngest of six children. My favorite color is red, and my favorite food is chicken curry with rice. I love playing rugby! Something unique about me is my name. My first name is from a Book of Mormon warrior, my second name is from my Nigerian uncle, and my last name is Fijian.



## **What helps you learn from the scriptures?**

I love to read the scriptures with my family. We study from the *Come, Follow Me* lessons together. I like learning new stories each week. We talk about what we learn and share our testimonies with each other. When I read the scriptures, I also like to imagine myself in the stories.





### **How do the scriptures help you?**

The scriptures remind me to be brave and courageous and to pray for comfort. Whenever I'm scared or lonely, I know the Holy Ghost will always comfort me.

### **What is your favorite Book of Mormon story?**

My favorite story from the Book of Mormon is the story about Teancum because he was a great leader and warrior. He fought for his family, his friends, and the Church. I know I can be like him too and always defend what I love the most.



### **What advice would you give to someone who has a hard time understanding the scriptures?**

If someone is struggling to learn from the scriptures, they can ask their mum or dad or even their siblings to help them. My family really helps me. You could also ask a Primary teacher or leader at church! ●





# Flowers for My Neighbor



**By Peter E., age 10, Utah, USA**

A few years ago, my neighbor's husband died. She was really sad.

I knew what it was like to lose someone you love. When I was three years old, my mom died. After she died, the children in my neighborhood wrote my brother and me notes and decorated our yard with toys. I wanted to do something just as nice for my neighbor.

I prayed to know what I could do to help. The thought came into my mind to give her flowers on Valentine's Day. However, I needed to earn the money to buy the flowers. I made it a goal in my *Children's Guidebook* to earn the money.

I earned the money by doing different jobs for others. My grandma paid me to clean up her garden and the leaves in her yard. At home, I earned money by clearing the brush behind our shed. It took months of hard work to earn enough money.

Finally I had enough money to go to a store and buy the flowers. Valentine's Day came, and I gave my neighbor the flowers with a note. She was really happy. I felt warm and happy too. I thanked Heavenly Father for helping me do what He wanted me to do. ●

# Little Friends' Section



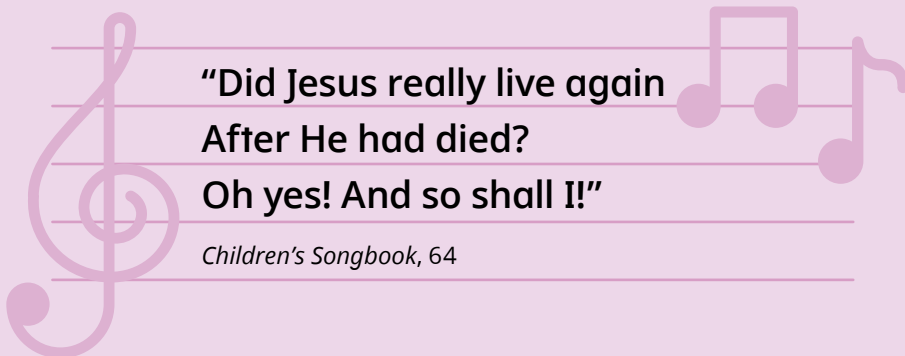
I pray for people who  
are sick.

**Charlotte P., age 4,  
Macau, China**



I follow Jesus by  
sharing toys.

**Boyd L., age 3, Sorsogon,  
Philippines**



"Did Jesus really live again  
After He had died?  
Oh yes! And so shall I!"

*Children's Songbook, 64*

# I Can Follow Jesus by Being Honest



Jesus wants us to be honest.



I can follow Jesus by following rules.



I won't take things that aren't mine.



I can tell the truth.

# Activity Time

These friends are playing a game.  
Can you find the hidden hearts?



# What Are Temples?

The temple is the house of God. Each temple is a special building where we worship Heavenly Father and Jesus Christ.



Inside, people pray and make covenants, or sacred promises, with Heavenly Father. We help give those who have died the chance to receive these same blessings.



A IGREJA DE JESUS CRISTO DOS SANTOS DOS ULTIMOS DIAS  
TEMPLO DE ITHACA, ESTADOS UNIDOS



Temples are also places where families can be sealed together forever.

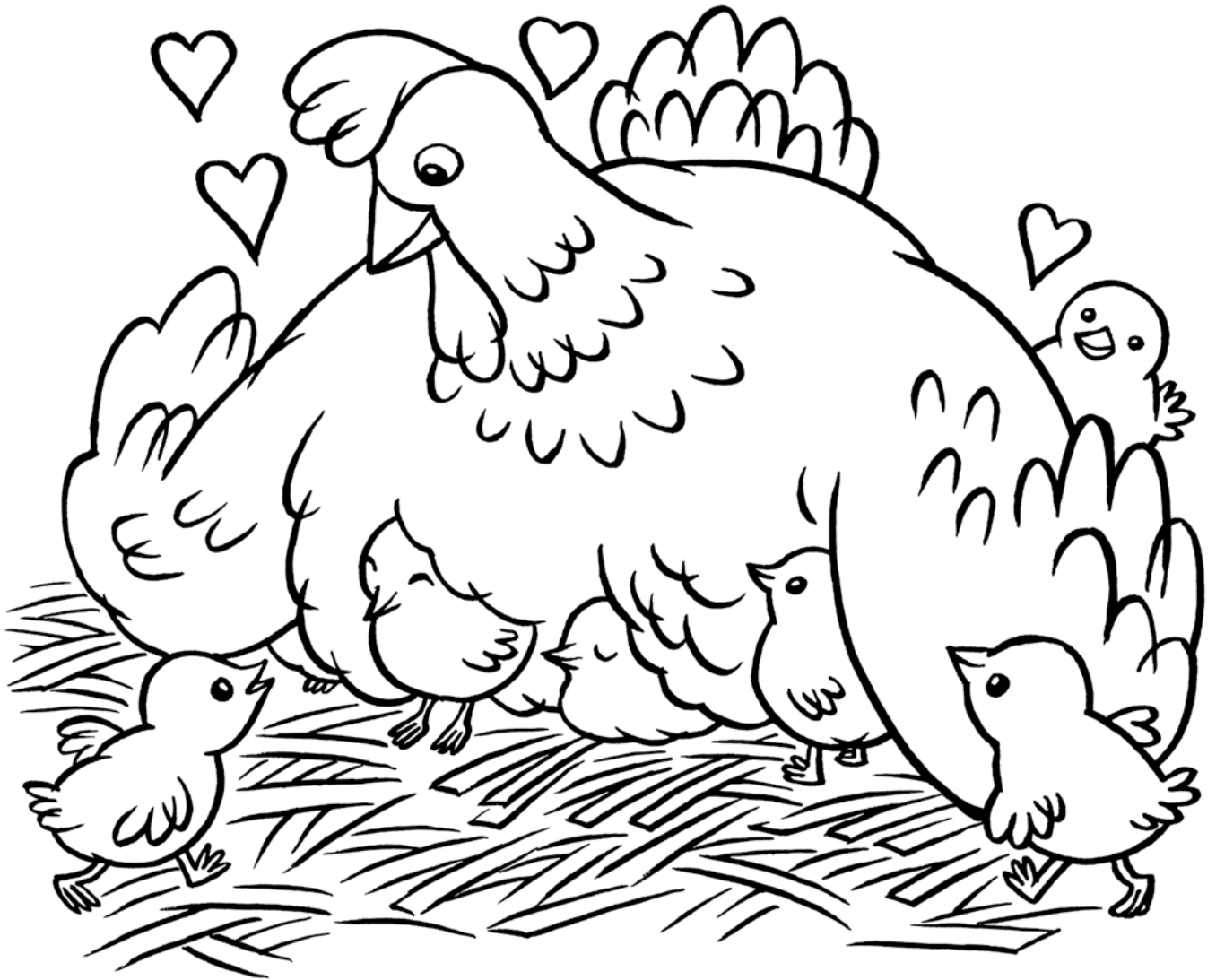


When you are older, you can go inside too!



We can feel God's love inside the temple.

# Jesus Gathers Us Like a Hen Gathers Her Chicks



How do you feel love from Jesus Christ?



BRING THEM HITHER AND I WILL HEAL THEM BY CASEY CHILDS



# Dear Parents,

Do your kids struggle with worries? Read “The Worry Box” (page 36) together and talk about some ways Olivia got help with things she was afraid of. Then turn the page and make a chain of comforting scriptures together. Help your children understand that because of Jesus Christ’s Atonement, the Savior understands us perfectly and can help us with all our fears.

Love,  
The *Friend*



### HAPPY, HEALTHY KIDS

Read “Patrik’s Boring Day” (page 10). Write a list together of things your kids can do when they’re bored.



**PLEASE SEND YOUR SUBMISSION TO:**

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- Salt Lake City, UT, USA 84150-0024
- Or email: [friend@ChurchofJesusChrist.org](mailto:friend@ChurchofJesusChrist.org)

**The following information and permission must be included:**

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



May the *Friend* contact you with a survey?

 YES NO