

MARCH 2025

the Friend

Following Jesus Together



**You Are
LOVED!**

— — —
See pages 16-17



Welcome, Friends!

Do you know how to listen when the Holy Ghost speaks to you? It takes practice!

Read what Boston learned about the Holy Ghost in the rainforest (page 4). The Holy Ghost can help you in every part of your life. You can even pray for help with your homework like Margo on page 33.

Keep praying and listening! The Holy Ghost is there to help you.

Love,

The *Friend*

P.S. Write and tell us about a time when you have felt the Holy Ghost.

Things to look for in this magazine:



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



Find 3 hidden Italian CTR rings.

Collect temple cards each month on page 12!



The *Friend* | March 2025, Vol. 55, No. 3

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Front cover by Brooke Smart



**By President
Henry B. Eyring**
Second Counselor in the
First Presidency

Peace from the Temple

Years ago, my wife and I drove to visit the Idaho Falls Idaho Temple. Our four young sons stayed home with a babysitter.

As we got ready to go home, one of the temple workers told us that the Teton Dam in eastern Idaho had collapsed! Much of our city was underwater.

My wife and I knelt and prayed to Heavenly Father for the safety of our children and the thousands of people affected by the flood. These words came clearly to my heart and mind: “Whatever the outcome, all will be well because of the temple.” We were grateful later to learn that our boys were safe.

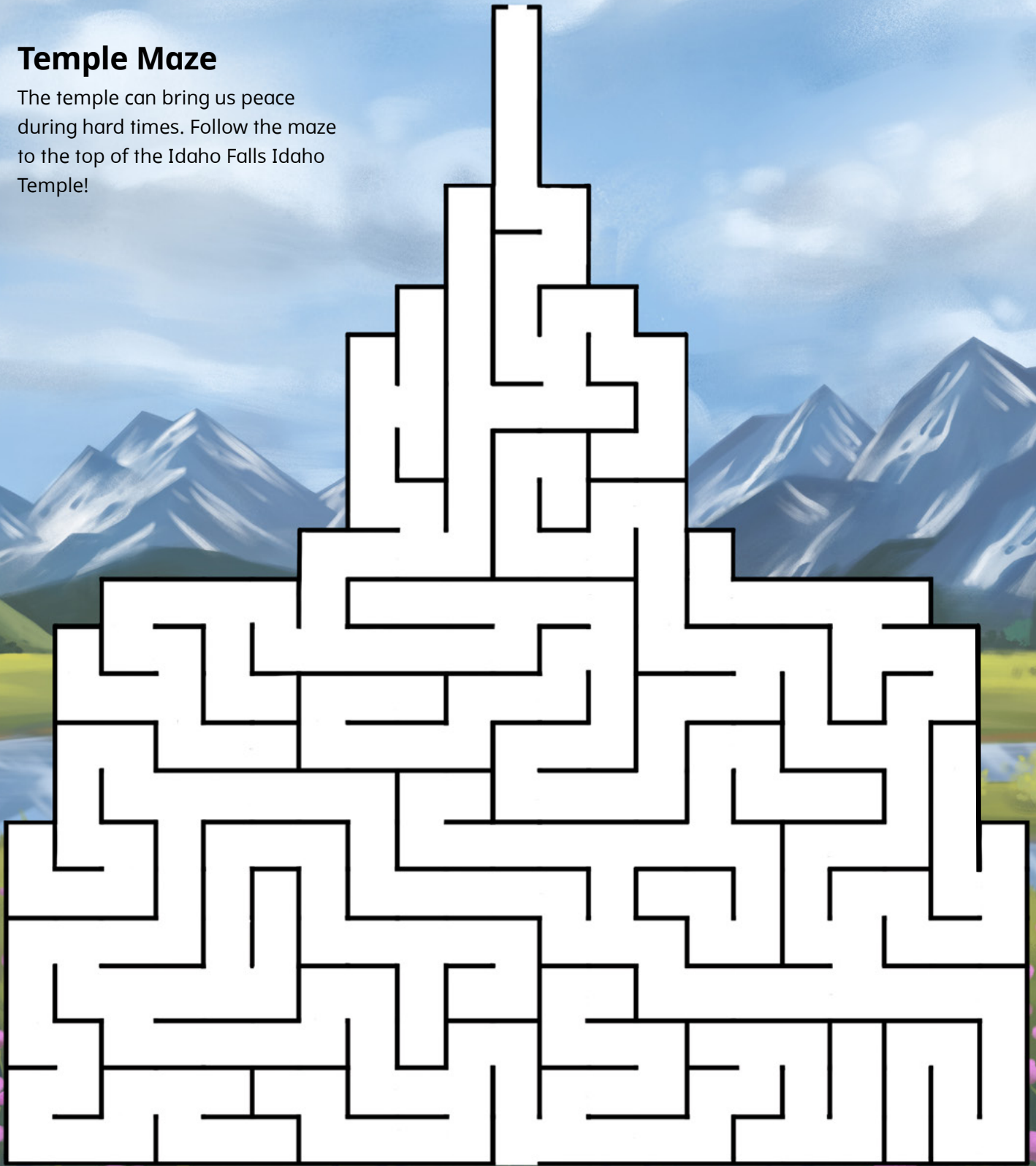
There is nothing more important than honoring the covenants you will one day make in the temple. No matter what, all will be well because of temple covenants. ●

Adapted from “All Will Be Well Because of Temple Covenants,” Liahona, May 2024, 24–27.

FINISH

Temple Maze

The temple can bring us peace during hard times. Follow the maze to the top of the Idaho Falls Idaho Temple!



START

Searching for Monkeys

“It’s just like how I can hear the Holy Ghost when I listen.”



He could still do lots of cool things. He could read Braille with his fingers and walk with his cane in the dark. And he could find people by listening to their voices.

But sometimes, Boston didn’t like being blind. Like today.

Boston sat on the ground and sighed. *It’s not fair!* he thought.

A few minutes later he had an idea. *Heavenly Father, please help a monkey come close enough for me to see,* Boston prayed in his mind.

By Chelsea Mortensen

A true story from Costa Rica.

“Whoa!” Ethan said. “Did you see that one?”
“Yeah, look at its cute little tail!” said Lily.
Boston looked up, but he only saw shadows.
“We’ve already seen three monkeys today!”
Ethan said.

But Boston hadn’t seen any! His family was visiting a rainforest to see wild monkeys. But the monkeys were too far away for Boston to see.

Boston was blind. He could only see things very close to him. Usually, he didn’t mind being blind.





Boston couldn't see any monkeys yet. Then he heard a noise from far away.

"Did you hear that?" Boston asked. "I think it was a monkey!"

"I didn't hear anything," Ethan said.

"Neither did I," said Dad. "You have good ears!"

Boston heard a monkey run through the bushes by the trail. He pointed toward the sound. "Over there!"

Then he heard another one, and another. Sometimes his family could see the monkeys once he pointed them out. But none of the monkeys got close enough for him to see.

Soon it was time to go home.

"I'm sorry you didn't see any monkeys," Mom said as they walked to the car.

Boston shrugged. "It's OK. I wanted to see one, but I got to hear lots of them instead." Then he thought about his prayer. "It kind of reminds me of the Holy Ghost."

"What do you mean?" Mom asked.

"When I stopped to listen, I realized they were all around me. I could hear them even though I couldn't see them. It's just like how I can hear the Holy Ghost when I listen."

"That's a great lesson," Mom said.

Boston heard something in the bushes next to him. Then something ran out onto the trail—right in front of him! It had reddish hair and a long tail. It stopped and looked right at him. Then it ran into the trees again.

A monkey! He got to see one after all!

Boston smiled. Being blind was hard sometimes. But today, it helped him learn about the Holy Ghost. And that was pretty cool. ●



TALK ABOUT IT!

What did Boston learn about the Holy Ghost?

My Gospel Words

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



Ordinance

An **ordinance** is a sacred, or holy, act done with priesthood authority in the name of Jesus Christ. Some examples are the sacrament, baptism, and confirmation.

Remission of Sins

When we repent and receive a **remission of sins**, we are forgiven for the wrong choices we've made. This is possible because of Jesus Christ.

Meek

To be **meek** is to be humble, mild, willing, and obedient. Jesus Christ set an example of this when He was on the earth.



Saints

In the New Testament, the **saints** were all those who chose to be baptized and join Jesus Christ's Church (see Acts 9:13). We use the same word for those who choose to be baptized into His Church today. A *saint* is someone who follows Jesus Christ.

Finding Stillness



**By Elder
David A. Bednar**
Of the Quorum of the
Twelve Apostles

The scriptures teach us,
“Be still, and know that I
am God” (Psalms 46:10).

Being still can help us
remember the Savior and
feel peace in our souls.

We can “be still” when we
have faith that the Savior
helps us do hard things.

Every Sunday we can be
still and know that God is
our Heavenly Father.

*Adapted from “Be Still, and Know That I Am God,”
Liahona, May 2024, 28–31.*



Did You Know?

Elder Bednar was a quarterback
on his high school football team.

Namana

Miara-manara-dia an'i Jesoa

How the Church Is Growing in Madagascar

- Elder Quentin L. Cook visited Church members in Madagascar in February 2023. He invited them to be a light for others.
- The first stake was created in 2000. Now there are 4 stakes with more than 15,000 Church members.
- There are 10 family history centers in Madagascar.

MADAGASCAR

is a country on the east coast of southern Africa. Around 30 million people live there. Their official languages are Malagasy and French.



SURROUNDED BY WATER

Madagascar is the fourth-largest island in the world.



HELLO FROM
Madagascar!

Namana is the Malagasy word for "Friend"!

How do you say "Friend" in your language?





MAKING VANILLA

Madagascar grows vanilla that is sold around the world. The country produces about 3,300 tons (3,000 metric tons) of vanilla a year!



SPECIAL ANIMALS

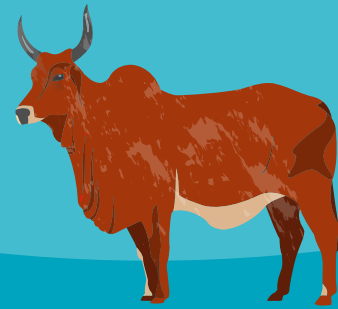


THE BAOBAB TREE

The baobab is the national tree of Madagascar and can live for more than 1,000 years. A baobab tree provides people with fruit to eat, bark to make rope out of, and shelter from the sun.



There are many different types of lemurs. All of them come from Madagascar.



Another animal from this country is the zebu, which is a type of cattle that people use for farming, milk, and travel.

STONE FORMATIONS

Tsingy de Bemahara National Park has stone forests made of limestone. Some of the formations are 328 feet (100 m) tall!



Following Jesus in **MADAGASCAR**



Meet Lauren

Lauren follows Jesus Christ by being a good example and obeying God's commandments. One time she was having a hard time in her social studies class. Even though it was difficult to learn, she said, "I prayed to God, and He gave me the knowledge to understand it."

Helping others makes her happy. She says, "I feel joy because I could follow the example of Christ when He helped others." ●

About Lauren

Age: 9

From: Sofia Region, Madagascar

Languages: Malagasy and French

Goal: Be a pilot because she loves flying

Hobbies: Playing soccer, playing games with family, and reading books

Family: Lauren, Dad, and four brothers





Her Favorites

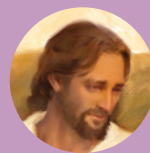
Scripture Story: Lauren's favorite scripture about Jesus Christ is the story of His birth (see Matthew 1:18-25; 2; Luke 1:26-38; 2:1-20) because it tells us that our Savior was born to save us.

Fruit and vegetable: Apple and pumpkin

Food: Pizza

Color: Pink

Primary Song: "When I Am Baptized"
(*Children's Songbook*, 103)



You Can Follow Jesus Too!

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

TEMPLE CARDS

- Pioneers built this temple with granite from a nearby canyon. Some stones weighed 5,600 pounds (2,540 kg)!
- It took 40 years to complete.
- Five artists were called on missions to study art in France. Later, they painted murals inside the temple.



Salt Lake Temple

- This will be the third temple in South Africa.
- Missionaries came to the area in 1852. Now South Africa has nearly 70,000 Church members.
- The nearest temple is about 795 miles (1,280 km) away, in Durban.



Cape Town South Africa Temple

- This temple has six spires. The tallest is 112 feet (34 m).
- Some Saints rode on a bus for 26 hours to the dedication.
- When the Lima Peru Los Olivos Temple was dedicated, Lima became the first city outside of the USA to have two temples.



Lima Peru Temple



SCRIPTURE SEARCH



Help these early missionaries find their way through the city by answering the questions about what Jesus Christ taught in the Doctrine and Covenants. Read the scripture verses if you get stuck!

1. The worth of what is great in the sight of God?

souls

the mission of men and women

(See Doctrine and Covenants 18:10.)

2. Another name for Jesus Christ is Alpha and what?

Omega

Son

(See Doctrine and Covenants 19:1.)

3. The covenant we make with God is new and what?

faithful

everlasting

(See Doctrine and Covenants 22:1.)

4. We need to "lay aside" the things of what?

this world

our hearts

(See Doctrine and Covenants 25:10.)

5. How should everything be done in the Church?

in order

in glory

(See Doctrine and Covenants 28:13.)

MEMORIZATION TIP

Memorizing scriptures can help us keep Heavenly Father's words close to our hearts and minds. Write down a verse you want to memorize. Say the verse out loud. Then cover up or erase words to test your memory! Keep going until you know each word.



Friends around the World



A schoolmate asked to play with me and my friends at recess. We said to leave us alone. Later, I felt bad and was sorry I didn't let her play with us. Now if I notice she is alone, I ask her to play with me so she can have a friend.

**Eva W., age 7,
Luxembourg, Belgium**



I help by putting away toys and books after I am done playing.

**LeGrand L., age 6,
Sorsogon, Philippines**

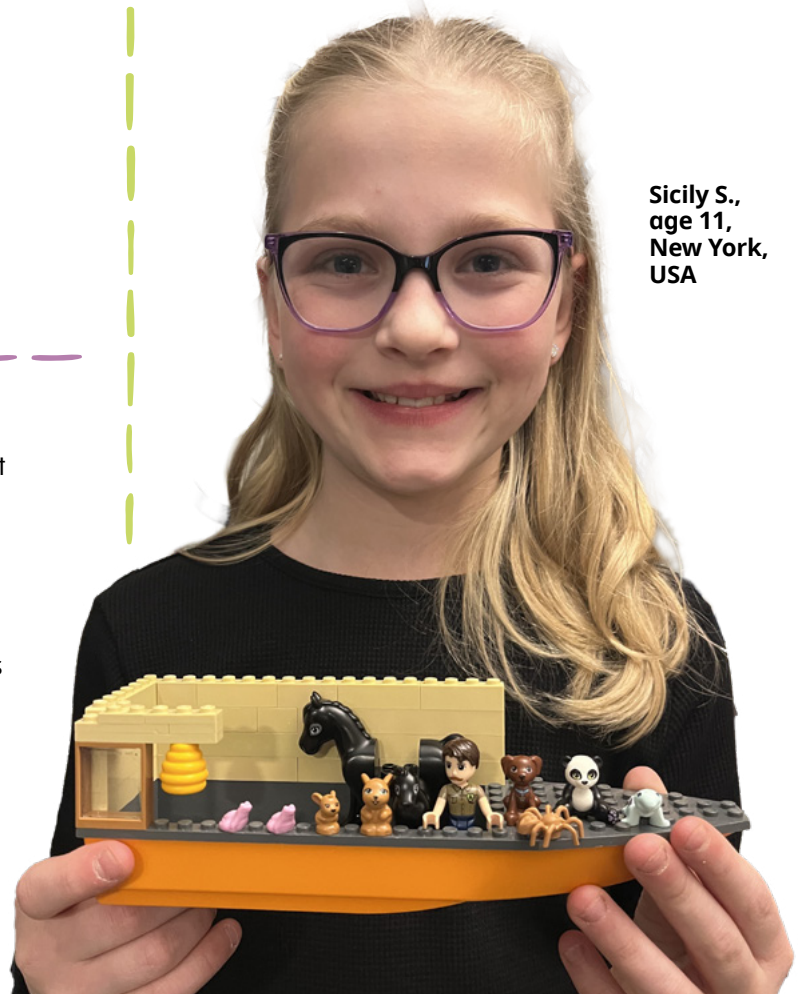


Sometimes I feel like I don't have a friend. Every now and then it seems no one cares. But then I think and remember something so true. Heavenly Father loves me and Jesus too.

**Kalli M., age 9,
Maryland, USA**



Ella T., age 9, Texas, USA



**Sicily S.,
age 11,
New York,
USA**



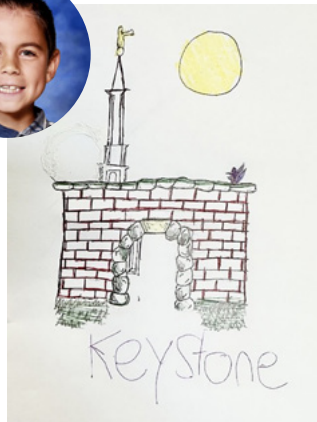
There was a tornado in the state where I live. I went to my room and said a prayer for the people who lost their homes. I felt the Holy Ghost telling me I did the right thing.

**Henry H., age 8,
Arkansas, USA**



I drew this picture when I learned the Book of Mormon is the keystone of our religion. The temple is always in my sight, and I want to go there when I'm old enough.

**Vince C., age 10,
New Mexico, USA**



**"King Benjamin," Caio V., age 7,
Minas Gerais, Brazil**



**"Riding the Path of Light," Jane H., age 9,
Miaoli County, Taiwan**



**Ezra V., age 7,
Western Cape, South Africa**



**Send in your art and stories of
how Jesus Christ helps you!**

Turn to the back cover to see how.

Singing the Shadows Away



By Joel B. Randall

A true story from Mexico.

"Time for bed," Mamá said with a smile. Logan went into his room. He said his prayers and crawled into bed. Then Mamá read him a story. He slowly closed his eyes. Soon he was asleep.

But Logan had a scary dream. He was alone in a dark place. He saw a big, spiky monster with huge teeth. It growled at him. Then it started running toward him!

Logan tried to run away. But he slipped and fell! The monster got closer and bigger until—

Logan woke up and sat up in bed. He wiped tears from his eyes and saw it was still dark outside.

He wanted to talk to his parents about the dream. But he didn't want to leave his bed. The darkness made him feel like a monster was hiding somewhere. Every shadow looked scary. A dog barking outside sounded like a monster growling.

Suddenly the words to his favorite Primary song popped into his head.

Logan pulled the sheets up to his nose. He was too afraid to move.

He wanted to fall back to sleep. But each time he closed his eyes, he saw the monster's angry face and sharp teeth. He couldn't stop looking at the scary shadows.

Then he saw a picture on the table by his bed. It was a photo of him, his two brothers, Papá, and Mamá outside the temple in Monterrey, Mexico. They looked so happy.

Suddenly, the words to his favorite Primary song popped into his head. "I love to see the temple," Logan started singing quietly. "I'm going there someday. To feel the Holy Spirit, to listen and to pray."*

While he sang, Logan thought about that day at the temple with his family. He had felt so peaceful. Because of the temple, he could be with his family forever.

Logan couldn't hear the dog barking over the sound of his voice. He closed his eyes and kept singing. "As a child of God, I've learned this truth: A family is forever." He felt a peace in his heart that made him smile. He knew there was no monster.

The room had been dark and scary. But now it was a calm, safe place. Logan leaned back on his pillow and fell peacefully asleep.

When he woke up, it was sunny outside. He got up and looked at the sunshine reflecting off his photo of the temple. He hummed his favorite song as he got ready for church.

On the way to church, he told his family about his nightmare and the song he sang. He listened to talks and sang hymns in the chapel. Then it was time to go to Primary.

Logan loved listening to the piano. And now he knew that some songs are powerful enough to make even scary monsters go away.

"Welcome to singing time," said the Primary leader. "What song should we sing first?"

"I know!" said Logan, raising his hand high into the air. "Let's sing 'I Love to See the Temple.'" ●



*"I Love to See the Temple," *Children's Songbook*, 95.

How the Spirit Speaks

Thoughtfully ♩ = 78-83

Sing parts separately, then combined

Words and music by Christina Bishop

Piano introduction in 4/4 time, key of B-flat major. The right hand plays a melody starting with a quarter rest, followed by quarter notes G4, A4, Bb4, C5, and a dotted quarter note Bb4. The left hand plays a bass line starting with a quarter rest, followed by quarter notes Bb3, C4, D4, and a dotted quarter note C4. Chords F and C are indicated above the first two measures, and Bb is indicated above the third measure.

Vocal and piano accompaniment for the first two lines of lyrics. The vocal line starts with a quarter rest, followed by a quarter note G4, and then a quarter note A4. The piano accompaniment provides harmonic support. Chords Gm7, C, F, and C are indicated above the vocal line. The lyrics are: "1. When God speaks through the Spir - it, what do you feel in - side? When (2.) Warm heart, clear mind, A".

Vocal and piano accompaniment for the next two lines of lyrics. The vocal line continues with a quarter note Bb4, a quarter note C5, and a quarter note Bb4. The piano accompaniment continues. Chords Bb, Gm7, C, and F are indicated above the vocal line. The lyrics are: "call - ing on the Lord for help, how does the Spir - it guide? When pon - der - ing the scrip - tures, what spark in - side. Calm smile, sweet".

Vocal and piano accompaniment for the final two lines of lyrics. The vocal line continues with a quarter note C5, a quarter note Bb4, a quarter note A4, and a quarter note G4. The piano accompaniment continues. Chords C, F, Bb, Gm7, and C are indicated above the vocal line. The lyrics are: "tells you they are true? When pray - ing for for - give - ness, how does Fa - ther com - fort you? How tears. God's com - fort soothes my fears. Bright".

Words and music © Copyright 2022 by Christina Bishop.
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F C B \flat

do you know God loves you, that you are in His care? When feel - ing sad or lone - ly, how do

soul, glad voice. Strong faith in my

The first system of the musical score consists of three staves. The top staff is the vocal line, starting with a treble clef and a key signature of one flat (Bb). It contains the lyrics: "do you know God loves you, that you are in His care? When feel - ing sad or lone - ly, how do". The middle staff is the piano accompaniment, starting with a bass clef and a key signature of one flat. It contains the lyrics: "soul, glad voice. Strong faith in my". The bottom staff is the piano accompaniment, starting with a bass clef and a key signature of one flat. It contains the lyrics: "soul, glad voice. Strong faith in my". The system is marked with chords F, C, and Bb.

Gm 7 C F C F

you know He is there? We're diff' - rent and we hear Him through diff' - rent feel - ings, too. How

choice. Pure thoughts, light shines. True

The second system of the musical score consists of three staves. The top staff is the vocal line, starting with a treble clef and a key signature of one flat. It contains the lyrics: "you know He is there? We're diff' - rent and we hear Him through diff' - rent feel - ings, too. How". The middle staff is the piano accompaniment, starting with a bass clef and a key signature of one flat. It contains the lyrics: "choice. Pure thoughts, light shines. True". The bottom staff is the piano accompaniment, starting with a bass clef and a key signature of one flat. It contains the lyrics: "choice. Pure thoughts, light shines. True". The system is marked with chords Gm7, C, F, C, and F.

B \flat Gm 7 C 7 | 1. 2. F Gm 7 C

does the Spir - it speak to you? (3.) When

peace in heart and mind. 2. Warm

The third system of the musical score consists of three staves. The top staff is the vocal line, starting with a treble clef and a key signature of one flat. It contains the lyrics: "does the Spir - it speak to you? (3.) When". The middle staff is the piano accompaniment, starting with a bass clef and a key signature of one flat. It contains the lyrics: "peace in heart and mind. 2. Warm". The bottom staff is the piano accompaniment, starting with a bass clef and a key signature of one flat. It contains the lyrics: "peace in heart and mind. 2. Warm". The system is marked with chords Bb, Gm7, C7, and a first/second ending bracket with F, Gm7, and C.

3. F C F B \flat Gm 7 C 7 F

you? True peace in heart and mind.

mind. True peace in heart and mind.

The fourth system of the musical score consists of three staves. The top staff is the vocal line, starting with a treble clef and a key signature of one flat. It contains the lyrics: "you? True peace in heart and mind.". The middle staff is the piano accompaniment, starting with a bass clef and a key signature of one flat. It contains the lyrics: "mind. True peace in heart and mind.". The bottom staff is the piano accompaniment, starting with a bass clef and a key signature of one flat. It contains the lyrics: "mind. True peace in heart and mind.". The system is marked with chords 3. F, C, F, Bb, Gm7, C7, and F. It also includes a "rit." marking and a double bar line with repeat dots.



By Elder Yoon
Hwan Choi
Of the Seventy

HELP FROM HEAVEN

I was called to be a bishop at a hard time in my life. I was a young father with a family, and we had been struggling with money. I was exhausted. It was also hard for my wife.

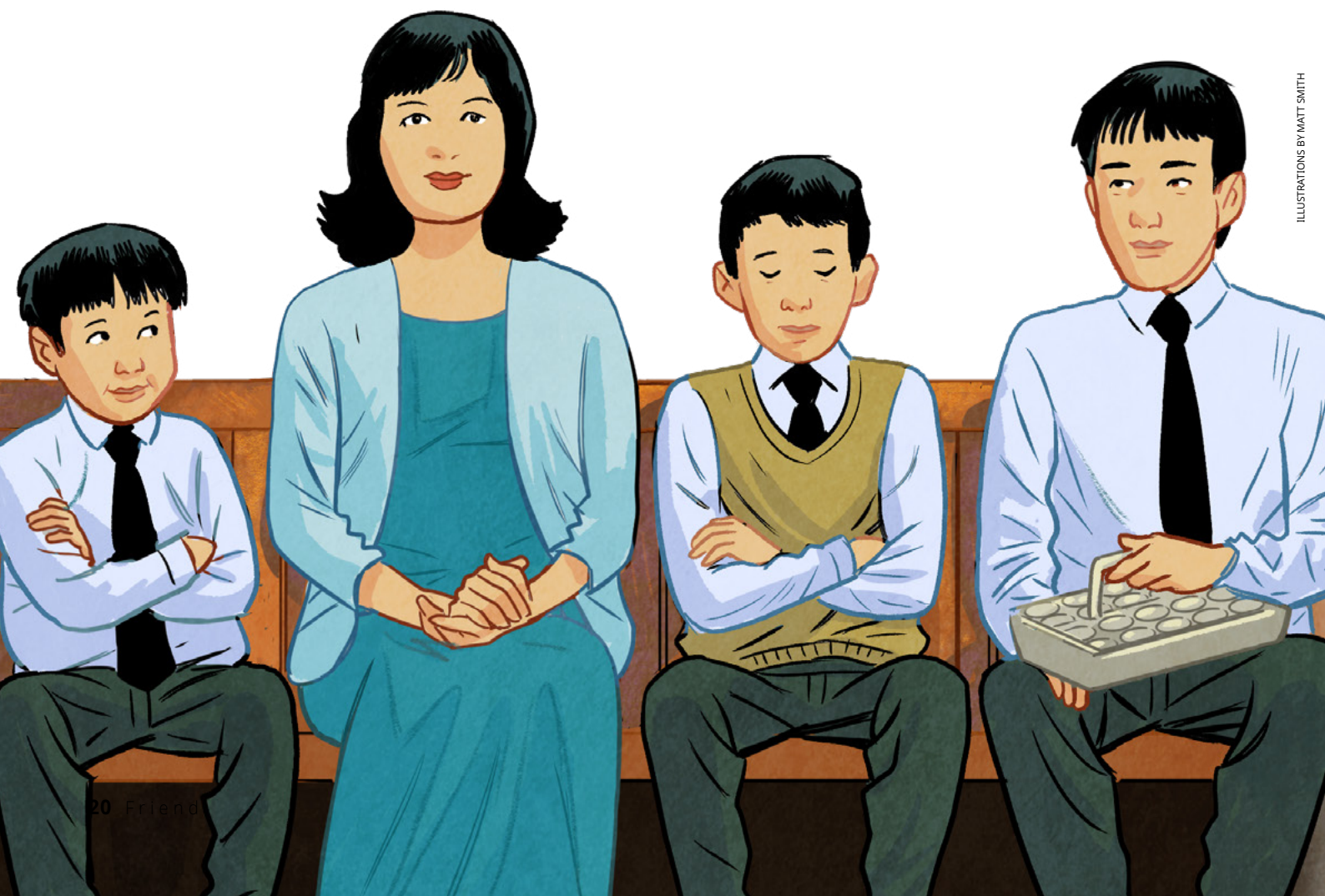
One Sunday my dear wife was taking the sacrament. The Spirit helped her realize something. Many of the problems we had faced were solved at some point during my calling.

The Lord knows our needs. When He asks us to serve, He knows what will help

us the most. He wants to bless us. And He will give us these blessings as we faithfully serve Him.

Do you want to be happy? Stay on the covenant path. Our Savior is inviting us to come unto Him. He carries our burdens. Jesus Christ makes our life easier and happier. And He fills us with joy. ●

Adapted from "Do You Want to Be Happy?" Liahona, Nov. 2023, 46–48.



ILLUSTRATIONS BY MATT SMITH

Interview Time!

Ask a family member about how Heavenly Father has blessed them.
Here are some questions to get you started:

- Can you tell me about a time when Heavenly Father blessed our family?
- How do you like to help others? What blessings have you seen as you've served others?
- Why do you follow Jesus Christ? How has following Him helped you to be happy?



Come, Follow Me **Activities**

FEBRUARY 24–MARCH 2: DOCTRINE AND COVENANTS 18

Self-Portrait

“The worth of souls is great in the sight of God” (Doctrine and Covenants 18:10). That means everyone is important to Heavenly Father, including you! Draw a picture of yourself. Try decorating it with different art supplies! At the top, write “God Loves Me.”

For younger children: Look in a mirror or at a reflection of you and your child. Practice saying “God loves me” together.

MARCH 3–9: DOCTRINE AND COVENANTS 19

Listening Ears

Jesus Christ asks us to listen to Him (see Doctrine and Covenants 19:23). Good listeners remember what they’ve heard. Sit in a circle. One person whispers a gospel word. The next person repeats it and adds a new one. Go around the circle until everyone has added a word to remember!

For younger children: Teach little ones to listen by practicing how to follow directions, like folding their arms or clapping their hands. Let them have a turn to give directions too!





MARCH 10–16: DOCTRINE AND COVENANTS 20–22



Restoration Tower

Jesus Christ restored His Church today to how it was when He was on the earth (see Doctrine and Covenants 20). Label plastic cups with blessings we have as part of Jesus Christ’s Church, like priesthood, baptism, prophets. Then stack your cups in a tall tower!

For younger children: Draw simple pictures of gospel words for your child to color, like temples, the sacrament, and scriptures.

MARCH 17–23: DOCTRINE AND COVENANTS 23–26

Songs of the Heart

Heavenly Father loves when we sing from our hearts (see Doctrine and Covenants 25:12). Choose some Primary songs to sing together. Come up with actions to go with the lyrics.

For younger children: Sing “I Am a Child of God” (*Children’s Songbook*, 2) with your little ones. Cut out a paper heart for them to hold up while they sing.



MARCH 24–30: DOCTRINE AND COVENANTS 27–28

The Prophet Says

The prophet receives revelation from Heavenly Father and Jesus Christ for the Church (see Doctrine and Covenants 28:7). Print out or draw a picture of the prophet. On the top, write “The prophet says . . .” Write or draw things he has taught us.

For younger children: Show your little ones a picture of the prophet and practice saying his name. What’s something the prophet has taught?



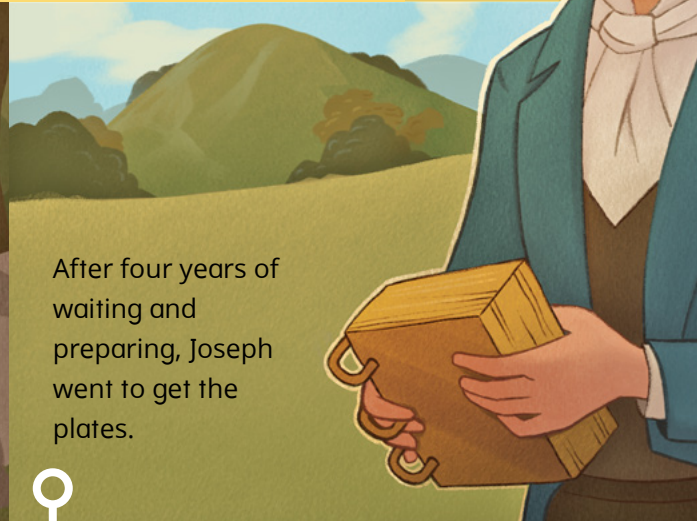
Get to Know the Gold Plates!

Follow the timeline to see how the gold plates became the Book of Mormon.



AD 421

The Book of Mormon prophet Moroni buried the gold plates. The plates taught about Jesus Christ. They also told the history of Moroni's people.



After four years of waiting and preparing, Joseph went to get the plates.

1823

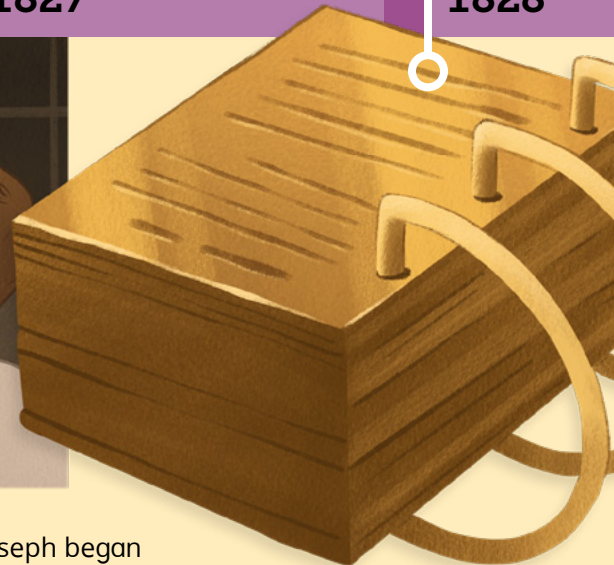


As an angel, Moroni visited Joseph Smith. Moroni told him the gold plates were buried in the nearby Hill Cumorah.

1827

Joseph began translating the plates by listening closely to the Holy Ghost. He also used special tools from God. He used a rock called a seer stone and a tool called the Urim and Thummim that had been buried with the plates.

1828

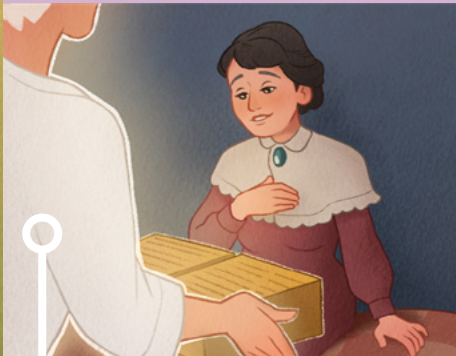




Twelve people saw the gold plates. One of them was Mary Whitmer. You can read the testimony of the other 11 witnesses at the front of the Book of Mormon. None of these people ever denied what they experienced.



The first translated copy of the Book of Mormon in English was printed in Palmyra, New York, USA.



1829

1830

Today



The Book of Mormon now is read all over the world! It is translated into 115 languages. Missionaries share the Book of Mormon with everyone they can.



Heavenly Father helped Joseph understand what the plates said. Oliver Cowdery helped write down what Joseph translated.

ASK HEAVENLY FATHER

Sometimes we might wonder if what we learn in the Book of Mormon is true. You can find out for yourself! You can ask Him in prayer. Through the Holy Ghost, Heavenly Father and Jesus Christ can help you know what is true (see Moroni 10:4-5). ●

The Priesthood Is Restored



After Joseph Smith received the gold plates, he started to translate them. Oliver Cowdery wrote down what he said. As they worked, they learned that Jesus Christ wanted everyone to be baptized.



Joseph and Oliver wondered who had God's power to baptize people. They went into the woods to pray and ask God.



You can read this story in Joseph Smith—History 1:66–73 and Doctrine and Covenants 27:12.



As they prayed, an angel appeared. He said he was John the Baptist, who baptized Jesus Christ long ago. He gave Joseph and Oliver the Aaronic Priesthood so they could baptize others. The priesthood is God’s power. It is used to bless God’s children.



John the Baptist told Joseph and Oliver to be baptized. They went into a river and baptized each other. When they came out of the water, they were filled with the Holy Ghost. They were very happy!

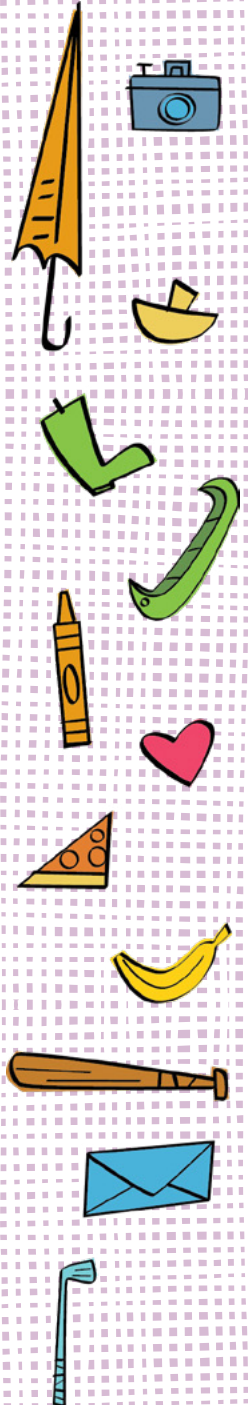


Later, other angels came. Three of Jesus Christ's Apostles—Peter, James, and John—gave Joseph and Oliver the Melchizedek Priesthood. Now Joseph and Oliver could give the gift of the Holy Ghost to others. ●



Sharing the Gospel on Stage

In Austria in the 1960s, Church members organized a theater group. They wrote and performed plays about the gospel. Hundreds of people who were not members of the Church came and watched. Can you find the hidden items?



ILLUSTRATIONS BY DAVE KLUG



The Biscuit MIRACLE



“Father in Heaven, we
have no food for supper.
Please help us.”

By Julia A. Anderson

A true story from the USA.

The freezing wind howled, and snow swirled around the handcart. Jane pulled her thin blanket tighter around her shoulders. Her feet felt numb, but she kept walking. They were on their way to Salt Lake City, Utah.

Jane and her family had learned about The Church of Jesus Christ of Latter-day Saints in England. When the prophet asked Church members to come to Utah, her family saved every bit of money they could to make the journey. They sailed across the ocean. Now they were traveling by handcart across the plains. They had walked for several months, and they were running out of food.

Tears slid down Jane’s cheeks. “I’m so hungry,” she told her older brother Thomas. “I don’t think I can walk another step!”

Thomas cut a piece of loose rawhide from the wheel of the cart. “Here, chew on this,” he said. “It will be OK.”

“Thank you,” Jane whispered as she chewed on the tough leathery piece.

Soon it was time to camp for the night. Some of the men left to hunt for buffalo. Jane hoped they would find some. Her stomach felt so empty. While they waited, Jane and her family huddled around a small fire, tired, hungry, and cold.

“Let’s say a prayer,” Jane said.

The family knelt together, and Mother prayed. “Father in Heaven, we have no food for supper. Please help us.”

Jane and her brothers and sisters sat quietly for a moment. Then Mother sat up straighter.

“What is it?” Thomas asked.

"I just remembered something." Mother hurried to the handcart and opened the family trunk. Then she pulled out a small metal box and opened it. Inside were two very hard biscuits. They were left over from their ocean voyage months before.

Jane felt excitement bubble up inside her. They *did* have food! "We can break them into smaller pieces to share," she said.

But when they tried, the biscuits were too hard to even break in half.

"Let's try this," Mother said. She put the biscuits in the Dutch oven and poured a little water on

them. Then she set the lid on and put the heavy pot over the coals.

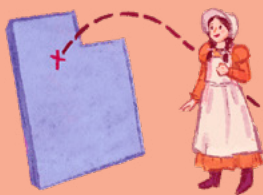
Jane and her family prayed again. She thought of the story of Jesus Christ in the scriptures, when He fed the five thousand with only a few loaves and fishes. She knew Heavenly Father could help them too.

After a little while, Mother slowly opened the pot. It was filled to the brim with food! There was plenty to feed their whole family.

Jane hugged her mother tightly. "It's a miracle!" ●



About Jane Rowley



She was eight years old when she traveled to Utah.



She traveled in the Willie handcart company and walked 1,300 miles (2,092 km) to get to Salt Lake City.



The prophet Brigham Young sent a rescue team to help them.



Stretching Like a Tree

1. Stand with your feet together and your arms out.
2. Close your eyes and reach your arms up high. Imagine they are tree branches and your fingers are leaves!
3. Now stretch gently from side to side. Let your arms sway back and forth like wind blowing through the branches.
4. Take deep breaths in and out. Now let your arms fall slowly to your sides. How do you feel?

Remember

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

Healthy Tip

You can do this stretch when you feel stressed or worried—or anytime! It's good to slow down and pay attention to your feelings and your body.



MARGO and PAOLO

Homework Help



UGH!

Uh ... are you OK?

No! This homework is way too hard. I'll never get it!

Maybe I can help you.

There's no point. I'm not smart like you.

You can do this. You just need a little help—and that's OK! I got help from Papai.

I also asked Heavenly Father to help me understand. Do you want to say a prayer?

Good idea.

I also asked Heavenly Father to help me understand. Do you want to say a prayer?

See? I knew you would get it.

Thanks for helping me!

Pioneer Puzzle

Can you guess what these objects were used for in early pioneer times?



- A. crushing up nuts
- B. making butter
- C. making a milkshake
- D. putting on shoes
- E. working with wood
- F. holding a phone



I Spy Oliver

Oliver Cowdery helped Joseph Smith with the Book of Mormon translation. They met in Harmony, Pennsylvania, USA. Can you find Oliver on this busy street?



How many horses do you see?

What about black hats?



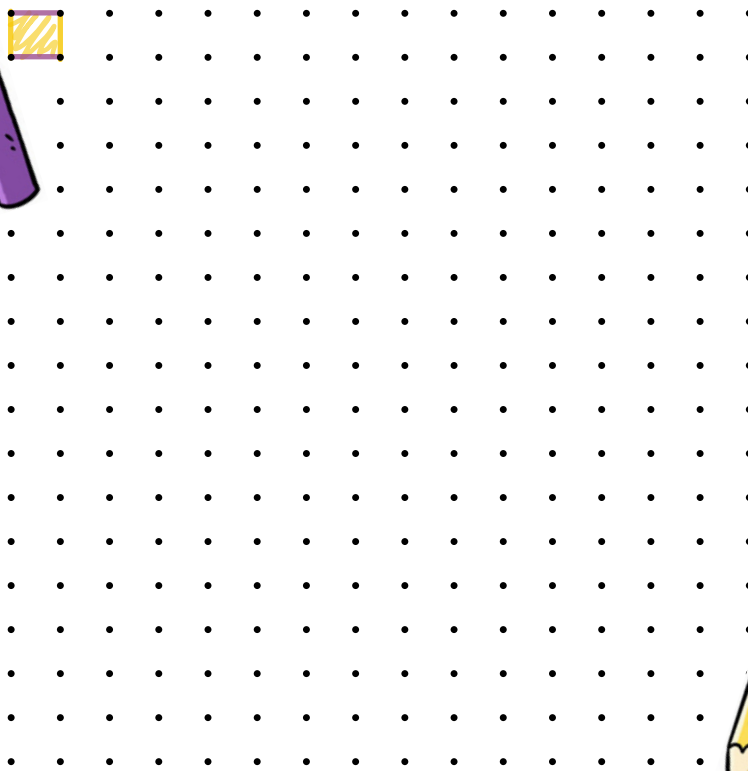
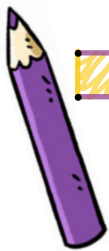
“Learn of me, and listen to my words . . . and you shall have peace in me.”

DOCTRINE AND COVENANTS
19:23



Compliments and Connections

Use two different colors and take turns with a friend drawing a horizontal or vertical line between two dots. When you draw a line that finishes a box, color in your box. Keep going until all the dots have been connected!



Now count up the squares that have your color inside. Say one nice thing about someone for each one you count!

Words from You



I have a quote from President Susan H. Porter on my wall. It says, “Our lives are sacred and have meaning and purpose.

Each of us is a beloved daughter [or son] of God.”* I know that Heavenly Father and Jesus Christ care about every one of us.

Ava B., age 10, Arizona, USA



One day a friend invited me to play football. I was putting on my sports clothes when I

remembered it was Sunday! I put on my Sunday clothes and went to church. I felt very happy.

Adrián E., age 11, Beni Department, Bolivia

*“Lessons at the Well,” *Liahona*, May 2022, 59–60.

Feeling Sad

By Jane McBride

A true story from the USA.

Savannah pulled the blankets over her head. Today had been a really bad day.

During school today, Savannah couldn't focus on anything. She had felt tired, frustrated, and sad. There was a heavy weight in her stomach that wouldn't go away. By the end of the day, all she

wanted to do was crawl under her desk and hide.

Lately, Savannah felt sad almost all of the time. Her friends had tried to cheer her up, but sometimes Savannah didn't want to be with them. They always seemed so happy. Sometimes she thought they would be happier without her.

What's wrong with me? Savannah wondered. *Why can't I be happy like everyone else?*

She felt as cold and lonely as the gray clouds outside. And now she just wanted to sleep.

Savannah heard her bedroom door open.

"Savannah," Mom said, sitting on the edge of the bed, "what's wrong?"

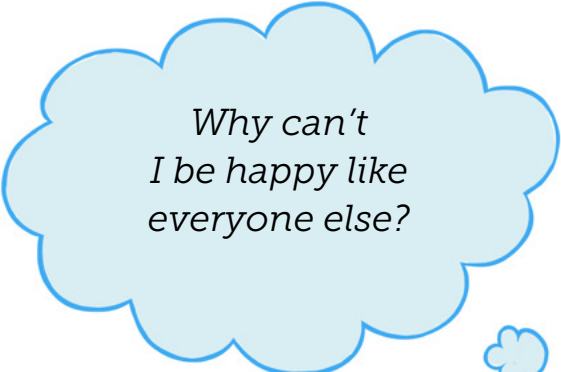
"Nothing," Savannah said. "I'm just tired."

"Are you sure?" Mom asked. "I'm worried about you."

"I'm OK," Savannah said.

"All right." Mom stood up. "Just remember that you can talk to me about anything. I love you."

Savannah stayed in bed until dinner. That night, she couldn't fall asleep. Her brain wouldn't stop thinking about everything.



*Why can't
I be happy like
everyone else?*





The next day she still felt worn out. It was another long day. Savannah got home from school and sat at the kitchen table. She sighed and looked out the window. It was snowing again.

"Savannah?"

Savannah turned and was surprised to see Grandma come into the room.

"Hi, Grandma," Savannah said. "What are you doing here?"

Grandma sat down. "Your mom wanted me to come," she said. "She's worried about you."

"I've just been really tired. I'm fine, though," Savannah said.

Grandma smiled gently. "Did I ever tell you about the summer Grandpa and I moved?"

"I don't think so," Savannah said.

"I was sad all the time," Grandma said. "I wanted to be happy, but I just didn't care about anything. I felt so lonely."

"But you had Grandpa and my mom." Savannah looked down at her shoes. "Why would you feel lonely?"

"I couldn't figure out what was happening," Grandma said. "I had never felt that way before. I eventually went to the doctor."

"What happened?"

Grandma put an arm around her. "I learned I have depression."

"Oh, so you were just sad?" Savannah asked.

"No, depression is more than being sad," Grandma explained. "There was something wrong with my body that kept me from feeling happy. But it wasn't my fault. I just needed help."

Savannah looked up. "What kind of help?"

"The doctor explained what was wrong, and we made a plan together to help me feel better," Grandma said. "But sometimes I still felt sad. I spent a lot of time praying. When I was lonely, I imagined the Savior sitting beside me. I felt better thinking about Him."

Savannah looked at the snow outside and shivered. "I feel sad a lot too. I try to feel happy, but sometimes I just can't, and then I'm mad at myself for feeling that way."

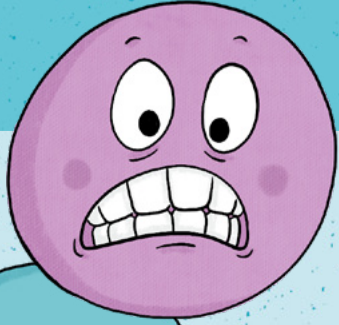
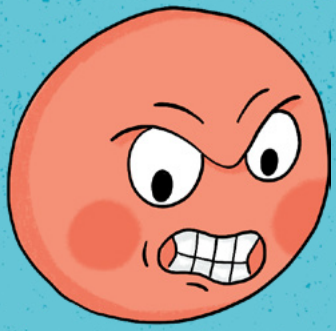
"I know, honey." Grandma gave Savannah a hug. "That's how I feel sometimes too. But you're not alone. I love you, your parents love you, and Heavenly Father and Jesus Christ love you. They understand your pain and will never leave you."

Maybe Grandma is right, Savannah thought. *I'm not alone.* The weight in Savannah's stomach didn't feel quite as heavy.

"I think I should talk to Mom," Savannah said. "She wants to help me too."

"That's a great idea." Grandma took Savannah's hand.

Savannah smiled and leaned on Grandma's shoulder. She didn't feel quite so cold and lonely anymore. ●



5 Ways to Handle Big Emotions

By Isabelle Justice

Life can be hard sometimes! Feeling big emotions, like sadness and worry, is part of our experience living on earth.

In the scriptures, we learn that even the Savior felt sad sometimes too (see John 11:32–36). Jesus Christ suffered all kinds of pain. Because of this, He knows *exactly* how you feel. He also knows *exactly* how to help you. (See Alma 7:11–12.)

Here are five things to help when you are feeling down.

1



PRAY TO HEAVENLY FATHER FOR HELP.

When you pray for help, Heavenly Father and Jesus Christ can guide you (see Alma 37:36–37). They love you and want to support you!

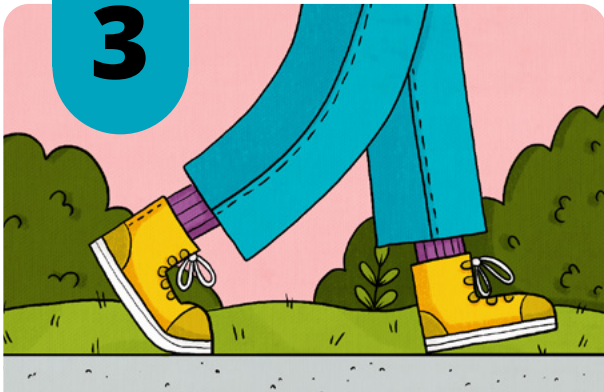
2



REMEMBER THAT YOU ARE LOVED.

The scriptures teach that “the worth of souls is great in the sight of God” (Doctrine and Covenants 18:10). That means you are loved and important to Heavenly Father!

3



GO OUTSIDE!

Heavenly Father and Jesus Christ created this beautiful world for us. Playing outside helps you grow healthy and strong, and it can also help you feel better and more relaxed.

4



WRITE DOWN HOW YOU FEEL.

Keeping a journal can help you remember the lessons you learn in life. It can also help you better understand what you are feeling.

5



TALK TO A TRUSTED GROWN-UP.

When you talk to someone about how you feel, they can help remind you how special you are. They can also help you know how to get the support you need.



Sometimes, even after doing these things, you may still feel sad. You might need to talk to a doctor to help you feel better. And you can always ask for a priesthood blessing. No matter what, you are not alone! Heavenly Father and Jesus Christ love you. They want to bless you and help you. ●



Hearing the Holy Ghost

By Alelie Coronel-Camitan

A true story from the Philippines.

Chim opened his sleepy eyes. It was finally the weekend!

"Time to wake up, or we'll be late," Mom called.

Chim wished he could sleep longer, but today was market day. He needed to help Mom buy food for the week. So he got up and quickly ate his breakfast.

Mom did a lot for Chim and his two brothers. She was very busy working, and she didn't have much time to be at home. Chim and his brothers worked together to do most of the chores. Chim was happy to help.

When Chim and Mom got back from the market, Mom had to leave for work. While she was gone, Chim and his brothers got ready for Sunday. Chim set out the shoes, pants, and shirt he would wear to church tomorrow. His older brother, Robin, helped him iron his shirt. Then they made dinner.

Chim was cleaning up the kitchen when Mom came home. She looked really tired.

"Here you go, Mom." Chim handed her a bowl of hot food to eat.

Mom smiled. "Thanks for your help today. This looks delicious!"

The next morning, Chim woke up early and got ready for church. He was excited to see his friends in Primary and learn about Jesus Christ.

"Mom?" he called quietly, knocking on her door. "Are you coming with us to church today?"

"I can't," Mom said. "I have to work this afternoon."

"OK." Chim felt a little sad. It had been almost a year since Mom came to church with them. "Drive safe and have a good day," he told her.

"Ready to go?" his little brother, Matthew, asked.

"Yes!" Chim put on his shoes and ran out the door with his brothers to catch the bus.

Chim felt happy when he walked into the church building. He tried to think about Jesus Christ during the sacrament. And in Primary, he tried extra hard to listen to Sister Ortega's lesson.

"Today we are learning about the Holy Ghost," said Sister Ortega. "The Holy Ghost brings us messages from Heavenly Father. Kind of like a radio."

Chim looked at the picture of a radio Sister Ortega was holding up.

"A radio works by receiving a signal and turning it into sound waves we can hear," she explained.

"You have to set it to the right channel to hear it. To hear the Holy Ghost, we need to set our hearts and minds to the right channel too. How can we do that?"

Everyone was thinking. Then Chim said, "By following Jesus Christ and keeping the commandments."

Sister Ortega smiled. "That's right."

After church, Chim helped make dinner again. He felt warm inside as he helped. He knew that by serving his family, he was setting his heart to the right channel to feel the Holy Ghost.

When Mom got home, Chim gave her a big hug. Then they prayed over the food and started to eat.

"Guess what I learned at church today," Chim said. He liked to tell Mom about Primary.

"What?" Mom asked.

"We learned about the Holy Ghost," said Chim. "It's like a radio. When we keep the commandments, we can turn our hearts to the right channel to hear Him."

Mom nodded. "That's great. So what's an example of keeping the commandments?"

Chim smiled. "Help your mom!" He laughed. "I love you, Mom." ●

**Guess what
I learned about
in Primary.**



For Little Ones



I believe in miracles. They help me remember that Heavenly Father knows and loves me and I love Him!
Scottie S., age 3,
Bavaria, Germany



I treat my friends kindly and help them when they're hurting.
Harrison K., age 5,
Queensland, Australia

Draw a line from each gift to someone you can give it to.



MARKET



Guide these friends through the maze to get to the market.
Who can they help along the way?



Brave Anika

By Carolina Marín

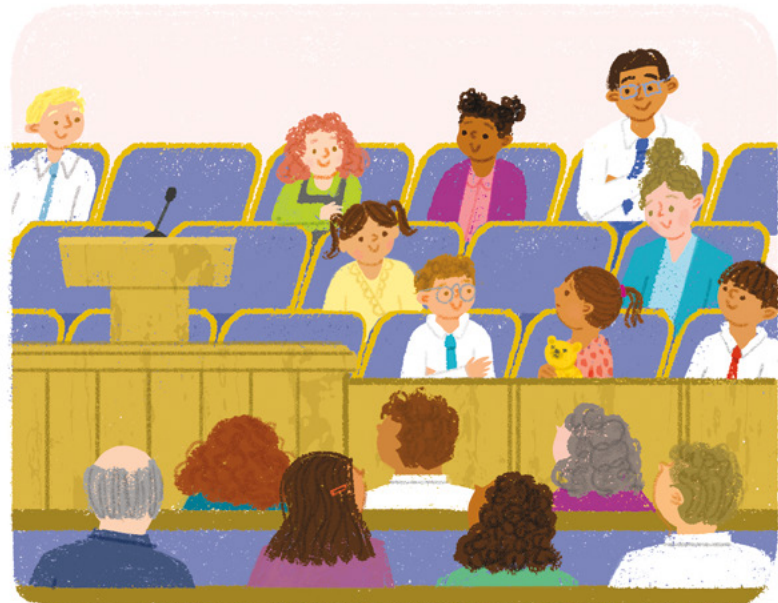
A true story from the USA.

“Are you ready?” Mami asked. Anika nodded and hugged her teddy bear. She was bringing it to church. She hoped it would help her feel brave.

Anika had a part to say in the

Primary program today. But she was new to this country. She didn’t speak much English. She was going to say it in Spanish instead. Would everyone understand?

Mami gave her a hug. “I know you’re



nervous. But remember, the Holy Ghost will be with you! You are not alone.”

That made Anika feel a little better. She smiled at her teddy bear. *Then there will be three of us*, she thought. *Me, my bear, and the Holy Ghost!*

At the Primary program, Anika’s class talked about what they had learned that year. They went to the stand one by one. Soon it was Anika’s turn.

She hugged her bear. She could be brave!

“My family studies the scriptures with *Come, Follow Me* every night,” Anika said in Spanish. She took a deep breath. “We learned how Joseph Smith forgave those who hurt him. I can forgive others too. In the name of Jesus Christ, amen.”

Anika went back to her seat. Her teacher smiled at her and her bear. “Good job,” she whispered. “Both of you were very brave!”

Anika felt warm in her heart. She had been brave! And she knew the Holy Ghost was with her. ●



Teach Me about the Scriptures



The scriptures were written by prophets to teach us about the gospel.

The scriptures tell us about Jesus Christ and how to be like Him.



Jesus wants us to learn from the scriptures.

Heavenly Father will bless me when I follow what the scriptures teach.

Spot the Differences

These friends are acting out a scripture story. How many things can you find in the top picture that aren't in the bottom picture?





Jesus Loves the Song of the Heart

How do you feel when you sing about Jesus Christ?

We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; fourth, Laying on of hands for the gift of the Holy Ghost.

What this means:

We believe that these four truths were given to us by Heavenly Father to bless us: 1) having faith in Jesus Christ, 2) repenting for wrong choices, 3) being baptized, and 4) being confirmed as a member of the Church and receiving the gift of the Holy Ghost.



Friend Mail

Where I Read the *Friend*

Gillard G., age 6, reads the *Friend* in English in Harare, Zimbabwe.



Funstuff

I colored a Liahona from the "Color by Number" Funstuff (Feb. 2024)!

Caleb C., age 9, Iowa, USA

We Love to See the Temple

Agatha and Alana C., both age 8, visited the Porto Alegre Brazil Temple.



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



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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

