

JANUARY 2025

the Friend

Following Jesus Together



**The Gospel Is
RESTORED!**

— — —
See pages 2-3



Welcome, Friends!

It's a new year of learning with the *Friend*!

Turn to pages 24 and 26 to read about the First Vision and the Restoration of the Church. You can even make your own First Vision scene and share the story (page 13).

Read a message from President Nelson about why the Restoration is so important (page 2). The Church is the same as Christ's Church when He was on the earth!

There might be big words you don't know yet as you learn about Church history. For help, see page 6.

Happy learning!
The *Friend*

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 ASL CTR rings.

Look for Margo and Paolo tips on articles!



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By President
Russell M. Nelson

The Restoration Is for You

What does it mean for you that the gospel of Jesus Christ has been **restored** to the earth?

It means that your family can be sealed together forever! It means that when you are baptized and confirmed a member of Jesus Christ's Church, the Holy Ghost can be with you always. It means that God's priesthood power can bless you as you make covenants with Him and keep them.

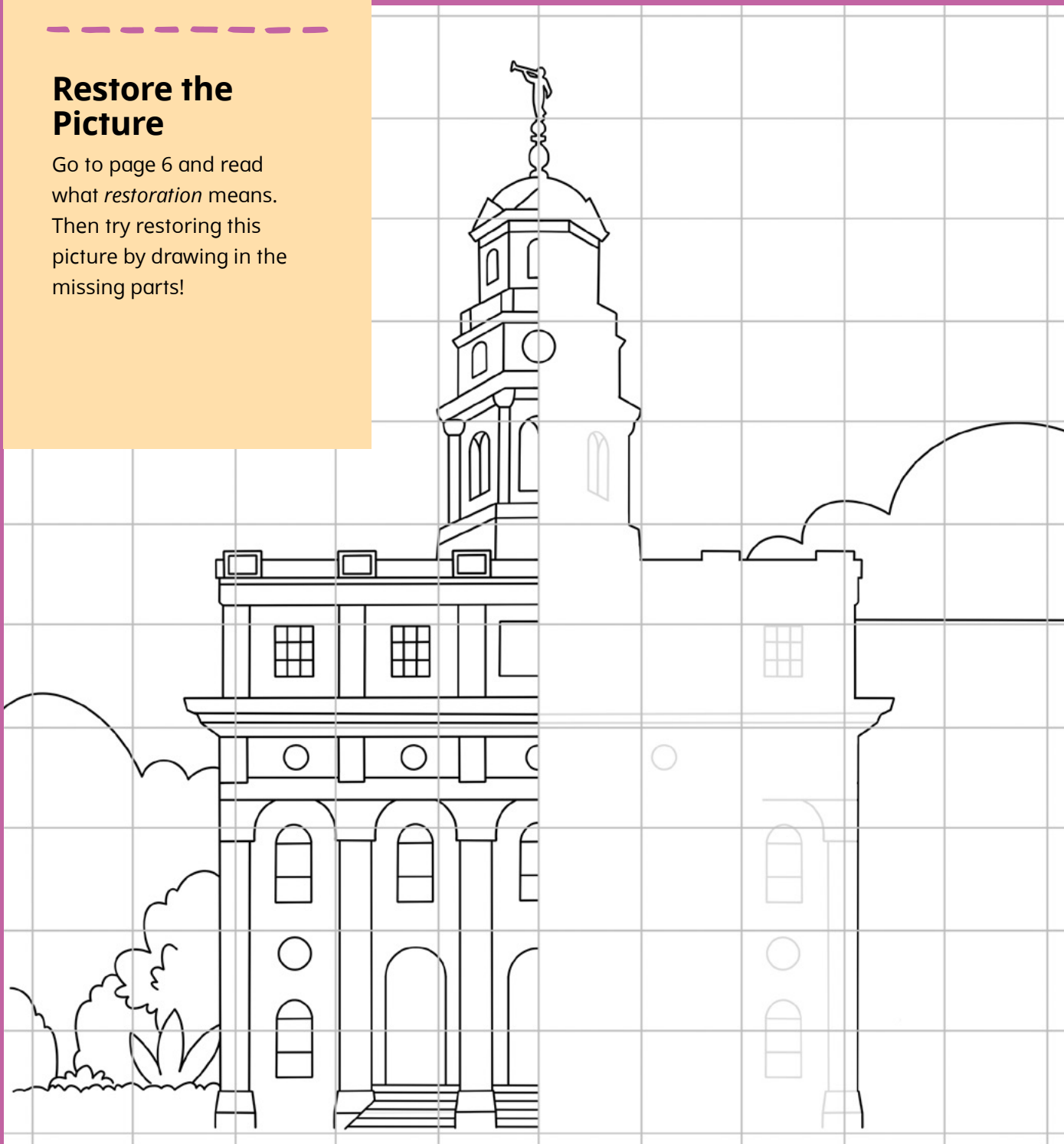
God's prophet Joseph Smith is *your* prophet. He was the first prophet of the restored Church. **Revelation** still flows from the Lord during this ongoing process of restoration.

God lives! Jesus is the Christ! His Church has been restored! He and our Heavenly Father are watching over us. ●

Adapted from "Hear Him," Liahona, May 2020, 88–92.

Restore the Picture

Go to page 6 and read what *restoration* means. Then try restoring this picture by drawing in the missing parts!



THE RESTORED CHURCH

When Jesus Christ's Church was restored, Joseph Smith received priesthood authority that had been lost. He also learned truths from God that had been lost. We continue to receive more light and truth from God today. The Restoration is ongoing!

Just Like Joseph

Did Joseph Smith really see
Heavenly Father and Jesus Christ?



"Good morning!" Their teacher, Sister Cruz, pointed to the picture. "Does anyone know who this is?"

"That's Joseph Smith!" Lhensay said.

Sister Cruz smiled. "Yes, that's right. And what did Joseph Smith do?"

Lhensay looked back at the picture. She knew that Joseph Smith was a prophet, but she didn't know much else.

"He was the first prophet of our church," Maria said.

"Right again!" said Sister Cruz. "When Joseph was young, he didn't know which church to join. He went into the woods and prayed to God to find out which one was true. He also asked for

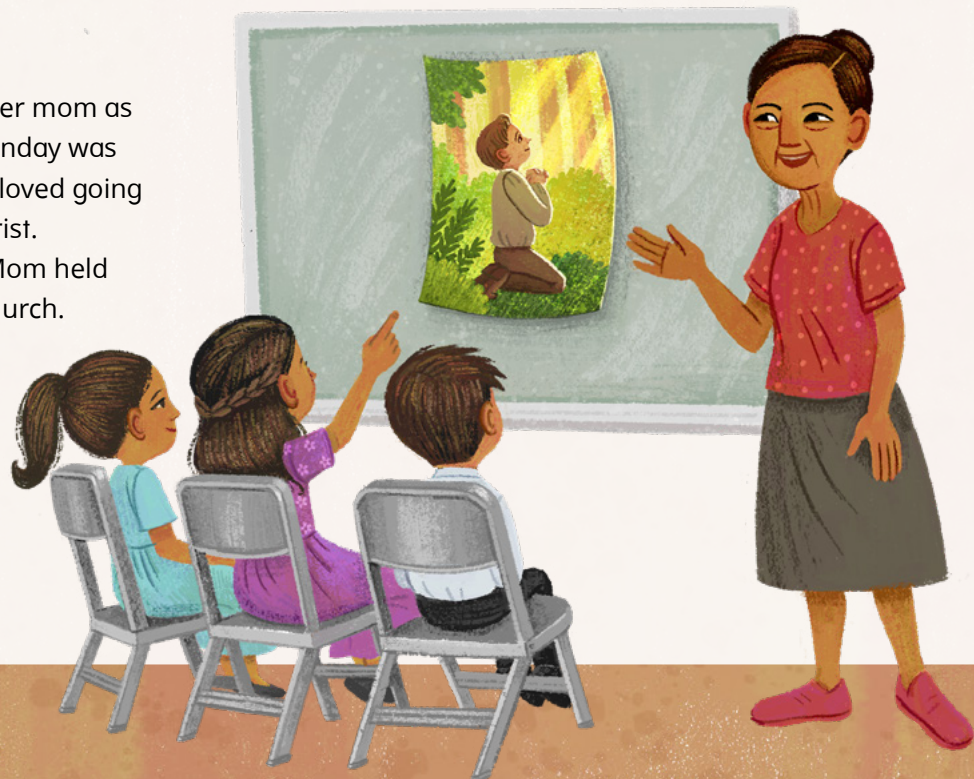
By Alelie Coronel-Camitan

A true story from the Philippines.

Lhensay bounced in her seat next to her mom as their jeepney drove through town. Sunday was Lhensay's favorite day of the week! She loved going to Primary and learning about Jesus Christ.

The jeepney pulled up to their stop. Mom held Lhensay's hand as they walked to the church.

After sacrament meeting, Lhensay walked to Primary with her friend Maria. On the board there was a picture of a young man praying in the woods.



forgiveness of his sins. As he prayed, a very bright light appeared. Do you know who was in that light?"

Lhensay and the rest of her class waited.

Sister Cruz put another picture on the board. This one showed two men standing above Joseph Smith in the air. They wore white robes and shone brightly.

"Heavenly Father and Jesus Christ showed themselves to Joseph," Sister Cruz said. "They told him that he would restore Jesus's Church. We call it the First Vision."

Lhensay raised her hand, eyes wide. "Was it for real?" she asked.

Sister Cruz nodded. "Yes, it was!"

Lhensay's heart felt warm. She knew that what Sister Cruz had said was true.

That night, Lhensay kept thinking about Joseph Smith. "Mom, how can I see Heavenly Father and Jesus, like Joseph Smith did?" she asked.

Mom gave Lhensay a hug. "Most of us won't see Heavenly Father and Jesus like Joseph Smith did. But They can still speak to us through thoughts and feelings from the Holy Ghost. Then you can know They are always with you."

Lhensay thought about the way her heart felt warm when Sister Cruz told them about the First Vision. That was the Holy Ghost, sending her a message from Heavenly Father and Jesus Christ! She smiled and hugged Mom back. They *had* spoken to her, just like they had to Joseph Smith! ●



TALK ABOUT IT!

How did Heavenly Father and Jesus Christ speak to Lhensay?

My Gospel Words

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

The First Vision

The First Vision was when Heavenly Father and Jesus Christ visited Joseph Smith after he prayed. He wanted to know which church to join. They told Joseph that he would help organize Jesus Christ's true Church on the earth.



Restoration

To restore something means to return it to the way it was before. The **Restoration** is what we call Jesus Christ bringing His true gospel back to the earth. The Restoration began when Joseph Smith had the First Vision. President Russell M. Nelson still receives revelation for the Church as our prophet. This means the Restoration continues today!



Sacred Grove

The **Sacred Grove** is where Joseph Smith had the First Vision. It was in the forest near Joseph's home in Palmyra, New York, USA.

Revelation

Revelation is how Heavenly Father talks to us. We receive revelation through the Holy Ghost. He can bring feelings to our heart and thoughts to our mind.

What to Remember When Life Is Hard



By President
Jeffrey R. Holland
Acting President of the Quorum
of the Twelve Apostles

You are stronger than
you think.

You have the light of Christ
in your heart.

You are loved, valued,
and needed.

You are a child of a living
God who loves you.

*Adapted from "Fear Not: Believe Only!" Liahona,
May 2022, 34–36.*

Did You Know?

President Holland served a mission with Elder Quentin L. Cook. They both served in the British Isles.



Hello from ESTONIA!

Estonia is in Northern Europe and borders the Baltic Sea. About one million people live there.

Sõbrake means "Friend" in Estonian!

What's the magazine called where you live?



ISLAND COUNTRY

Estonia has more than 2,000 islands. Many of these islands are very small, so most people live on the mainland and bigger islands.

How the Church Is Growing in Estonia

- President Nelson dedicated Estonia for the preaching of the gospel in 1990.
- During the next 10 years, Church members helped translate temple ceremonies, general conference talks, and the Book of Mormon into Estonian.
- The closest temple is the Helsinki Finland Temple.

SONG AND DANCE FESTIVAL

This festival is an important part of Estonian culture. It is held every five years and has had up to 100,000 people attend.



MIDNIGHT SUNSHINE

During summer in Estonia, there are a few weeks of midnight sunshine. The sun sets later than usual, leaving a white light in the sky during the night.



FOREST HOME

Half of Estonia is covered in forest! Many animals live in the forest, including lynxes, beavers, wolves, otters, and boars.

THE CAPITAL CITY

Tallinn is the capital city of Estonia. It is one of the oldest cities in Northern Europe.



Following Jesus in Estonia

Hugo follows Jesus by praying when he needs help. He once had nightmares. He prayed to receive comfort. "Jesus helped me," he says.

Hugo also follows Jesus by sharing the gospel with his friends. He likes to teach them what he learns at church. He tells them that everyone is a child of God. "I invite them to church and activities," he says. "It makes me feel good." ●

MEET HUGO





About Hugo



Age: 9

From: Estonia

Languages: Estonian, English

Goals:

- 1) Get better at playing piano.
- 2) Be together forever with his whole family, including grandparents.

Hobbies:

- Singing in the Estonian National Opera Boys' Choir
- Playing piano
- Performing with the drama theater
- Soccer

Family: Mom, sister, two brothers, and a dog named Ayla



Hugo's Favorites

Scripture: 1 Nephi 3:7

Family Tradition: Painting and hiding eggs at Easter

Fruit: Mango

Color: Orange

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



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 was the first temple built after Jesus Christ's Church was restored.
- On Easter Sunday in 1836, Jesus Christ visited Joseph Smith in the Kirtland Temple.
- When the temple was being dedicated, angels appeared!



Kirtland Temple

- When this temple opened, it served members from 12 different time zones!
- Estonian, Finnish, Latvian, Lithuanian, and Russian are all spoken in this temple.
- The big spire on the temple is 147 feet (45 m) tall and made of copper.



Helsinki Finland Temple

- President Hinckley woke up one night and drew a sketch that the temple department used to build the temple.
- In 1996, it was dedicated to be "a sanctuary of peace" in a busy city.
- This temple is five stories tall.



Hong Kong China Temple



First Vision Diorama

You could use:



Try using real sticks and rocks!



Use paint or paper to decorate the box like a forest.



Be creative! Here are some ideas.

Cut this out and put it inside your box.



Cut a hole and shine a light through to be the pillar of light Joseph saw.



Friends around the World



I led the music for our Primary program in church! I love singing the hymns. It inspired me to start learning to play the piano from a senior missionary. I can play some of the songs from the hymnbook.

**Gabriella G., age 10,
Harare, Zimbabwe**



Boone M., age 5, Utah, USA



I enjoy attending church on Sundays and learning about the gospel. Attending church strengthens my spiritual foundation and helps me make difficult decisions.

**Daniel C., age 8,
Hawaii, USA**



Eduardo B., age 10, Pichincha, Ecuador



I serve Heavenly Father by doing random acts of kindness for people.

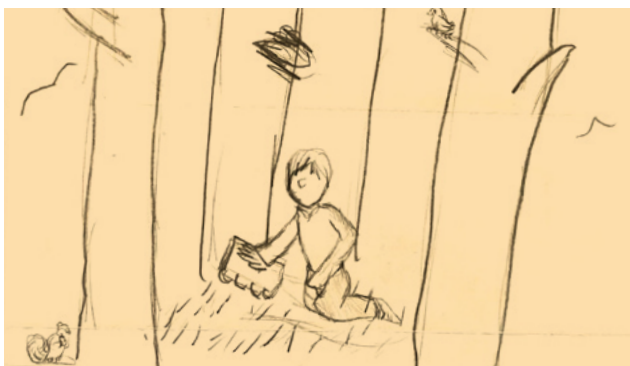
**Ellie W., age 11,
Maryland, USA**



"My Church," Russell J., age 9, Arkansas, USA



Elizabeth J., age 8, North Carolina, USA



**"Joseph Smith Finds the Gold Plates,"
Abigail H., age 10, California, USA**



**Eva B., age 6,
Antwerp, Belgium**



I felt Heavenly Father and Jesus were right beside me at my baptism. My baptism was special because I shared the day with two of my cousins who are the same age.

**Ezra C., age 9,
Emirate of Dubai, UAE**



My goal is to share my talents. I sing along while my brother plays the piano. I want to help others feel the Savior's love through music.

**Elena A., age 9,
Puerto Rico**



I am excited to be a missionary like Jesus and share the gospel.

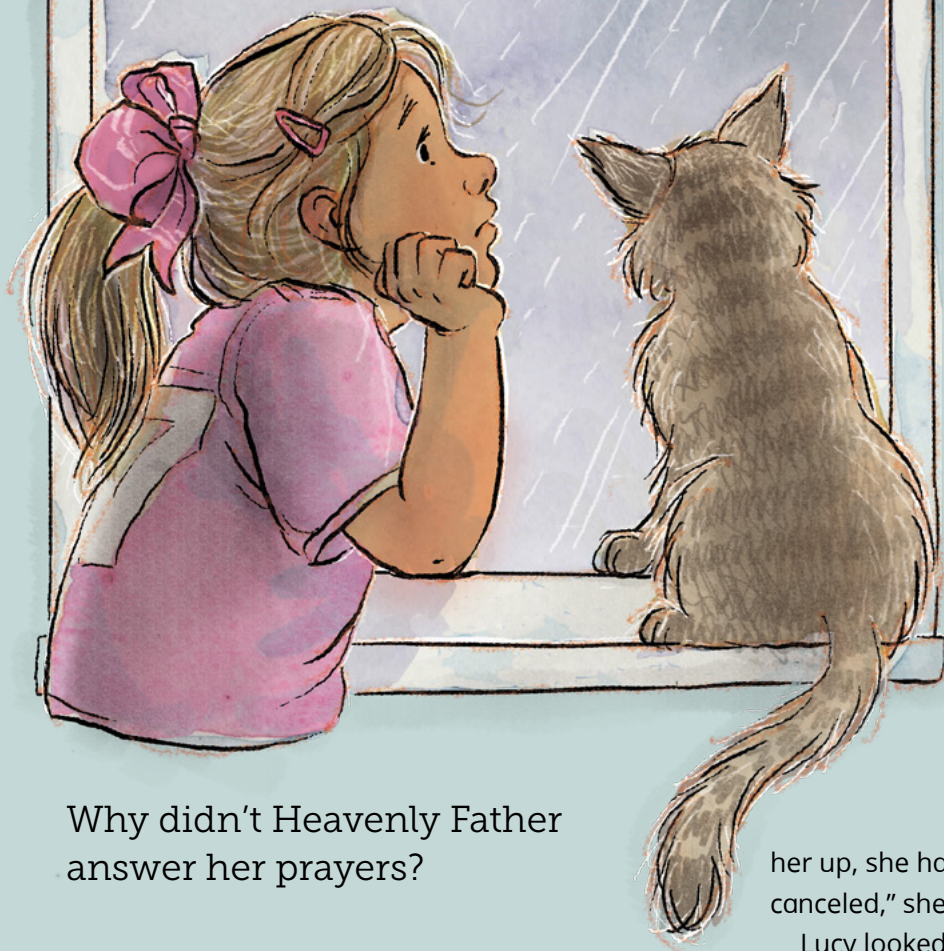
**Luciano C., age 9,
Macau, China**

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

Turn to the back cover to see how.



CAMP RAINY DAY



Why didn't Heavenly Father answer her prayers?

By Lucy Stevenson Ewell

A true story from the USA.

"My game is tomorrow, right?" Lucy asked as Mom tucked her in bed.

Mom nodded. "Yes! Tomorrow night at 6:00."

Lucy could hardly wait. She had been looking forward to her team's first softball game for weeks. And this year their jerseys were pink! She was so excited it was hard to fall asleep.

But the next morning, Lucy looked out the window and frowned. Grumpy gray clouds hung in the sky, and puddles were everywhere. It had rained all night.

She knelt to say her morning prayer. "Dear Heavenly Father, please help the weather to be good for my softball game tonight."

All day at school, Lucy thought about the game. She pictured herself wearing her new pink jersey, reaching up to make a winning catch. But outside, it was still rainy and wet.

Lucy said a quick prayer in her mind. *Heavenly Father, please help the sun to come out soon so we can play tonight.*

When the school bell rang, Lucy grabbed her backpack and ran outside. She could see the sun starting to peek out from behind the clouds!

But when Mom came to pick her up, she had bad news. "The game for tonight is canceled," she said. "I'm sorry."

Lucy looked at the sky. "The sun is coming out, though. Maybe the rain will stop."

"I know," said Mom. "But the softball field flooded from all the water. So even if it stops raining, it's too wet and muddy to play. They'll reschedule the game for another time."

Hot tears welled up in Lucy's eyes. She was so disappointed! She really, *really* wanted to play tonight. Why didn't Heavenly Father answer her prayers?



At home, Lucy felt as gray and grumpy as the rain clouds. She didn't feel like reading her favorite book. And even though Mom made her favorite pasta for dinner, it didn't taste as good.

After dinner, Lucy's littlest sister, Ellie, crawled on her lap. "Play with me?" she asked.

Lucy sighed. "Sure," she said. Then she had an idea. "We need something fun to do."

She grabbed a broom and tied a scarf to the end of it to make a flag. Then she gathered all her sisters. She held up the flag and said, "Welcome to Camp Rainy Day! It's where you go to have fun when you can't play outside."

Her sisters cheered.

"First," Lucy said, "we'll sing our camp song."

The girls giggled as they made up a silly song and words to go with it. Then they marched around the

room with their flag, singing as loud as they could.

"Now we need to set up our tent!" Lucy helped her sisters gather blankets and pillows to make a fort. It toppled over a few times. But when they fixed it, they all huddled inside the fort to play games.

Soon it was time for bed. "I hope it rains again tomorrow," said Lucy's sister Liza. "I want to play Camp Rainy Day again!"

"Thanks for playing with your sisters," Mom said as she hugged Lucy goodnight. "You made your own sunshine out of a cloudy situation. I'm proud of you."

Lucy felt happy as she climbed into bed. Her prayers weren't answered the way she wanted. But Heavenly Father had still helped her find something fun to do with her family—and that was just as fun as wearing pink at her first softball game. ●

My Own Sacred Grove

Expressively ♩ = 50-65

(Simplified)

Words and music by Angie Killian

C G C Am

1. Jo - seph Smith went to a grove full of trees; Seek - ing God's wis - dom, he
2. So man - y choi - ces with so much at stake. Life's full of path - ways, but

G C Am F C Em

fell to his knees. As he pled with the heav - ens, the sky filled with light, And the
which should I take? If I lift up in prayer in the name of the Son, Through the

Am F C Em F G

Fa - ther ap - peared with His Son, Je - sus Christ, Stand - ing a - bove in the
pow'r of the Ho - ly Ghost an - swers will come. Heav - en - ly Fa - ther is

Am F G C

air there, Com - ing to an - swer his prayer. I will
Read - y to an - swer my prayer.

Am F C G

find my own sa - cred grove. A -



Am F C Em

way from all of the noise in the world. I will

Detailed description: This system contains the first two lines of music. The treble staff has a key signature of one flat and a 4/4 time signature. The lyrics are "way from all of the noise in the world. I will". Chords are indicated above the staff: Am (with a 2 above the second line), F (with a 1 above the first line), C (with a 3 above the first line), and Em (with a 5 above the first line). The bass staff provides a simple accompaniment.

F G Am G F

turn to prayer, For I know He's there. I will

Detailed description: This system contains the next two lines of music. The treble staff has the lyrics "turn to prayer, For I know He's there. I will". Chords are indicated above the staff: F, G, Am, G, and F (with a 2 above the second line and a 5 above the fifth line). The bass staff continues the accompaniment.

Dm7 1. G C

find my own sa - cred grove.

Detailed description: This system contains the third line of music. The treble staff has the lyrics "find my own sa - cred grove.". Chords are indicated above the staff: Dm7 (with a 3 above the second line and a 1 below the first line), G (with a 1 above the first line), and C. The bass staff continues the accompaniment.

2. G Am G

own sa - cred grove. I will

Detailed description: This system contains the fourth line of music. The treble staff has the lyrics "own sa - cred grove. I will". Chords are indicated above the staff: G (with a 1 above the first line), Am, and G. The bass staff continues the accompaniment.

Dm7 G C

find my own sa - cred grove. *rit.*

Detailed description: This system contains the fifth line of music. The treble staff has the lyrics "find my own sa - cred grove." followed by a *rit.* marking. Chords are indicated above the staff: Dm7 (with a 3 above the second line and a 1 below the first line), G (with a 1 above the first line), and C. The bass staff continues the accompaniment.



**By President
Susan H. Porter**
Primary General
President

The Gift of Prayer

Heavenly Father has given you a very special gift. It is the gift of prayer. Prayer can help us anytime, anywhere.

I want to share three gifts that you can pray for.

1. Pray to know.

If we can't see Heavenly Father when we say our prayers, how can we know that He is listening?

President Nelson invited you to "pour out your heart to your Heavenly Father. . . . And then listen!"* You can *know* that Heavenly Father hears your prayers when you listen to what you feel in your heart and the thoughts that come to your mind.

2. Pray to grow.

How do you want to grow? Do you want to learn a new skill or make new friends? You can pray to *grow* to become more like Jesus Christ!

My new friend Jonah told me about how he often felt worried at school. But when he started to pray before school, he felt peace. Jonah prays to grow every day, and you can too!

3. Pray to show.

As a young girl I prayed for my family. I wanted to know how I could help them. Heavenly Father helped me know that I could be an example of the gospel of Jesus Christ. That is what I could do!

If you are praying for your family or others who love you, don't give up! Heavenly Father will *show* you what you can do. When you sincerely ask for His help, His Spirit will guide you. ●

*Russell M. Nelson, "Revelation for the Church, Revelation for Our Lives," *Liahona*, May 2018, 95.

*Adapted from "Pray, He Is There,"
Liahona, May 2024, 77-79.*



My Prayers

Think about these questions each time you pray. Then color in a flower. See if you can color in the whole page!

- What do I want to **know**?
- How do I want to **grow**?
- How can I **show** Heavenly Father's love to others?

Come, Follow Me **Activities**

DECEMBER 30–JANUARY 5: “The Restoration of the Fulness of the Gospel of Jesus Christ”

Puzzle Restoration

To restore something means to put it back together. Read “The Restoration of the Fulness of the Gospel of Jesus Christ: A Bicentennial Proclamation to the World” in Gospel Library to learn more about how the Church was restored. Then play a restoration game! Find or draw a picture and cut it into puzzle pieces. Trade puzzles with a family member and restore each other’s pictures. Why was it important that Joseph Smith restored Jesus Christ’s gospel?

For younger children: God loves His children in every nation of the world. Look through the magazine with your little ones and point out the different places God’s children live around the world.





JANUARY 6–12: Doctrine and Covenants 1

Freeze Game

Heavenly Father speaks to us through His prophets (see Doctrine and Covenants 1:38). We just need to listen! Practice listening by playing a game. One person plays music, and everyone dances while the music is playing. When the music stops, everyone freezes. Whoever freezes last shares one reason they love prophets. Play until every person has had a turn to share!

For younger children: Ask your little ones to follow where you walk and copy your movements. Tell them that we follow the prophet because he can teach us what Heavenly Father wants us to do.

JANUARY 13–19: Joseph Smith—History 1:1–26

First Vision Diorama

Heavenly Father and Jesus Christ appeared to Joseph Smith (see Joseph Smith—History 1:15–20). We call this event the First Vision. Turn to page 13 to make your own First Vision diorama, and then use it to tell someone else the story.

For younger children: Go on a walk somewhere peaceful, just like Joseph Smith went to a grove of trees to pray. Tell your little ones the story of the First Vision as you walk.



JANUARY 20–26: Doctrine and Covenants 2; Joseph Smith—History 1:27–65

Family History Fun

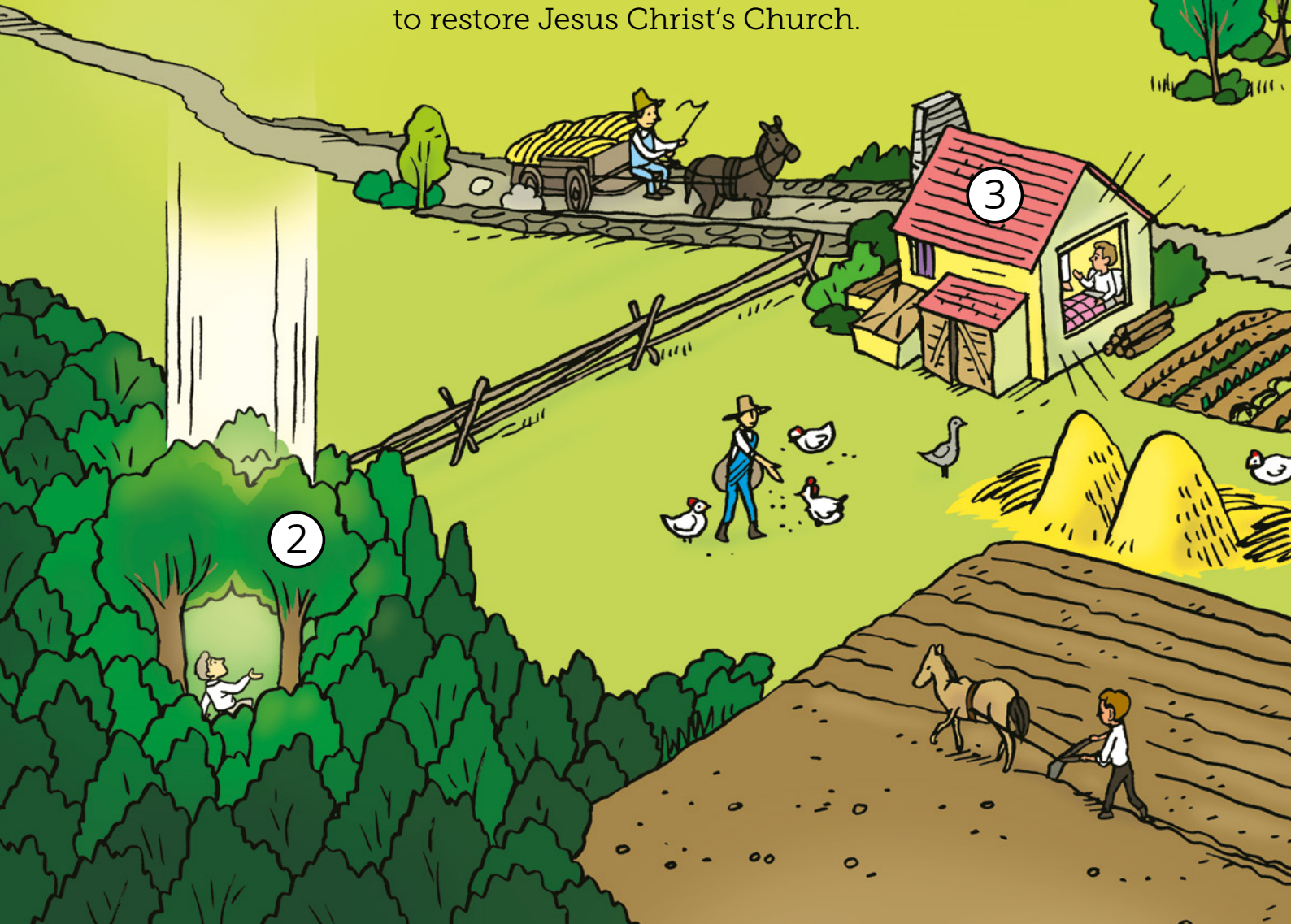
When we learn more about our ancestors, we feel closer to them and to Heavenly Father (see Doctrine and Covenants 2). Ask a family member to tell you a story from their life or from the life of one of your ancestors. Then recreate the story as a play or drawing!

For younger children: To teach your little ones about family history, teach them the name of someone in your family that they didn't know before.



The Restoration Begins

Learn how Joseph Smith was guided to restore Jesus Christ's Church.

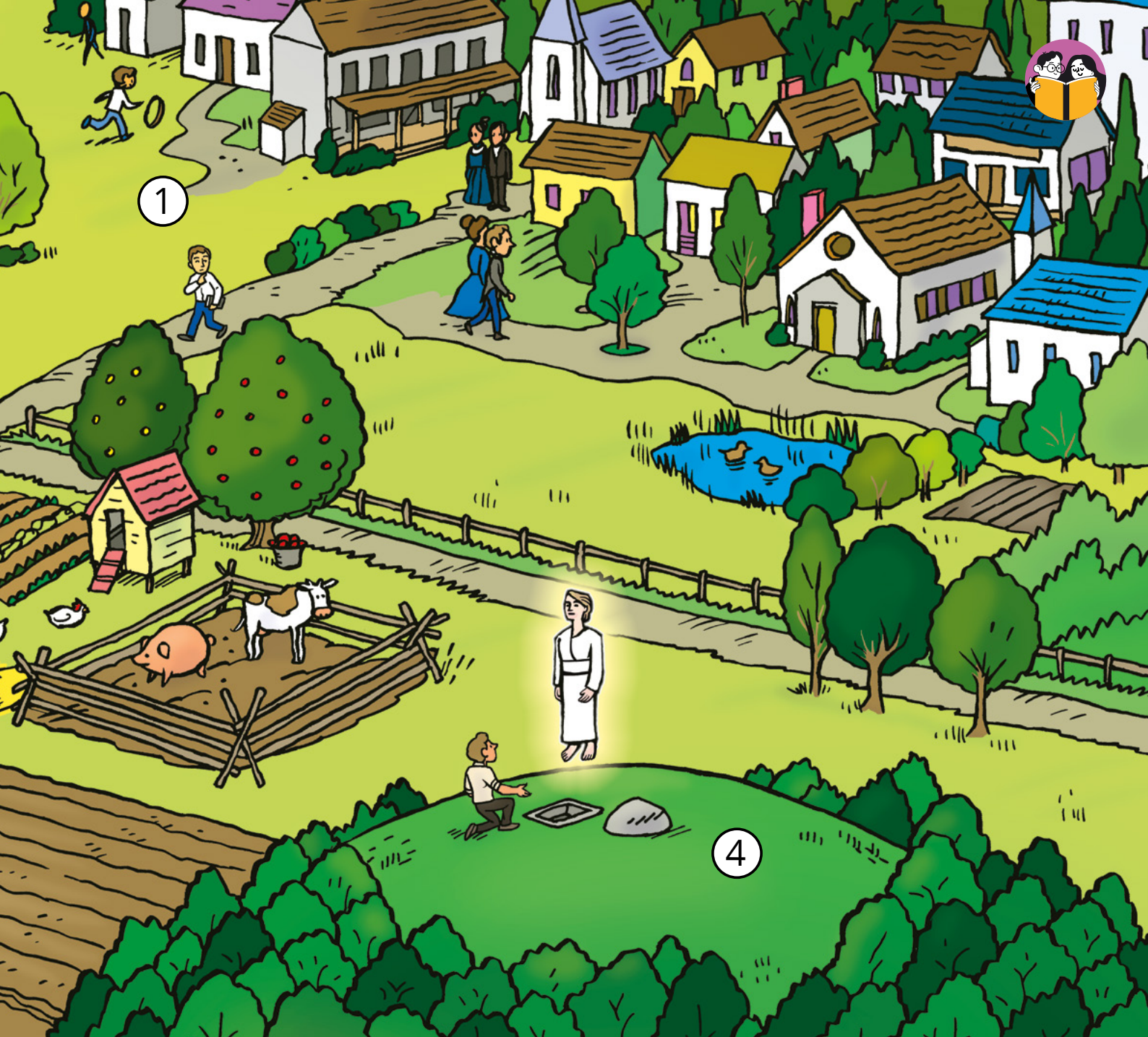


1

Palmyra, New York (1820): Joseph Smith and his family lived here. Joseph's family members all went to different churches, and Joseph didn't know which church to join. He read in the Bible, "If any of you lack wisdom, let him ask of God" (James 1:5).

2

The Sacred Grove (spring of 1820): Joseph Smith prayed and asked God which church to join. Heavenly Father and Jesus Christ visited him. They told him he should not join any of the churches. They called Joseph to help restore Jesus Christ's full gospel on the earth.



3

Joseph's room (1823): The angel Moroni visited Joseph Smith. He told Joseph about gold plates that had Jesus Christ's full gospel. As Moroni spoke, Joseph saw a vision of where the plates were buried.

4

The Hill Cumorah (1827): The angel Moroni gave Joseph Smith the gold plates at the Hill Cumorah. Joseph also received special tools that had been buried with the plates. God had prepared them to help him translate the plates. The translated plates became the Book of Mormon so that all of God's children could read His words.

The First Vision



When Joseph Smith was young, many churches taught different things about Jesus Christ. Joseph didn't know which church to join.



One day, he read James 1:5 in the Bible. It said if we need wisdom, we can ask God. Joseph decided to do that.



On a beautiful spring day, Joseph went into the woods to pray to Heavenly Father.



Joseph knelt and started to pray. But then he felt darkness all around him. Joseph was scared. He asked God for help.



You can read this story in *Joseph Smith—History 1:1–20*.



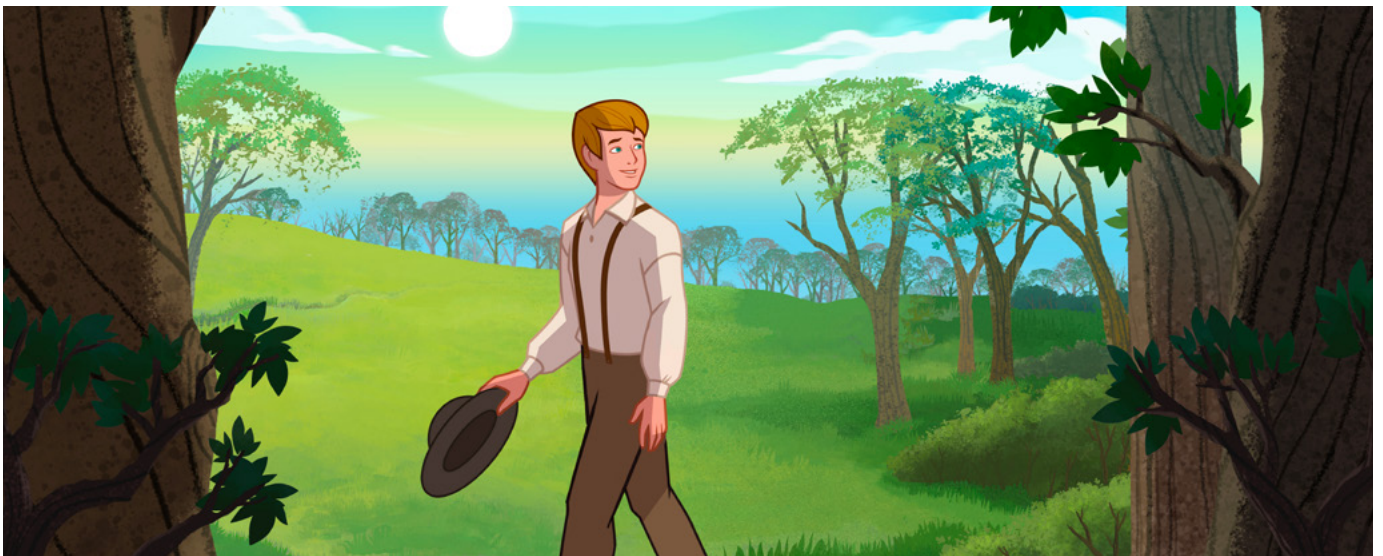
Suddenly, Joseph saw a bright light coming down from heaven. He saw Heavenly Father and Jesus Christ standing in the air. Heavenly Father said Joseph's name. Then He pointed to Jesus Christ and said, "This is My Beloved Son. Hear Him!"



Jesus told Joseph he shouldn't join any of the churches.



Joseph would help restore the fulness of the gospel on the earth.



Joseph wasn't confused anymore. He was filled with joy! He knew that God loved him. Some people didn't believe he had seen Heavenly Father and Jesus Christ, but he knew it was true. ●



Boat Trip to the Temple

In 1992 Church members in Brazil took a boat trip to the temple. They ran out of drinking water and prayed for help. Soon a storm came and brought fresh water to drink. Can you find the hidden items?





Going to Church with Ghuka

Kelvin had never seen a church like this before.

By Kelvin Njenga Mungai

A true story from Kenya.

Kelvin carefully stacked the shiny glass milk bottles on the shelf. He had recently moved to live with his grandparents in a village outside the city. They owned a milk shop, and Kelvin liked helping.

"Tonight we are going to an activity at our church," Ghuka (Grandpa) said. "Want to come with us? It will be fun."

Kelvin liked having fun. "Yes!" he said. "I'll go with you."

After they closed the shop, Kelvin and his grandparents walked to the activity. They passed other shops selling fabrics, fruit, and potted plants. After a while, they reached the church.

Kelvin stood wide-eyed as he looked at the beautiful building. He had never seen a church like this before. Most churches had a cross at the top, but this one didn't.

Inside, Kelvin's grandparents introduced him to lots of nice people. They ate yummy food and played games.

But Kelvin was curious. So he wandered the halls of the church. He saw paintings of Jesus Christ.

Then he walked into a classroom and noticed some photographs on the wall.

Who are those people? Kelvin wondered.

After he left the room, he saw two young men in the hall. They were wearing white shirts and ties. "Hi," one of them said. "We're missionaries. What's your name?"

Kelvin introduced himself. Then he asked, "Who is the man in that picture?" He pointed back to one of the photos in the room.

"That's the prophet," the other missionary said. "Do you know what a prophet is?"

Kelvin smiled and shook his head no.

"A prophet is a messenger from God," said the missionary. "He teaches us what God wants us to know."

When Kelvin walked home with his grandparents that night, he was holding a copy of the Book of Mormon that the missionaries had given to him. He was excited to learn more about prophets and this new church.

"Will you read to us?" Ghuka asked when they got home. Kelvin's grandparents didn't know how to read.



"Yes!" Kelvin said. He opened the Book of Mormon and read out loud. He didn't understand all the words, but he felt something special.

On Sunday, Kelvin walked with his grandparents back to church. He went to a class for all the kids. It was called Primary. He made so many friends! He learned more about prophets and Jesus.

The missionaries came to teach Kelvin more. One day they asked him a question. "Will you follow the Savior's example and be baptized?"

Kelvin smiled big. "Yes!"

On the day of his baptism, Kelvin stepped into the water. It was chilly. But as Kelvin looked around him, he saw his grandparents, the missionaries, and all his new friends from church. He felt so loved!

By choosing to follow Jesus Christ, Kelvin was a pioneer in his family. He couldn't wait to keep following Him—and to help others follow Him too! ●



When he grew up, Kelvin served a mission in his home country.



Today, Kelvin attends college through BYU-Pathway Worldwide.



Kelvin enjoys watching movies and reading.

Overnight OATS

- ½ cup (50 g) rolled oats
- ½ cup (120 ml) milk
- ¼ cup (60 ml) plain or flavored yogurt
- Honey or other sweetener
- Toppings (nuts, fruits, chocolate chips, cinnamon, etc.)

1. Pour the rolled oats into a jar or other container with a lid. Add yogurt. Pour milk over the top and mix well.



2. Close the container and place in the refrigerator overnight (or at least two hours).



3. Add honey, then stir the oats and add whatever toppings you'd like!



Be sure to get an adult's help!

Remember

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

Healthy Tip

Oats are a great source of fiber. Fiber helps keep you full. You can get more fiber by eating plenty of whole grains, beans, and fruits.



MARGO and PAOLO

The Friendship Bracelets



I miss Laura. I hate when friends move away.

Me too. This feels worse than all the times we had to move away.



You can still call her! Or write letters.

I guess so.



It's sad when friends go. But we can be thankful for how their friendship has blessed us.



Remember when Laura gave us these friendship bracelets for our birthday?

Yeah! And she wrote us those nice notes too.



She sounds like a good friend.

She is! She's always kind, like Jesus. I want to be a good friend too.



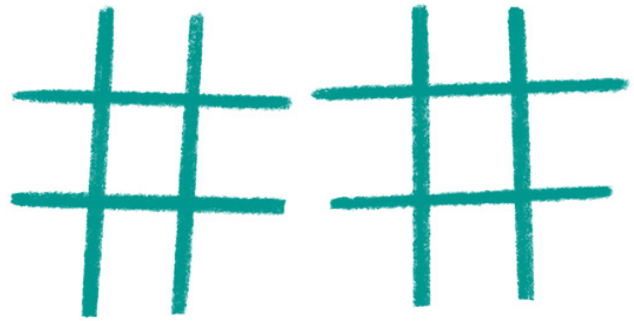
Hey, maybe we can send Laura friendship bracelets in the mail.

Let's give some to Lucas and Julia too!




Three in a Row

Play this with a friend! Take turns writing an X or an O in the spaces until someone gets three in a row.



Friendship Cube

1. Cut out the pattern.
2. Fold the pattern along the lines and glue the tabs in place to make a cube.
3. Roll the cube for ideas of things to do with a friend. (Remember: Family members can be friends too!)

Write your own idea! 

Make a treat!
(Try the overnight
oats on page 12.)

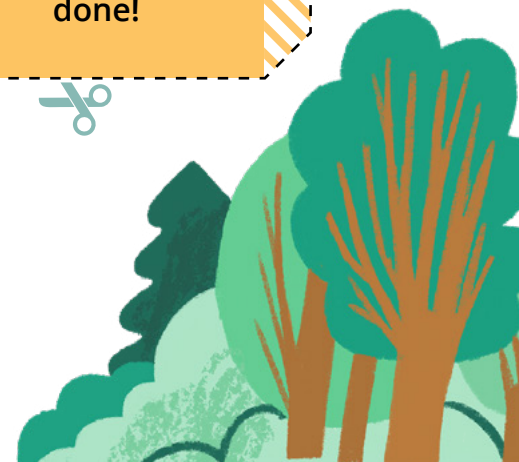
Serve someone.
If you can, do it
secretly.

Make up a game
to play outside.

Draw each
other's portrait.
Don't show it
until you're
done!

List five things
you like about
each other.

Write and tell
us how you
serve others!



“I had seen a vision;
I knew it, and I knew
that God knew it, and
I could not deny it.”

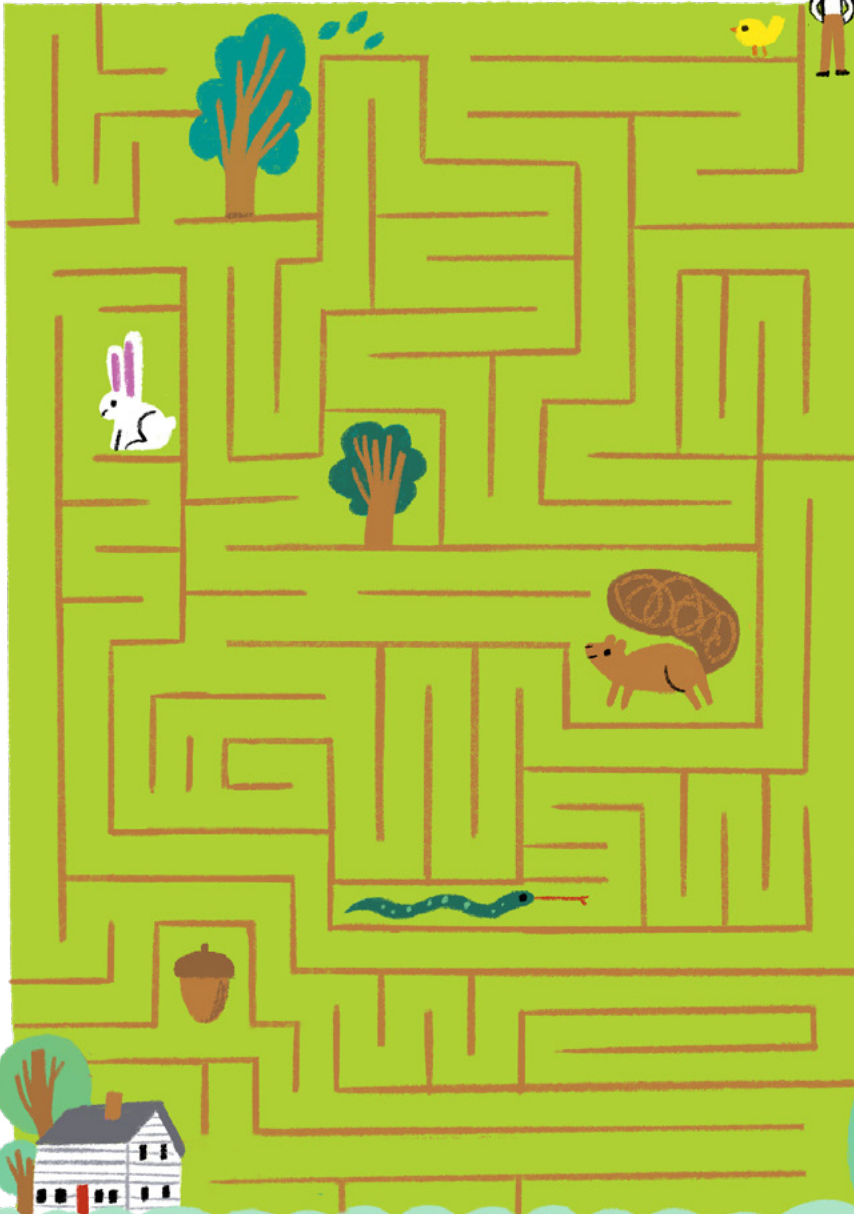
JOSEPH SMITH—HISTORY 1:25

THIS MONTH'S CHALLENGE

Talk to three people you don't usually talk to. Write their names here:

Forest Maze

Find your way through the forest to the Smiths' house.



Words from You



I know the Book of Mormon is true and Joseph Smith was a prophet of God. When I pray, I feel good inside.

Dirk B., age 8, Nevada, USA



My favorite room in the temple is the sealing room. I know that one day I will be married and sealed in the temple for all eternity. I love seeing the temple.

Isabel R., age 10, Ceará, Brazil

ILLUSTRATIONS BY BROCKE SMART

SCRIPTURES IN SWAHILI

By Karly Lay

A true story from Australia.

Jared walked into Sunday School and sat down with his classmates. He noticed a boy he didn't recognize come in and sit down a couple chairs away.

Jared's teacher, Brother Trudgen, smiled at the class. "This is Emmanuel," he said. "He and his family just moved to Australia. This is their first Sunday in our ward!"

Jared thought it might be hard to go to a new ward. He would try to be Emmanuel's friend.

Brother Trudgen got out his scriptures. "Let's all turn to 3 Nephi," he said.

Jared opened his scriptures and looked over at Emmanuel. He didn't have any scriptures.

Jared gave him a big smile and leaned over. "Hi, I'm Jared," he said. "Would you like to share scriptures with me?"

Emmanuel smiled back. "Um, I don't know much English," he said. "Sorry."

"What language do you speak?"

"Swahili."

Jared didn't know any Swahili. He and Emmanuel didn't say much for the rest of the class.





I wish there was something I could do to help, Jared thought.

That evening at dinner, Jared told his family about Emmanuel.

"He seems really nice," Jared said. "But we can't understand each other very well."

Mum nodded. "Emmanuel and his family are going through a lot right now," she said. "They had to leave their country very suddenly because bad things were happening there. They left everything behind."

Jared frowned. What would it be like to have to leave home tomorrow and move to a whole new country? That would be so hard!

I wish there was something I could do to help Emmanuel, he thought. But what?

Jared couldn't stop thinking about Emmanuel as he got ready for bed. He sat down at his desk with his Book of Mormon and read a few verses. Reading the scriptures always made him feel better. Tonight, they also reminded him that Emmanuel hadn't had any scriptures to read. Jared shut his scriptures and stared at the cover. Then he jumped up from his chair and hurried out into the hallway.

"Mum!" he called. "I think I know how to help Emmanuel!"

The next Sunday, Jared couldn't wait to see Emmanuel. He sat with the other deacons at the front of the chapel and waited with a new

Book of Mormon in his lap. The missionaries had helped him get this special copy just for Emmanuel.

When Emmanuel entered the chapel with his family, Jared smiled and waved him over. Emmanuel looked confused as he sat down next to Jared. But his eyes widened when Jared handed him the Book of Mormon.

"For me?" Emmanuel asked.

Jared nodded.

Emmanuel's eyes lit up. He flipped through the pages of his new Book of Mormon. "Swahili!" he said. He smiled at Jared and hugged the book to his chest. "Thank you!"

Jared's heart felt warm as he smiled back. He knew he couldn't make everything better for Emmanuel, and they still couldn't talk to each other very well yet. But that was OK. They didn't have to speak the same language to be friends! ●



"Compassion is an attribute of Christ. It is born of love for others and knows no boundaries."

Elder Ian S. Ardern of the Seventy, "Love Thy Neighbour," *Liahona*, Nov. 2023, 24.



I brought some popcorn to my friend. Heavenly Father wants us to serve others to help them feel the Savior's love.

Allison K., age 9,
Utah, USA



ANSWERS FROM YOU

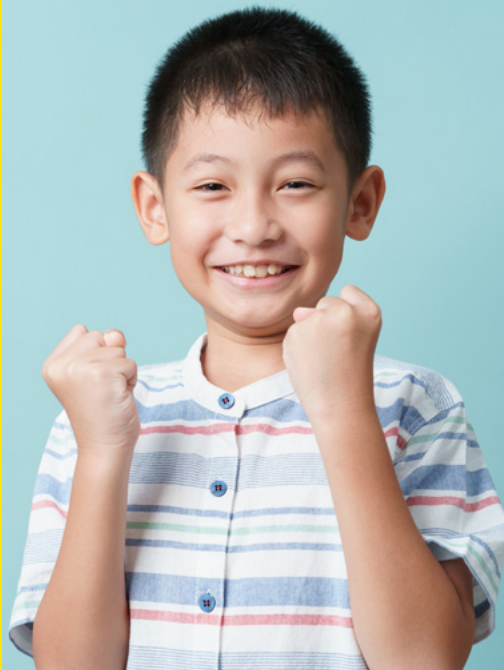
HOW DO YOU MAKE FRIENDS?

We asked children around the world for some tips on making friends. Here's what they said.



First say "hello," and then be kind.

Rachel C., age 9,
South Cotabato, Philippines



I would say "hi" and invite them to play with me and have fun.

Jett J., age 8,
Queensland, Australia



I like to see how my friends act around others. The key to become my friend is to live by good standards.

**Lesley A., age 12,
Central Region, Ghana**



I make friends by introducing myself and showing new people around. I start talking to them and play with them. I'm a good friend by helping my friends with their struggles and helping others feel more included.

Presley F., age 10, British Columbia, Canada



I give a genuine compliment.

**Haleigh N., age 10,
Idaho, USA**

Too Angry to Pray



Gabriela took some deep breaths.
What could she do to calm down?

By Abby Larkins

A true story from Germany.

Nobody understands me!" Gabriela shouted as she slammed her bedroom door. Today had been a hard day. Someone at school had made fun of her. And when Gabriela came home, she was grumpy and got in trouble with Mutti (Mom).

Gabriela flopped onto her bed and started to cry. Tears ran down her cheeks, and her chest felt tight with anger. She didn't like feeling this way.

She remembered learning in Primary that she could pray to Heavenly Father whenever she needed help. She wanted to say a prayer to help her feel

better, but she was too upset to focus. She closed her eyes and took some deep breaths. What could she do to calm down?

After a few seconds, a thought came to her mind.

Think of things you are grateful for.

She opened her eyes and looked around her room. There was a picture on the wall of Mutti and Vati (Dad). Gabriela loved her family, even when she was frustrated with them.

"I'm grateful for my parents," she said.

Then she thought about her cousins Gwendolyn, Lydia, and Thomas. They always shared their toys with her and made her laugh. She loved playing with them.

"I'm grateful for my cousins," Gabriela said.

Then she looked out her window.

The sun was setting, and the sky was filled with beautiful colors—orange, red, yellow, and pink.

"I'm grateful for sunsets," Gabriela said.

And then she thought of more things. She was grateful for the lunch she ate at school today. She was grateful for her friends. She was grateful for the apartment she lived in.

It was fun thinking of things to be grateful for! Gabriela had never realized how many good things were in her life.

She knew that the Holy Ghost had given her the idea to think of her blessings. Her heart was peaceful now. She felt ready to pray.

"Dear Heavenly Father," she said. "I'm sorry that I was angry at Mutti. Thank Thee for helping me feel calm and happy again. Thank Thee for sending the Holy Ghost to remind me of my blessings. In the name of Jesus Christ, amen."

She walked out of her room. Mutti and Vati were in the kitchen making dinner. She gave Mutti a hug.

"I'm sorry for getting mad at you," Gabriela said. "That's OK," Mutti said. "Thank you for apologizing."

They sat around the dinner table and blessed the food. Then Gabriela had an idea!

"Let's go around the table and each say something we're grateful for," she said.

Vati smiled. "That's a good idea!"

"I'm grateful for soap," Mutti said.

Vati thought for a second.

"Pizza," he said. They all giggled.

Then it was Gabriela's turn. She already knew what she wanted to say.

"I'm grateful for prayer." ●



For Little Ones



I love Jesus and
my family!
Amanda B., age 4,
Salta Province, Argentina



I feel peace when
I am with my family.
Michael M., age 5,
California, USA

Look closely to
figure out what's in
each picture!



Find the kids who are helping others by doing these things:

carrying
groceries

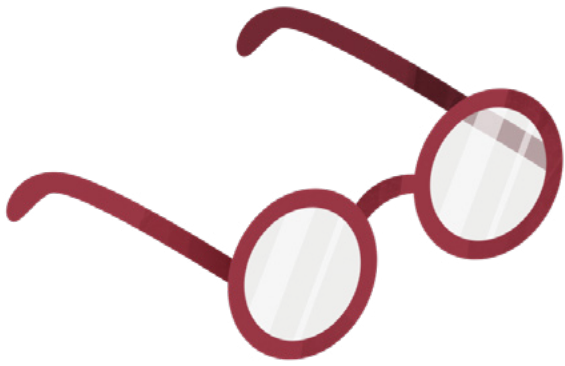
taking care
of a pet

cleaning up
a mess



Follow the dotted lines to learn
how to draw a child praying.





The Lost Glasses

By Carolina Maldonado

A true story from Bolivia.



It was the first day of school. Andrés was so excited! He was in first grade now. He was a big kid!

But when he got to school, it looked too big and scary, even for a big kid. He held Mami's hand tightly.

"It will all be OK." Mami smiled. "Say hello to your teacher. Be nice to your classmates. And don't forget to take care of your glasses."

A week ago, Andrés got his first pair of glasses. His parents always reminded him to take care of them.

Mami waved goodbye. "Have a great day!"

But Andrés did *not* have a great day. Something awful happened!

He ran to Mami after school. "I





lost my glasses!" he cried. "I looked everywhere, but I can't find them!"

"Oh no!" Mami looked worried. "Let's ask Heavenly Father for help."

"Do you think it will work?" he asked.

"Let's try it and see. Heavenly Father always hears our prayers," Mami said.

Andrés and Mami said a prayer. They asked Heavenly Father to help Andrés find his glasses.

The next day at school, Andrés was still sad. Then a boy walked up to him.

"I think these are yours." The boy held out a pair of glasses. "I found them by the football field."

Andrés took the glasses. They were his! He couldn't believe it.

After school, he ran to Mami and gave her a big hug.

"You found your glasses!" she said. "You must be so happy to have them."

"I am!" Andrés said. "But I'm even happier because of what I learned."

"And what is that?"

Andrés smiled big. "Prayer *does* work!" ●



Teach Me about Prayer



Prayer is how we talk to Heavenly Father. We pray to Him in Jesus Christ's name.



We can thank Heavenly Father for the blessings He gives us.

Activity Time

Point to or circle the pictures that show something you can pray for. What else can you pray about?





We can ask Him for things we need. We can pray for other people too.



Heavenly Father will always hear our prayers!





Heavenly Father Hears and Answers My Prayers

Heavenly Father answered Joseph Smith's prayer.
He will answer yours too!

We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost.

What this means:

We believe in three separate beings who work together. Heavenly Father has a body and so does Jesus Christ! The Holy Ghost is a spirit. This way, He can be the messenger for Heavenly Father and help us feel His love.

We believe that men will be punished for their own sins, and not for Adam's transgression.

What this means:

We all have the freedom to choose. God will judge us for our own choices—not anyone else's. In the Garden of Eden, Adam and Eve chose to eat the fruit God told them not to eat. Because of this, they had to leave the garden. God gave them a Savior to atone for them. Because of Jesus Christ, we can all repent.



Friend Mail

Where I Read the *Friend*

Karla M., age 11, reads the *Friend* in Spanish in Catalonia, Spain.



I Love to See the Temple

Gabriely Q., age 3, visited the Cochabamba Bolivia Temple.

Handprint Animals

We had fun making animals using our hands (Oct. 2023)!

Arthur and Hector P., ages 3 and 6, Minas Gerais, Brazil



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 |
| <p>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.</p> | | |
| Signature of parent or legal guardian | | Date |
| Email or best contact info for parent or legal guardian | | |