

the Friend

Following Jesus Together



**Conference
Is for YOU!**

See pages 2-7



Dear Friends,

Heavenly Father speaks to you today through prophets! Twice a year at general conference, you can hear messages from Him through the prophet and other Church leaders. They want to help you! Turn the page to see what the prophet said. Find more on pages 4–7.

Indira watched conference with her family in Indonesia. On page 8 see what she learned that made her happy.

With love,
The *Friend*

P.S. Write and tell us how you follow the prophet!

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The Friend Magazine



@thefriendmag



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



Friends by Mail

Where We Read the *Friend*

Jared, Taylor, and Jordan H., ages 4, 1, and 7, read the *Friend* in English in Mashonaland East, Zimbabwe.



Gratitude Tree

I made a gratitude tree and wrote things I am grateful for on the leaves (Nov. 2023).

Kate G., age 8,
Connecticut, USA



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I Love to See the Temple

Charlotte D., age 10, visited the Manila Philippines Temple with her family.



Find 3 Hidden English CTR Rings



Hard: Reading with Mom

Harder: Plates of gold

Hardest: The perfect place

Front cover by Maddie Baker

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
Russell M. Nelson

Jesus Christ Will Come Again

The Savior made this promise to you: “I will be on your right hand and on your left, and my Spirit shall be in your hearts, and mine angels round about you, to bear you up” (Doctrine and Covenants 84:88).

Jesus Christ took upon Himself *your* sins, *your* pains, and *your* heartaches. He will forgive you as you repent. He will bless you with what you need.

Today I call upon you to help prepare the world for the **Second Coming** of the Lord. I call upon you to talk of Christ, testify of Christ, have faith in Christ, and rejoice in Christ! This is the secret to a life of joy.

The best is yet to come as we fully turn our hearts and our lives to Jesus Christ. ●

Adapted from “The Lord Jesus Christ Will Come Again,” Liahona, Nov. 2024, 121–22.

“The best
is yet
to come ...
because
the Savior
is coming
again!”

President
Russell M. Nelson



Second Coming:
when Jesus Christ will come to earth again

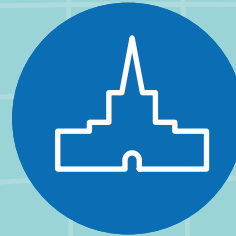
Ready When He Comes Again

President Nelson invited us to prepare for the Second Coming of Jesus Christ. Draw a picture of what you will do to prepare. Look below for some ideas from President Nelson's talk!



Make and keep covenants

Help bring others to Christ



Prepare to go to the temple

Learn about Jesus Christ and His Atonement



Conference News

How Many Temples?

Temples are being built all over the world! How many temples did President Nelson announce this conference?

- 8 in North America
- + 1 in the Caribbean
- + 1 in Central America
- + 2 in South America
- + 2 in Europe
- + 3 in Africa



= temples



Children's Choir



Hundreds of children from Utah, USA, sang in the Saturday afternoon session. Three of the songs they sang were from the new *Hymns—For Home and Church*.



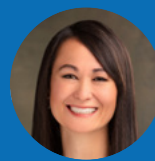
“If you talk to God . . . you will draw closer to Him.”

President Henry B. Eyring,
Second Counselor in the
First Presidency



“Every soul is precious to the Lord.”

Elder Quentin L. Cook
of the Quorum of the
Twelve Apostles



“Repenting allows us to feel God’s love.”

Sister Kristin M. Yee,
Second Counselor in the
Relief Society General
Presidency

Watching Conference around the World



I like to hear the apostles and our prophet, President Russell M. Nelson, speak at conference. I love having a prophet who is 100 years old!

Luciano F., age 6, Magallanes, Chile



Singing in general conference made me feel happy, especially when I was singing about Jesus Christ and Heavenly Father.

Annelise G., age 10, Utah, USA



General conference is the best time to look for and receive personal inspiration.

Janice K., age 12, Goa, India



My branch president made a conference question-and-answer page for the Primary children. It helped me listen to the talks at conference. It was really fun!

Yen-Ting C., age 10, Changhua County, Taiwan

Now and Then

When general conference began 194 years ago, only a small group of people could hear the prophet in person.



100

years ago, they could listen to conference on the radio.



75

years ago, they could watch it on TV.



25

years ago, they could watch or listen online.



Today, people can watch or listen to general conference anywhere in the world!

Conference Notes



Kites and Covenants

President Oaks spoke about a boy and his father flying a kite. The boy asked if they could cut the string to let the kite fly higher. The father explained that cutting the string would make the kite fall.

The string is like the covenants that connect us to Heavenly Father and Jesus Christ. Keeping our covenants helps us come closer to them.

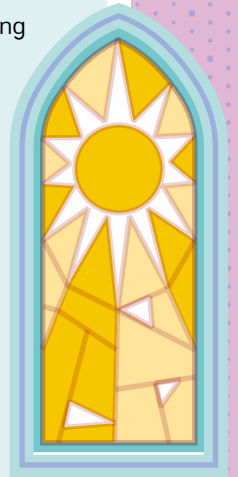
This teaches me:



The Stained-Glass Window

Elder Uchtdorf was baptized 75 years ago! His testimony began as a boy in Germany. He can still remember the sacred feelings he had looking at a stained-glass window of Jesus Christ in their chapel. The Spirit bore witness to his mind and heart that Jesus Christ is the Savior of the world.

This teaches me:



Focused on Jesus

Elder Egbo told about the Nigerian men's football team for the 1996 Olympic Games. They didn't have the most money or the best training. But they focused on their goal, ignored all other distractions, and won gold! When we ignore the distractions of the world and focus on Jesus Christ, we will also find success.

This teaches me:



Asking Questions

Sister Browning said that until 1992, scientists thought Pluto was the edge of our solar system. But scientists continued to learn and ask questions. Now we know that there is so much to discover beyond Pluto! When we have questions, we can turn to Heavenly Father. Sincere gospel questions can help us learn and grow.

This teaches me:



Our Prophets and Apostles

The First Presidency



Dallin H. Oaks
First Counselor



Russell M. Nelson
President



Henry B. Eyring
Second Counselor

The Quorum of the Twelve Apostles



Jeffrey R. Holland



Dieter F. Uchtdorf



David A. Bednar



Quentin L. Cook



D. Todd Christofferson



Neil L. Andersen



Ronald A. Rasband



Gary E. Stevenson



Dale G. Renlund



Gerrit W. Gong



Ulisses Soares



Patrick Kearon

A Special Conference

By Alelie Coronel-Camitan
(Based on a true story)

Maybe helping could make her happy, like President Nelson said.



This story happened in Indonesia.

"Aminah, that's mine!" Indira shouted. She grabbed the doll away from her little sister. "Girls, I'm leaving," Mom called. "Please be good for Dad." Indira looked up. "Where are you going?"



"To the market. I'm buying food to cook something special tomorrow." Mom waved goodbye.

A special meal? But why? Indira went to find Dad. "Why is tomorrow special?" she asked.

Dad smiled. "Tomorrow we get to watch general conference! It's special because we get to hear the prophet and other Church leaders speak. They'll tell us what Heavenly Father wants us to hear."

When Mom got home, she put away the food. Dad swept the floor.

"Indira, can you help Aminah set out her clothes for tomorrow?" Mom asked.

Indira frowned. "Why do I have to help her?"

"Please do what I ask," Mom said.

Indira groaned. She dragged her feet and went to help Aminah.

The next morning, Indira woke up to a yummy smell. She jumped out of bed and ran to the kitchen. Mom had made beef rendang and satay to eat for lunch later! It would taste so good.

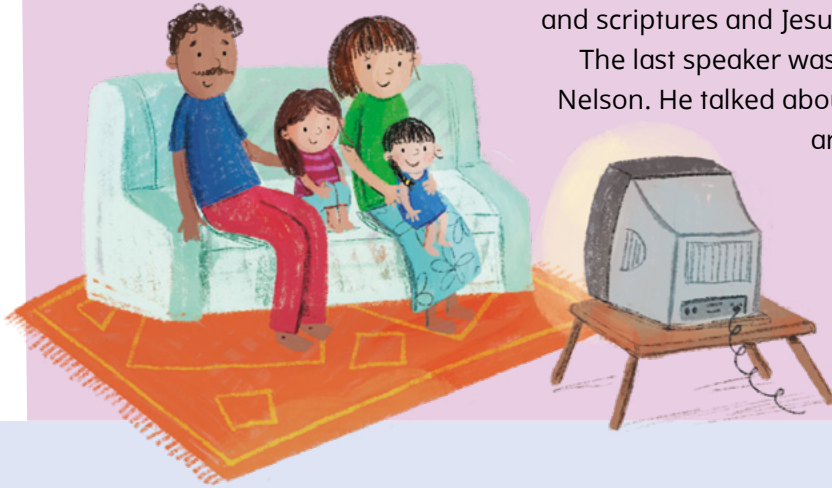


Soon general conference began. Indira sat with her family to watch on the TV. She listened to the choir sing. She heard people talk about temples and scriptures and Jesus Christ.

The last speaker was the prophet, President Russell M. Nelson. He talked about how the Church helps people around the world.

“Our greatest joy comes as we help our brothers and sisters,” he said.¹

Indira thought about that. Did helping make her happy?



She kept listening. President Nelson said that living the second great commandment can help us be like Jesus Christ.

When it was over, they ate the lunch Mom made. Indira kept thinking about the prophet’s talk.

“What is the second great commandment?” she asked.

“Love your neighbor as yourself,” Dad said.²

Indira thought about the people the Church helped all over the world. “How can I help if my neighbors live far away?”

“Your neighbors are everyone around you,” Mom said.

“Like your family members.”

Indira looked down. She was not very nice to her family sometimes.



But maybe helping them could make her happy, like President Nelson said. It was one way she could follow Jesus. She wanted to try!

For the rest of the week, Indira tried to be extra nice to her family. She played with Amirah. She shared her toys. She did what Mom and Dad asked without complaining. When Indira helped her family, they were happy. And that made her happy too.

The prophet was right. Helping others brought her joy! ●

What did Indira learn from the prophet?

1. “The Second Great Commandment,” *Liahona*, Nov. 2019, 100.
2. See Matthew 22:37–39.





MEET

MARTIN!

Following Jesus in **Kenya**

How Martin Follows Jesus

Martin follows Jesus by learning about Him. When Martin met the missionaries, they gave him a pamphlet about Jesus Christ. Martin is visually impaired, so he couldn't read the small words. But he still wanted to learn more.

The missionaries gave Martin a copy of the Book of Mormon in braille. Braille is a form of written language for people who are blind or visually impaired.

Martin chose to be baptized with his dad. "I'm thankful for the Church of Jesus Christ," Martin says, "I know it's true." ●



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.



Jambo!



About Martin

AGE: 10

FROM: Nairobi, Kenya

LANGUAGES: English, Swahili

GOALS: 1) Spread the light of Jesus Christ. 2) Serve a mission. 3) Be a lawyer.

HOBBIES: Playing chess, helping his dad with his business making clothes

FAMILY: Martin, Dad, older brother

Martin's Favorites

BOOK OF MORMON STORY: When the Nephites' burdens were made light (see Mosiah 24)

HOLIDAY: Mashujaa Day (Heroes' Day)

FRUIT: Pears

COLOR: Blue

PRIMARY SONG: "I Am a Child of God" (*Children's Songbook*, 2-3)

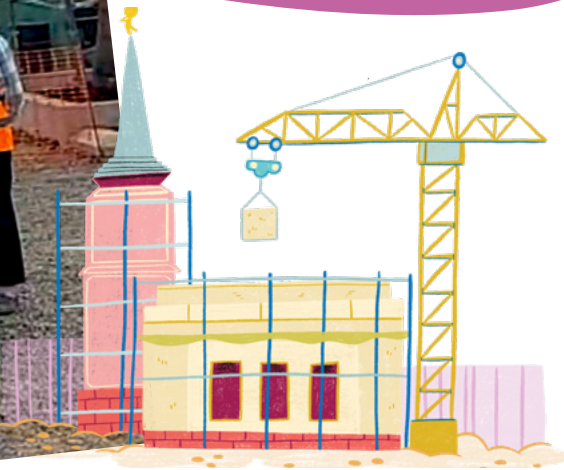
Hello from KENYA!

Kenya is in East Africa. Over 50 million people live there!



VISITING KENYA

In May 2022, Elder Ronald A. Rasband visited the construction site of the Nairobi Kenya Temple. He said it was one of his favorite moments during his trip to Kenya.



FLOCKS OF FLAMINGOS

When Lake Nakuru has plenty of algae, thousands of flamingos come to eat it. The number of flamingos can make the whole lake look pink!



Asantel!

That means
"thank you" in
Swahili!



ACTIVITY



Mamba

Children play this game throughout Africa. One player is the mamba (snake), and their goal is to tag the others. When a player is tagged, they become a part of the mamba by linking arms. Only the first person to be the mamba can tag other players. The last player left wins!



REMARKABLE RUNNERS

Kenya is home to many of the world's best long-distance runners. They have won 106 medals from running events in the Olympics.

ILLUSTRATIONS BY RUTH HAMMOND



LANGUAGE

Kenya has two official languages: Swahili and English. Dozens of other languages are also spoken there.

RECIPE



Chapati

This is a common food in Kenya. Here's a version you can try!

1. Mix **2 ½ cups (280 g) of flour**, **½ teaspoon (3 g) of salt**, and **1 tablespoon (8 g) of sugar** in a large bowl.
2. Stir in about **1 ¼ cups (295 ml) cups of warm water** a little at a time. Roll the dough into six balls.
3. Use a rolling pin to flatten the dough balls into circles. Spread butter over each one.
4. Roll the circles into logs and shape them into spirals. Then flatten the spirals into thin circles with the rolling pin.
5. Cook in an oiled pan on medium heat on both sides until golden brown.

Be sure to get an adult's help!

Maja's Sunshine Scripture

**By Maja Kralj McKinstry
and Noelle Lambert Barrus**
(Based on a true story)

This story happened in Slovenia.

Maaja sat on the steps of her house and rested her chin in her hands. The sun was shining bright, warm rays of light through the tall trees. The air smelled like fresh pine needles.

Mami came out and sat next to Maja. "What are you thinking about?"

"I'm supposed to share my favorite scripture in Primary," Maja said. "But I don't have a favorite. And I don't know which one to pick."



Mami nodded. "Choosing a favorite scripture is hard." She looked out at the trees, then stood up. "I have an idea."

Mami went back inside. When she came back, she was holding her scriptures. "Let's start with a story. What's your favorite scripture story?"

Maja thought about it. "I like when Jesus visited the Nephites."

Mami flipped through the pages in the Book of Mormon. "That story starts in 3 Nephi." She pointed to the page. "Let's take turns reading and pick out verses we like."

Maja nodded and listened as Mami read. She read about Jesus Christ calling His disciples. She read about peacemakers and prayer.

Then it was Maja's turn. When she finished one of the verses, she paused. She felt like the sun was shining bright enough to fill her heart.

She looked up at Mami. "I like that one."

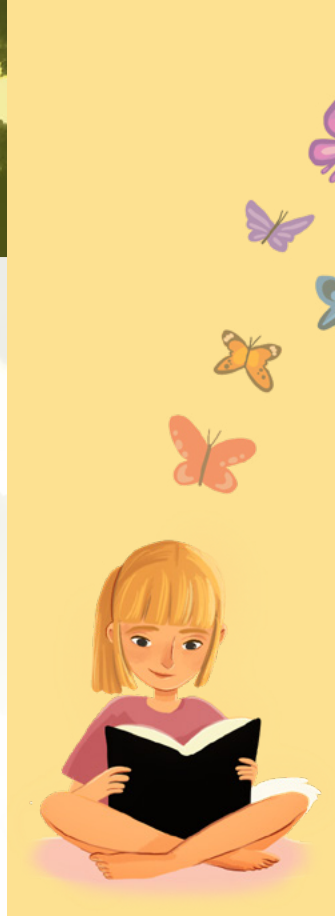
"Me too. What do you like about it?"

Mami asked.

Maja shrugged as a smile spread on her face. "It's about Jesus. And it just makes me feel happy."

Mami smiled back. "That's a great way to know you've found a favorite scripture. Do you want to share that one in Primary?"

*3 Nephi 15:9.



Maja nodded excitedly. "Will you help me learn it?"

"Of course!" Mami said.

Mami and Maja practiced one word at a time. While they worked, the birds chirped in the trees, like they were learning too.

All week, Maja kept practicing her new favorite scripture. On Sunday morning, she was a little nervous. She practiced saying her scripture on the long drive to church.

There were only a few kids in Maja's Primary. But as she walked into the classroom, Maja felt like butterflies were flying around in her stomach.

When it was her turn to share, Maja stood and took a deep breath. "Behold, I am the law, and the light," she said. "Look unto me, and endure to the end, and ye shall live; for unto him that endureth to the end will I give eternal life."*

When Maja was done, she sat down and smiled. She did it! The nervous butterflies were gone, and the warm, sunshiny feeling was back. She knew her favorite scripture would bring that feeling whenever she needed it. ●



The scripture Maja learned for Primary still brings her feelings of sunshine and comfort today! What's your favorite scripture?

WRITTEN BY YOU

MY TEMPLE SKETCHBOOK



By Brayden B., age 12, Utah, USA

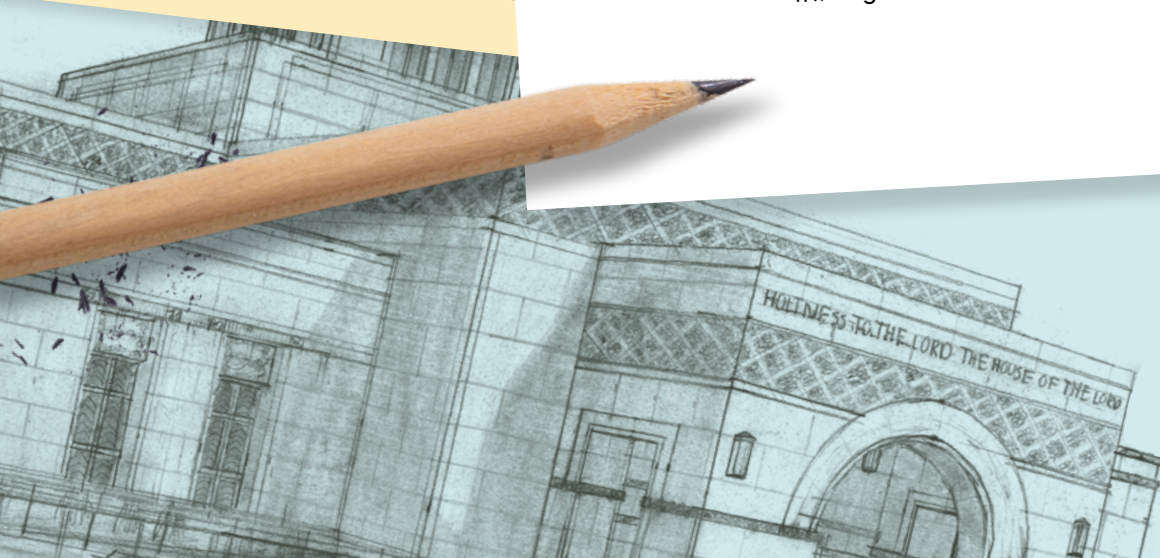
Hello!

My name is Brayden, and I live in Utah, USA. I'm going to tell you about a goal I made when I was 10 years old.

It all started on a trip to visit my grandparents. My grandparents had temple books in their living room, and I loved looking at the pictures. I decided that I wanted to make my own temple book. I made a long-term goal to draw all of the temples.

I decided to draw my first temple. I picked up a pencil, looked up a picture online, and drew the St. George Utah Temple. Then I drew the Logan Utah Temple and the Manti Utah Temple. My mom suggested that I use a big sketchbook for my temples. Now, a year and a half later, I am at temple number 81, the Reno Nevada Temple. I still have 105 temples to go!

There are times when I want to give up on the temple I'm drawing. When this happens, I like to say a prayer and ask Heavenly Father to help me through the hard parts.





Something cool about this goal is how it has helped my three younger brothers love the temple more. My little brother Kade draws temples he wants to visit someday, and my other brothers draw temples for teachers and friends.

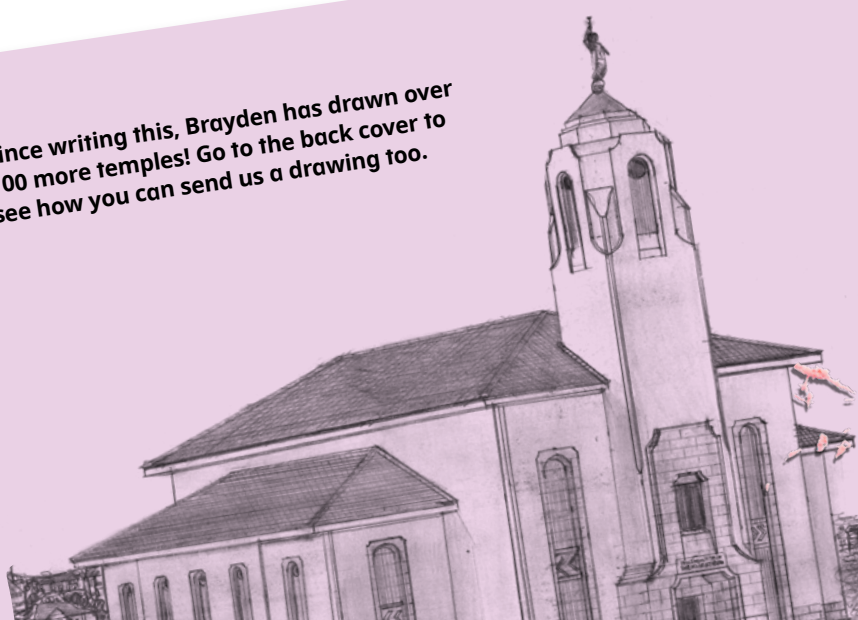
My goal has also helped me find some of my other interests. I love to design! I started creating 3D temple models last summer, and I hope to be an architect when I grow up.

This goal has helped me feel closer to Heavenly Father and Jesus. Whenever I draw a temple, I feel the Spirit. I know that temples are houses of God. Recently, I've been able to go inside the Payson Utah Temple and others. I feel the Spirit so strongly when I do temple baptisms.

Whenever I see a temple, it helps me to be stronger in choosing the right. ●



Since writing this, Brayden has drawn over 100 more temples! Go to the back cover to see how you can send us a drawing too.



Temple Tour

Welcome to the temple!

Inside the temple, we can learn about the plan of salvation and make covenants with Heavenly Father. There are many beautiful rooms where we can feel peace from the Holy Ghost.



*Helsinki
Finland
Temple*

- ▲ The **baptismal font** is where you can be baptized for people who have died. The twelve oxen around the font represent the twelve tribes of Israel.



*Coban
Guatemala
Temple*

- ▲ The **instruction room** is where you learn about the plan of salvation and make sacred covenants with Heavenly Father.

▼ The **bride's room** is where women get ready before getting sealed.



▲ A **sealing room** is where couples and families are sealed together for time and eternity.

▼ The **celestial room** helps us think about what it will be like to live with Heavenly Father again. It's a place to pray, ponder, and read the scriptures.



TEMPLE CHECKLIST

Can you find these items inside the temple?

- a chandelier
- a mirror
- a vase of flowers
- baptismal font
- stained glass



**By Elder
Gerrit W. Gong**
Of the Quorum of
the Twelve Apostles

What Are Covenants?

Covenants are promises that help us love God and each other.

When we make covenants at baptism and in the temple, we invite the power of God into our lives.

By keeping our covenants, we become the best we can be.

Covenants help us follow the path Jesus Christ has set for us.

Adapted from "Covenant Belonging," Liahona, Nov. 2019, 80–83.



Did You Know?

Elder Gong shares his birthday with Joseph Smith. They were both born on December 23!



Connected by Covenants

Covenants link us to Heavenly Father and Jesus Christ. By keeping our covenants, we can receive heavenly help and strength. President Nelson taught, “Once you and I have made a covenant with God, our relationship with Him becomes much closer. . . . Because of our covenant with [Him], He will never tire in His efforts to help us.”*

*The Everlasting Covenant,” *Liahona*, Oct. 2022, 6.

Make a chain of links to remind you of your baptismal covenant! Then hang it somewhere you will see it.

1. Cut six strips of paper about 1 inch (2.5 cm) wide and 8 inches (20 cm) long.
2. On each strip, write one of the ways you can keep your baptismal covenant. (The list below can help.)
3. Take the first strip and tape the ends together to make a circle. Then loop the next strip through the circle and tape those ends. Keep adding links until you have a chain!



Always remember Jesus Christ

(see Doctrine and Covenants 20:77, 79)

Serve God and keep the commandments

(see Mosiah 18:10 and Doctrine and Covenants 20:77)

Testify of Jesus Christ and be an example

(see Mosiah 18:9 and Doctrine and Covenants 20:77, 79)

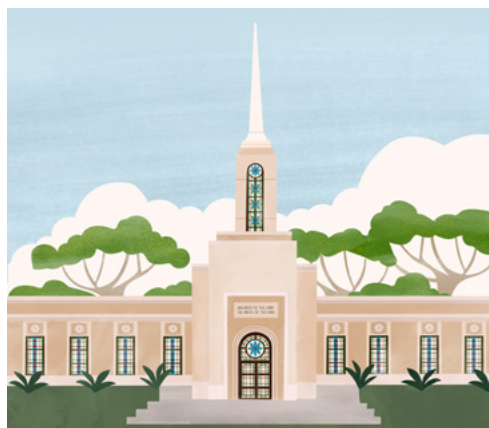
Help others

(see Mosiah 18:8–9)

What Is a Temple Sealing?

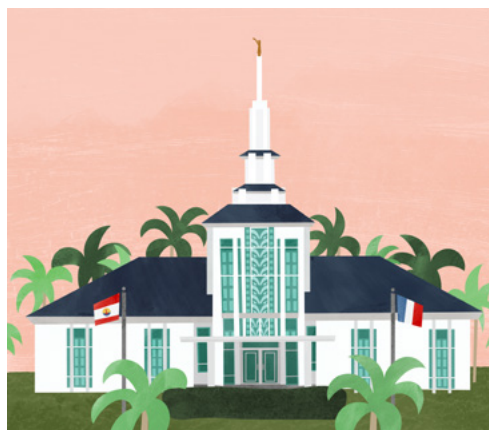
A temple sealing is an ordinance that binds families together forever. This means that if we keep our covenants and obey God, we will live with our family again after we die. Prophets have promised that because of Jesus Christ, families can be eternal.

- This is the ninth temple built in Africa and the first in Kenya.
- Church members throughout East Africa come to this temple.
- In 1998 President Hinckley said a temple would be built someday in Kenya. This temple was announced 19 years later.



Nairobi Kenya Temple

- After this temple was remodeled in 2006, thousands of people held a cultural event to celebrate its rededication.
- It has a beautiful blue roof.
- Before this temple was built in 1983, the closest temple to Tahiti was in New Zealand.



Papeete Tahiti Temple

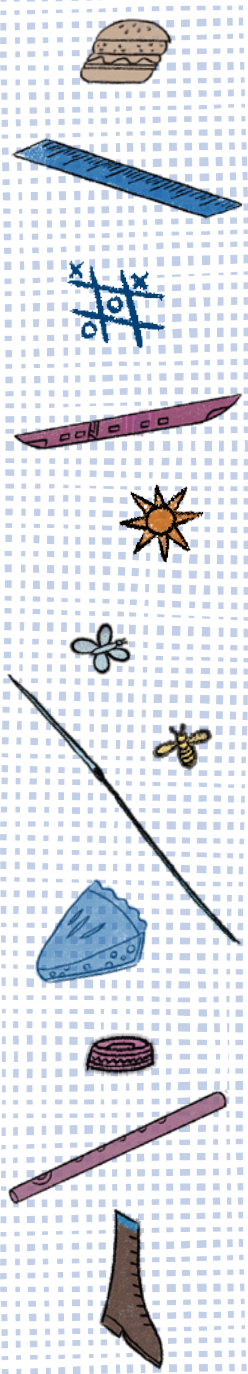
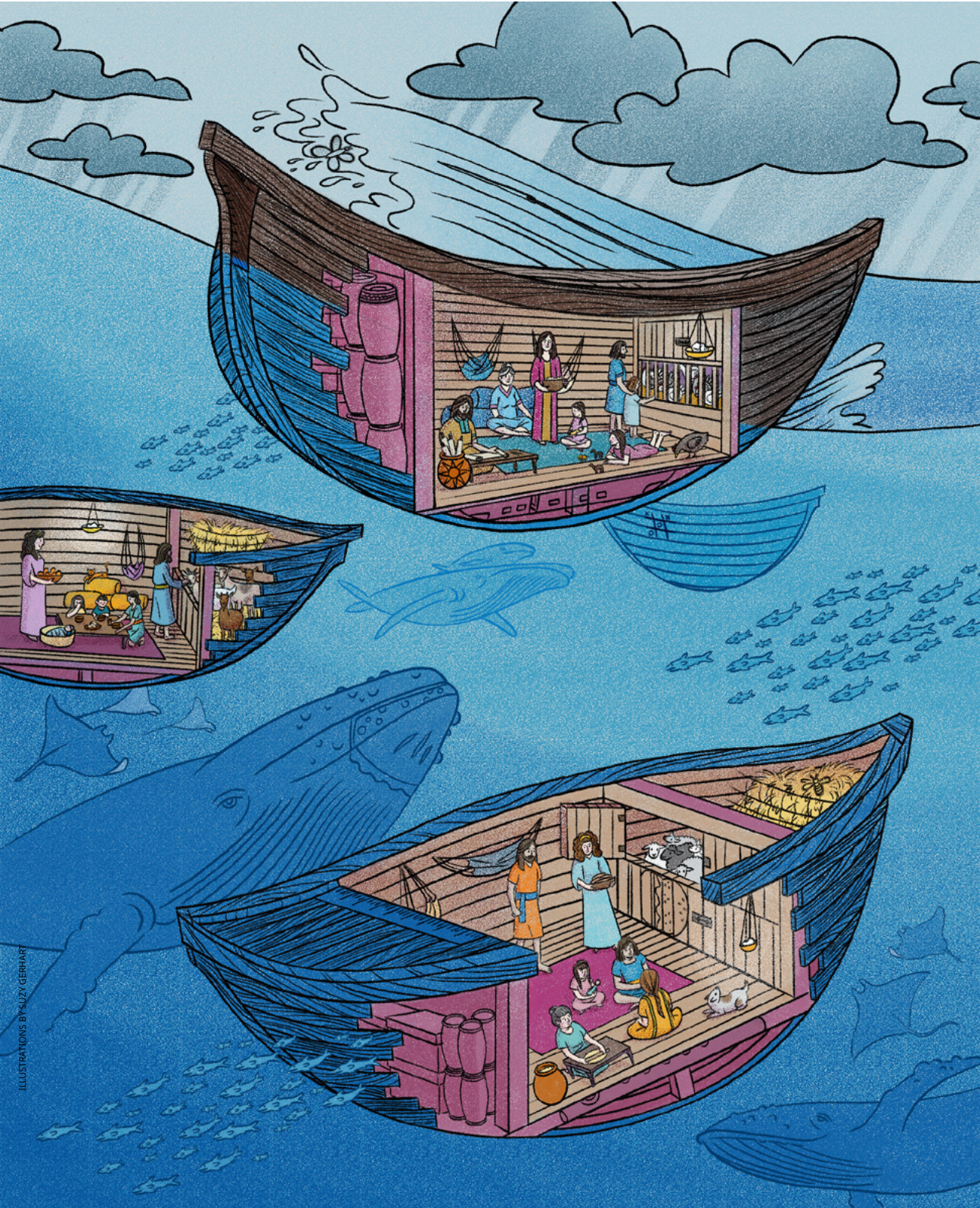


Cut out the cards, fold on the dotted line, and tape them closed.
Find more temple cards at friend.ChurchofJesusChrist.org.



The Jaredite Barges

The Lord helped the Jaredites know how to build their ships so they could travel safely to the promised land (see Ether 2:16-18). Can you find all the hidden objects?

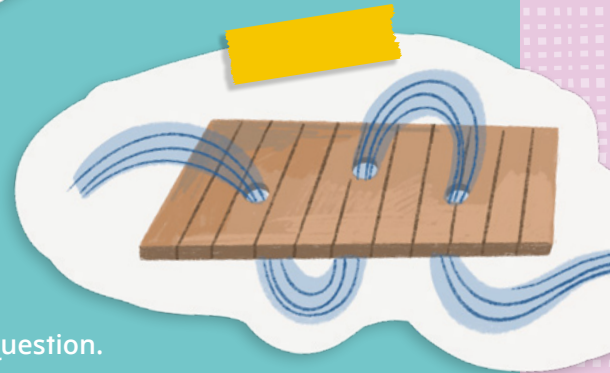


The Brother of Jared

The Jaredites built sealed boats called barges to travel to the promised land.

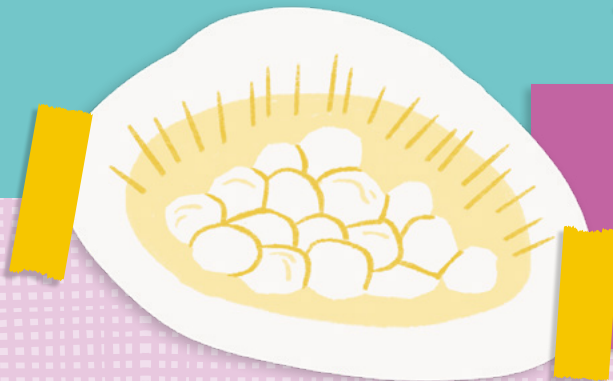


But the brother of Jared had a question. How would they breathe in the barges? He prayed for help, and the Lord said to make holes in the barges for air.



The brother of Jared had another question. How would they have light? This time, the Lord asked what the brother of Jared wanted Him to do so the Jaredites would have light.

Then the brother of Jared had an idea. He asked the Lord to touch 16 small stones. When the Lord touched them, they glowed!



We can ask the Lord our questions. He wants to help us solve our problems. ●



Scripture Challenge

Where did Ammaron hide the gold plates for Mormon to find?
(Mormon 1:2-3)

What did the Lord stand in while He told the Jaredites where to travel?
(Ether 2:5)

Where did the Lord bring Shule's ancestors?
(Ether 7:27)

ANSWERS: THE HILL, SHIM; A CLOUD; INTO THE PROMISED LAND

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: Mormon 3:20-22

Week 2: Mormon 7:8-10

Week 3: Ether 4:11-12

Week 4: Ether 6:12



Read Ether 2:16-17 and draw what you think the barges looked like.

ILLUSTRATIONS BY BROOKE SMART

Mormon and the Gold Plates

You can read this story in Mormon 1-3.



Mormon was a prophet. When he was 10 years old, a leader named Ammaron told him to remember what happened to his people so he could write it on the gold plates later. The plates were what the Nephite prophets wrote on.



Ammaron hid the plates because many people were being wicked. He told Mormon where to find them. When Mormon was older, he got the gold plates. He kept them safe and wrote about his people.



The people were still wicked, but Mormon tried to teach them. He also wrote about the Savior on the plates. Because of Mormon, we can read the words of prophets in the Book of Mormon today.



Even though Mormon was young, the Lord trusted him. You can follow the Lord while you are young too! ●

Come, Follow Me Activities

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

October 28–November 3

Love One Another

FOR MORMON 1–6

Mormon loved the Nephites (see Mormon 3:12). Heavenly Father and Jesus Christ have asked us to love others too. Stand in a circle and close your eyes. Count to three, then open your eyes and look at someone. If you are making eye contact with them, say something you love about each other and step out of the circle. Keep going until there is one person left! Then everyone says something they love about that person.

For younger children:

Go on a “love” hunt through your home or outside. Invite your little ones to find things that remind them of the people they love.



November 4–10

Miracle Art

FOR MORMON 7–9

When we follow Jesus Christ, Heavenly Father can bless us with miracles. Read Mormon 8:24 and draw one of the miracles described in the verse. While you draw, talk about what miracles Heavenly Father has done for your family.

For younger children:

Explain to your little ones what a miracle is. Then sing or listen to the song “The Miracle” (*Liahona*, June 2018, 72–73).



November 11–17

Painting Rocks

FOR ETHER 1–5

The brother of Jared asked the Lord to touch stones so his boats could have light (see Ether 3). Collect rocks from outside or cut circles from pieces of paper. On your rocks or paper, write, draw, or paint things that you can do to bring light and love to others.

For younger children: Read Ether 3:15 to your little ones and tell them we were made to look like God. Then make a healthy snack or go on a walk together to take care of the bodies God gave you.



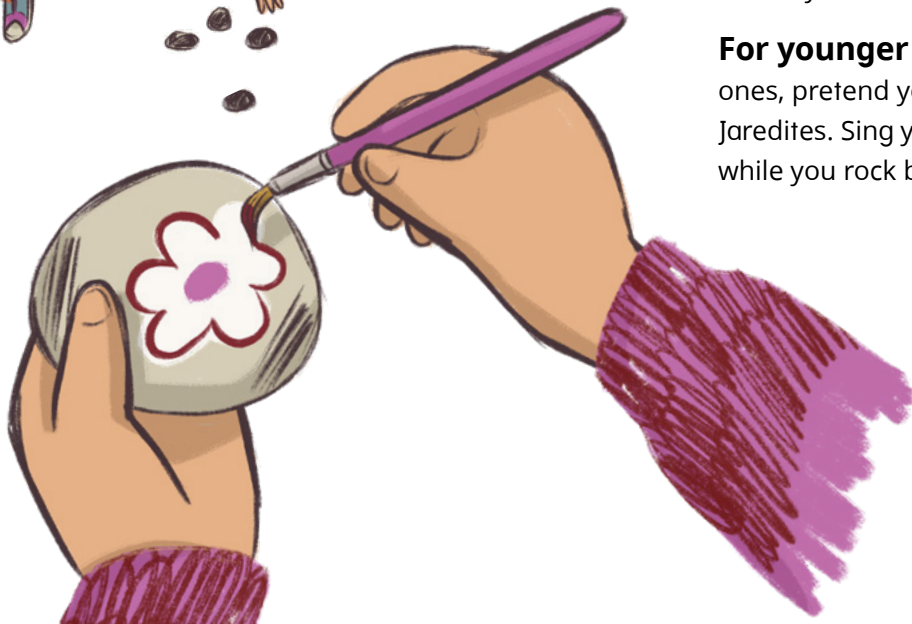
November 18–24

Thankful Songs

FOR ETHER 6–11


As they traveled across the sea, the brother of Jared and his family sang praises to the Lord to thank Him for helping them (see Ether 6:9). You can sing to thank the Lord too! Pick a favorite song from the *Children's Songbook* or Church website and sing it together. How else can you show Heavenly Father you are thankful?

For younger children: With your little ones, pretend you are in a boat like the Jaredites. Sing your favorite Primary songs while you rock back and forth!



By Kimberley Warner
(Based on a true story)

Gardening with Mum

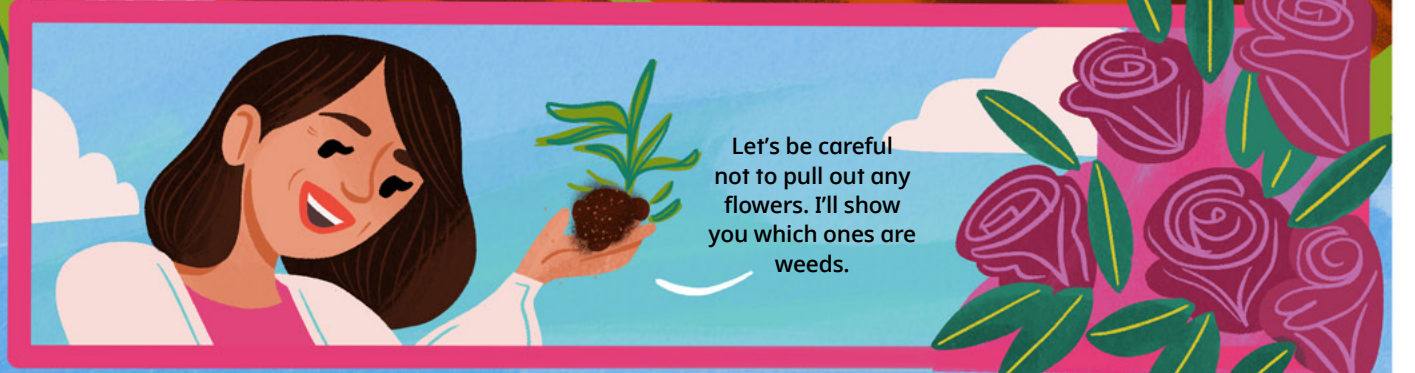


Hi, Emily!
It's nice out,
isn't it?


Yeah! Can
I try? I want
to help!

The spade
might be too big for you.
Why don't you help me
weed the garden?

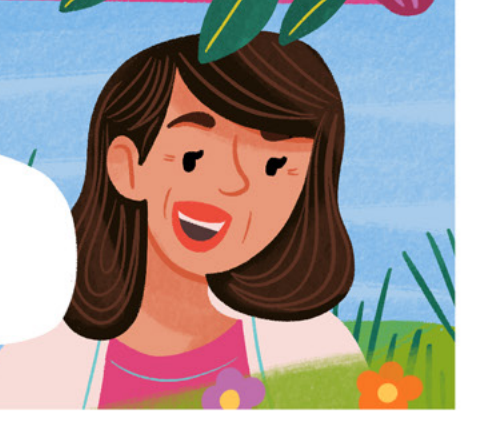
OK!



Let's be careful
not to pull out any
flowers. I'll show
you which ones are
weeds.



Do we have
to pull all the
weeds out? There
are so many!



We do if we
want the garden
to look nice.



Looking after a garden is hard.

You're right. But the work still needs to be done.

Why did we plant so many flowers? That's just more work!

Why do you think Heavenly Father made roses so pretty?
I don't know.

Because He wants us to have joy when we see them.

It's like that song! "I'm glad that I live in this beautiful world Heavenly Father created for me."*

That's why I don't mind the hard work. The flowers make me happy.

They remind us of Heavenly Father's love!

"We should care for the earth, be wise stewards over it, and preserve it for future generations."

President Russell M. Nelson, "The Creation," *Liahona*, July 2000, 84.

ILLUSTRATIONS BY ALYSSA M. GONZALEZ

*Children's Songbook, 228–29. This story happened in New Zealand.

Praying for Alejandro

“Does Jesus know what it feels like to have cancer?” Gerardo asked.

By Rebekah Jakeman

(Based on a true story)

This story happened in El Salvador.

Gerardo roller-skated to the front steps of his house. Mamá’s car was in the driveway. That meant she and his older brother, Alejandro, were back from the doctor. Gerardo pulled off his skates and raced inside.

“Gerardo?” Mamá called. “We’re in here!”

Gerardo walked into the family room. Alejandro was lying on the couch. Mamá sat next to him. She looked worried.

Gerardo was worried too. Last week, they found out that Alejandro had cancer. He was very sick.

But Alejandro sat up and smiled when Gerardo came in. “Hi! Did you have a good day?”

“Yes, but how was the doctor’s?” Gerardo asked.

“He says I’ll have to get surgery,” Alejandro said.

Mamá nodded. “But the best doctors to help him are at the children’s hospital. Since Alejandro is 14, he’s too old to get care there. We’ll have to find somewhere else.”

Gerardo’s stomach tightened. If they couldn’t get help for Alejandro, what would happen? Would Alejandro’s cancer get worse?

Gerardo went to his room. He needed to think.

In Primary, Gerardo learned that Heavenly Father would always hear him. Gerardo knew he could always ask Him for help.

So he knelt by his bed and folded his arms. “Dear

Heavenly Father, please help Alejandro,” he prayed. “Please help us find doctors that can do the surgery.”

Soon Mamá called him for dinner. She had made pupusas, Gerardo’s favorite. He took a big bite of the thick, grilled tortilla filled with cheese and beans. But he still felt worried about his brother.

Alejandro only took a few bites of his pupusa. He was frowning and moving very slowly.

Mamá must have noticed too. “Why don’t we watch a Church video?” she asked. They liked watching videos about Jesus Christ when they felt sad.

“OK.” Gerardo cleared the dishes while Mamá got the video ready. Then they all sat down to watch.

In the video, Jesus Christ prayed in a garden by a tree. Gerardo knew this story. It was when Jesus suffered before He died on the cross.

When the video ended, Gerardo felt quiet and peaceful. But he had a question. “Why did Jesus have to hurt so much?” he asked.

Mamá held him and Alejandro close. “Jesus chose to feel the hurt because He loves us. He felt all the pain we go through.”

Gerardo looked at Alejandro. “Does Jesus know what it feels like to have cancer?”

“Yes, He does,” said Mamá. “He knows how hard it is. And because He knows what it feels like, He knows how to help us.”





Gerardo felt warm inside, like he was wrapped in a big blanket. Heavenly Father and Jesus Christ knew and loved his family. They knew how to help Alejandro.

When Gerardo got home from school the next day, he found Mamá packing a bag.

“Good news!” she said. “I talked to the doctor at the children’s hospital. They are going to help Alejandro. He will have surgery tomorrow.”

Gerardo gave Mamá a big hug. “Heavenly Father is helping us! Can we pray and thank Him?”

“Great idea,” said Mamá. “Let’s get Alejandro.”

As they prayed together, Gerardo felt peaceful. Heavenly Father had heard his prayer! Now Alejandro would get the surgery he needed. Gerardo knew Jesus Christ understood what they were going through. And He would always help them through their trials. ●

“You and I in a moment of weakness may cry out, ‘No one understands. No one knows.’ No human being, perhaps, knows. But the Son of God perfectly knows and understands, for He felt and bore our burdens before we ever did.”

Elder David A. Bednar of the Quorum of the Twelve Apostles, “The Atonement and the Journey of Mortality,” *Liahona*, Apr. 2012, 19.



MARGO and PAOLO



Reverence Matters



Older Kids' Section

What's Inside:

Do I Have to Be Perfect?.....	36
Tips for Your First Temple Trip.....	38
Too Big for Primary	40
News about Me	42

Quick Quiz

How many vessels (or boats) did the Jaredites build to travel to the promised land?

A.

1

C.

24

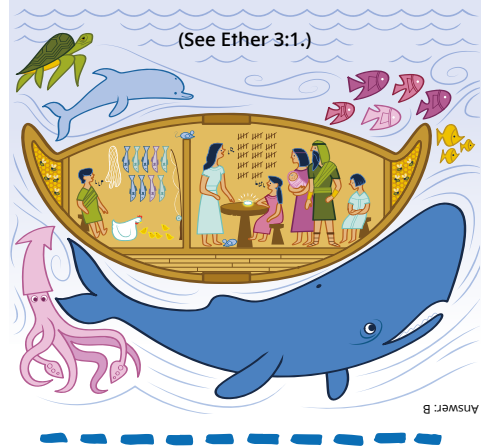
B.

8

D.

100

(See Ether 3:1.)



Inspiring Words

"God will help you become something greater than you ever thought possible."

President Dieter F. Uchtdorf,
Second Counselor in the
First Presidency, "It Works
Wonderfully!" *Liahona*,
Nov. 2015, 23.

Do I Have to Be *Perfect?*

By Ashley Stark

(Based on a true story)

This story happened in Aruba.

Henry slowly walked into the Primary room. His feet felt heavy as he reached his seat.

His teacher, Brother Rass, smiled at him. "Are you ready to talk about temples?" he asked.

"Yep," Henry answered.

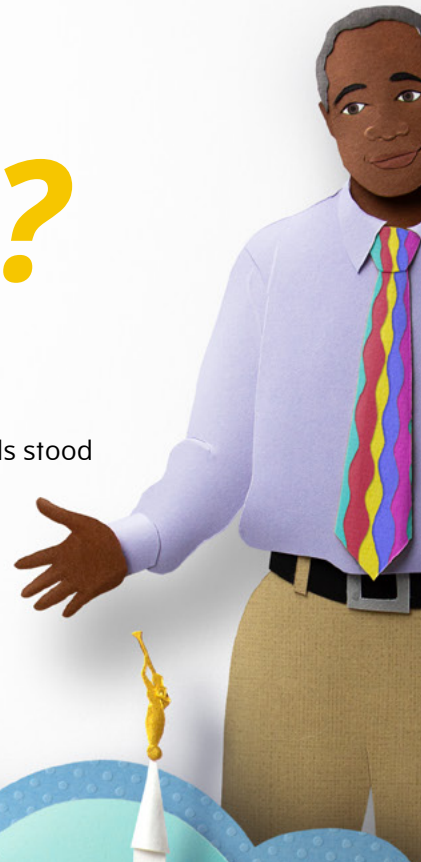
Why did I say that? Henry thought as he sat down. He *didn't* feel ready. At all.

Henry's Primary was learning the song "I Love to See the Temple."* His class had been asked to talk about going to the temple.

But Henry felt sad. He wanted to go to the temple when he was old enough, but he felt like he made too many mistakes.

One by one, Henry's friends stood up. They were happy and excited as they talked about going to the temple someday. Henry felt worse and worse.

Then it was time to sing. Henry sang along with the



Henry wanted to go to the temple, but he felt like he made too many mistakes.

rest of the Primary: "I'll prepare myself while I am young; this is my sacred duty."

How can I prepare to go to the temple when I make so many mistakes? Henry thought. He slumped lower in his chair.

When the song ended, Brother Rass leaned over. "Are you OK?" he asked Henry.

Henry stared down at his hands. Then he said softly, "I want to go to the temple, but I'm afraid that I'm not worthy." He took a big breath. "I don't always get along with my family. I forget to do my chores. I make too many mistakes. Do I really have to be perfect?"

Brother Rass smiled gently. "Being worthy to go to the temple doesn't mean you have to be perfect. You can be worthy by trusting Jesus Christ and sincerely trying to keep the commandments. We all make mistakes, but we can repent and be clean again."

Henry sat up a little straighter.

"I'm sure Heavenly Father is proud of you for trying to be good," said Brother Rass.

Henry thought about some of the good things he had done that week. He cooked dinner with Mom, helped his sister with her homework, and said hi to a new boy at school.

The weight of Henry's worries began to lift. He knew the Holy Ghost was helping him feel peace.

When it was Henry's turn to share, he smiled and stood up. "I want to keep repenting and becoming more like Jesus Christ so that one day I can enter the temple," he said.

Henry felt happy as he sat down. One day, he would be able to make sacred covenants with God inside the temple. He wanted to try his best to prepare! ●



GETTING A TEMPLE RECOMMEND

The year you turn 12, you will meet with your bishop or branch president to get a temple recommend to do temple baptisms. He will ask you if you have faith in Heavenly Father and Jesus Christ. He'll also ask if you are trying your best to keep the commandments. One question you *won't* hear is, "Are you perfect?" Heavenly Father knows that we will make mistakes. But He wants us to try hard to keep the commandments and make good choices. And because of Jesus Christ and His Atonement, we can repent when we sin and be clean again.



Tips for Your FIRST TEMPLE TRIP

In the temple, you can be baptized and confirmed for people who died without the gospel. Those people will have the chance to make a covenant with God and receive His blessings, just like you did when you were baptized and confirmed.

What to Bring

- Church clothes (wear them to the temple)
- Temple recommend
- Hairbrush and hair tie (if needed)
- Family names printed from the FamilySearch app or website (optional)



What to Do

1. Enter the Temple

Show your recommend at the front desk. Then you can go to the baptistry. A temple worker will give you white underwear, socks, and a baptism jumpsuit.

2. Change Your Clothes

In the dressing room, change into the clothes you were given. Put your things into an empty locker. Then lock your locker and pin the key to your jumpsuit. If you have long hair, tie it back. Keep your printed family names with you.





3. Wait Reverently

While you wait for your turn to be baptized, you can read the scriptures, pray, or ponder. You can also think about the people you will be baptized for.

4. Participate in Temple Baptisms

When it's your turn, give your family names to the person at the desk. If you don't have names, they will use temple names instead. Step carefully into the font, where a priesthood holder will baptize you for each person. Remember to bend your knees and plug your nose as he lowers you into the water.

5. Change Back into Your Clothes

After you're done, someone will give you a towel. Back in the dressing room, you can shower in private, change back into your dry clothes, and do your hair. Be sure to put your wet clothes in the bin and leave your locker key in the lock.

6. Participate in Confirmations

Last, someone will lead you to a room where you'll be confirmed for those who were baptized.



Some temples may do things a little differently. But no matter what, there will be people to help you every step of the way. Remember, the temple is the Lord's house, and He is happy to have you there! ●

TOO BIG FOR

PRIMARY?



Gift wished she could move on to Young Women.

By Lucy Stevenson Ewell
(Based on a true story)

This story happened in Nigeria.

“Welcome to Primary!” Sister Agbor, Gift’s Primary leader, stood at the front of the room. “Today we will learn the song ‘Love One Another.’”

The music started, and the younger children got ready to sing. But Gift already knew this song. She had sung it a hundred times! She didn’t really feel like singing it today.

Gift was tired of Primary. She was older, taller, and bigger than all the other kids. Her friends at church were all in Young Women now. She still had almost a whole year before she could go with them to Young Women classes and activities.

While everyone else sang, Gift was quiet. She mumbled some of the words to the songs, but she was busy thinking.

Then she had an idea. Maybe if she

talked to the bishop, he would let her go to Young Women early so she could be with her friends.

Gift found Bishop Achombi after church. "Hi, Bishop," she said. "I don't really feel like I belong in Primary anymore. I'm bigger and older than all the other kids. Can I start going to Young Women instead?"

Bishop Achombi smiled. "I know moving to Young Women is exciting," he said. "But you can only start going the year you turn 12. I'm sorry."

Gift looked down at her shoes. "OK."

"The Primary is lucky to have you," the bishop said. "I think the younger children admire you a lot. You can make a big difference to them."

For the rest of the day, Gift felt sad. A year was a long time to feel lonely in Primary.

But then Gift thought more about what Bishop Achombi said. Did the other children

"Gift," Sister Agbor said, "would you be willing to help me teach this week's song?"

"Um, sure," Gift said. "What song are we learning?"

"I Am a Child of God,"² said Sister Agbor. "Thank you for your help! I think the kids will have fun learning from you."

When singing time started, Gift stood in front of the room. "Today I'm going to teach you one of my favorite songs," she said. She helped the children learn the words. Then she sang the song with them. As they sang, Gift felt warm and happy inside. She knew she was feeling the Holy Ghost.

Before long, Primary class was almost over! After the closing prayer, Gift started to walk to the hall. She wanted to find her friends after their Young Women class and say hi.

But one of the little girls stopped her. "Thank you for singing with us!" She gave Gift a hug. "I want to be like you when I get big."

Gift smiled. She still couldn't wait to go to Young Women, and she hoped the next year

"I don't really feel like I belong in Primary anymore. I'm bigger and older than all the other kids. Can I start going to Young Women instead?"

really admire her? She had never noticed that before.

The next week, Gift waved goodbye to her friends as they walked to the Young Women room. She sighed and walked to the Primary classroom.

would go by fast. But she knew she could still learn and do good things in Primary.

And maybe Bishop Achombi was right. She could make a difference. ●

1. *Children's Songbook*, 136.
2. *Children's Songbook*, 2.

NEWS ABOUT ME

Fill out this newspaper and share it with friends and family so they can learn more about you!

Me:

RECENT NEWS

Something brave I did:

Something I learned:

HIGHLIGHTS from Primary

Classmates:

Primary teachers:

Favorite scripture:

Favorite Primary song:

What I'm Looking Forward to in Young Women/Young Men

MY FAVORITES

Song:	Thing to do:
Book:	Food:

Little Friends' Section



**"Follow the prophet;
He knows the way."**

Children's Songbook, 110



Jesus was once a little
child like me!

**Theophilus S., age 4,
Mashonaland East,
Zimbabwe**



I help cheer up my baby
brother when he is sad and
my mom is busy.

**Penny S., age 5,
Alberta, Canada**

I Can Follow Jesus by Being Reverent



I can be calm and respectful.



I can fold my arms when I pray.



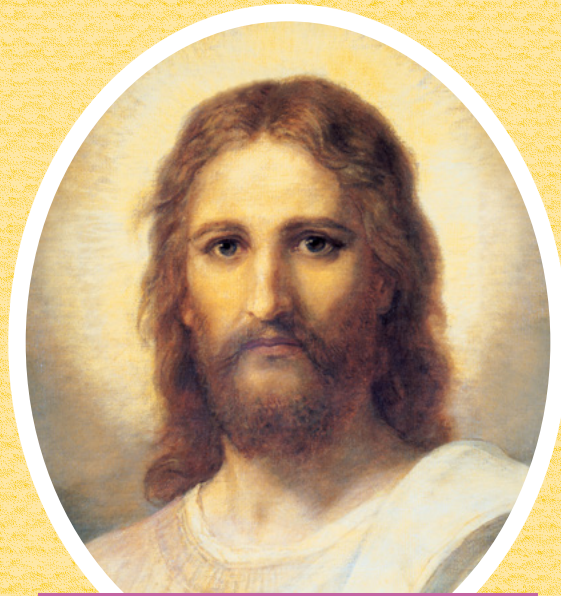
I can use a quiet voice at church.



When I am reverent, I show Jesus that I love Him.

Activity Time

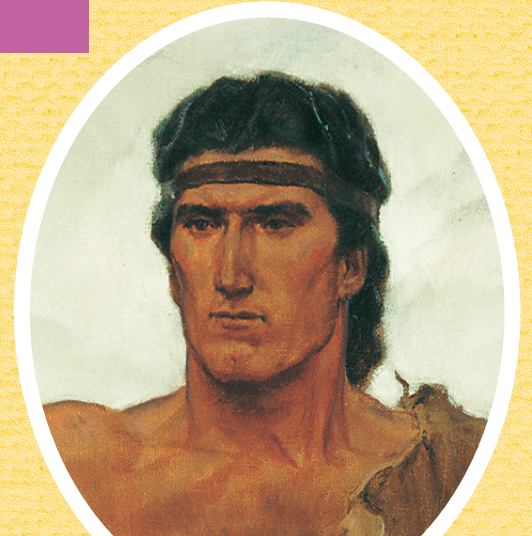
Point to each person.
Practice saying their name reverently.



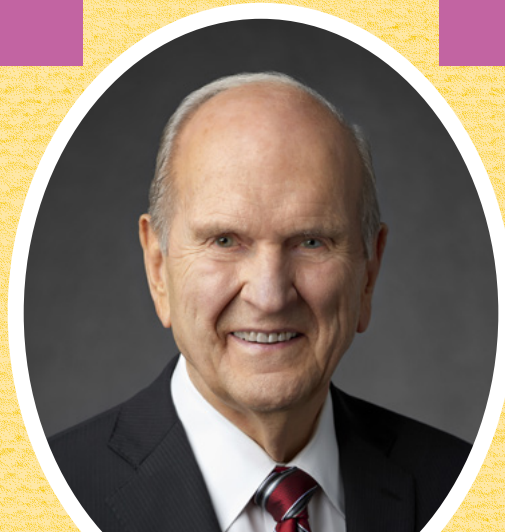
Jesus Christ



Joseph Smith



Nephi



President Nelson

What Are Prophets?



President Russell M. Nelson is the prophet of the Church today.

A prophet is a man called by God to speak for Him and lead Jesus Christ's Church.





The scriptures tell us stories about prophets from long ago.

God blesses and protects us when we follow the prophets' teachings.



When we follow the prophet, we are following Jesus Christ!

Heavenly Father Wants Me to Love Everyone



How do you show love to others?



THE DISCIPLES WHOM HE HAD CHOSEN BY CASEY CHILDS



DEAR PARENTS,

You can help your older kids enjoy Primary even while they look forward to moving on. Remind them that part of growing up is growing closer to Heavenly Father and Jesus Christ, no matter where they are.

On page 40, read about Gift's experience with Primary. Then turn the page and help your child write down their best Primary memories!

The Friend



HAPPY, HEALTHY KIDS

Everyone needs fresh air and sunshine! Spend some time in nature with your family and take time to appreciate God's creations, like Emily and her mom did on page 30.



PLEASE SEND YOUR SUBMISSION TO:

- Friend Magazine
- 50 E. North Temple St., Rm. 2393
- Salt Lake City, UT, USA 84150-0024
- Or email: friend@ChurchofJesusChrist.org

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 of parent or legal guardian	



May the *Friend* contact you with a survey?

 YES NO