A TRUE Friend

By Sarah Chow
Based on a true story

“Thy friends do stand by thee”
(D&C 121:9).

The note was written on blue paper with zigzags drawn around the corners, so even though Jeremy handed it to her, Melanie knew the note was from Rachel. Melanie glanced around. Reading time was over, and her classmates were putting away their books.

Melanie knew how the note would start: “Dear Best Friend.” She smiled to herself. She and Rachel had been friends since second grade. “We’re still best friends, even though we’re very different,” Melanie thought as she unfolded the note.

Dear Best Friend,
Do you smoke?
—Rachel

Melanie was surprised. “Rachel and I are together all the time,” she thought. “Doesn’t she know I don’t smoke?”

She wrote on the bottom of the paper:
No. I think it’s gross. Why do you want to know?
—Melanie

Melanie handed the note back to Jeremy. Soon he passed it back again. Melanie read:
I snuck a pack of cigarettes from my aunt’s house. Do you want to try some with me after school?
—Rachel

Melanie stared at the note. Then she wrote:
Rachel! Why do you want to smoke? It’s bad for you! I know you like to try new things, but I don’t want to see you get hurt.
—Melanie

ILLUSTRATION BY MATT SMITH
My Gospel Standards

I will follow Heavenly Father’s plan for me.
I will remember my baptismal covenant and listen to the Holy Ghost.
I will choose the right.
I know I can repent when I make a mistake.
I will be honest with Heavenly Father, others, and myself.
I will use the names of Heavenly Father and Jesus Christ reverently. I will not swear or use crude words.
I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ.
I will honor my parents and do my part to strengthen my family.
I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me.
I will dress modestly to show respect for Heavenly Father and myself.
I will only read and watch things that are pleasing to Heavenly Father.
I will only listen to music that is pleasing to Heavenly Father.
I will seek good friends and treat others kindly.
I will live now to be worthy to go to the temple and do my part to have an eternal family.

I Am a Child of God

I know Heavenly Father loves me, and I love Him.
I can pray to Heavenly Father anytime, anywhere.
I am trying to remember and follow Jesus Christ.

One day I was at my friend’s house, and there was beer in their refrigerator. My friend drank some and then offered me some. I told her that I don’t drink beer. She asked me why, and I told her that my Church said we shouldn’t drink it because it was bad for our bodies. I’m glad I didn’t drink the beer. I’m also glad we have the Word of Wisdom to keep us healthy and safe.

Rachel wrote back:
A few cigarettes aren’t going to hurt me. I might not even finish the whole pack.
—Rachel

Melanie felt like she was going to cry. She wrote:
You’re my friend and I love you. Don’t smoke.
—Melanie

Melanie watched Rachel as she read the note. Now Rachel looked like she was going to cry. She held onto the note for a long time. Then she wrote back. When Melanie got the note, she read:
Thanks. I love you too. I won’t smoke the cigarettes.

Melanie was grateful she had chosen to be an example. She felt relieved that Rachel had made the right choice.

“I will not partake of things that are harmful to me.”
My Gospel Standards

Sarah C., age 8, Nevada, USA