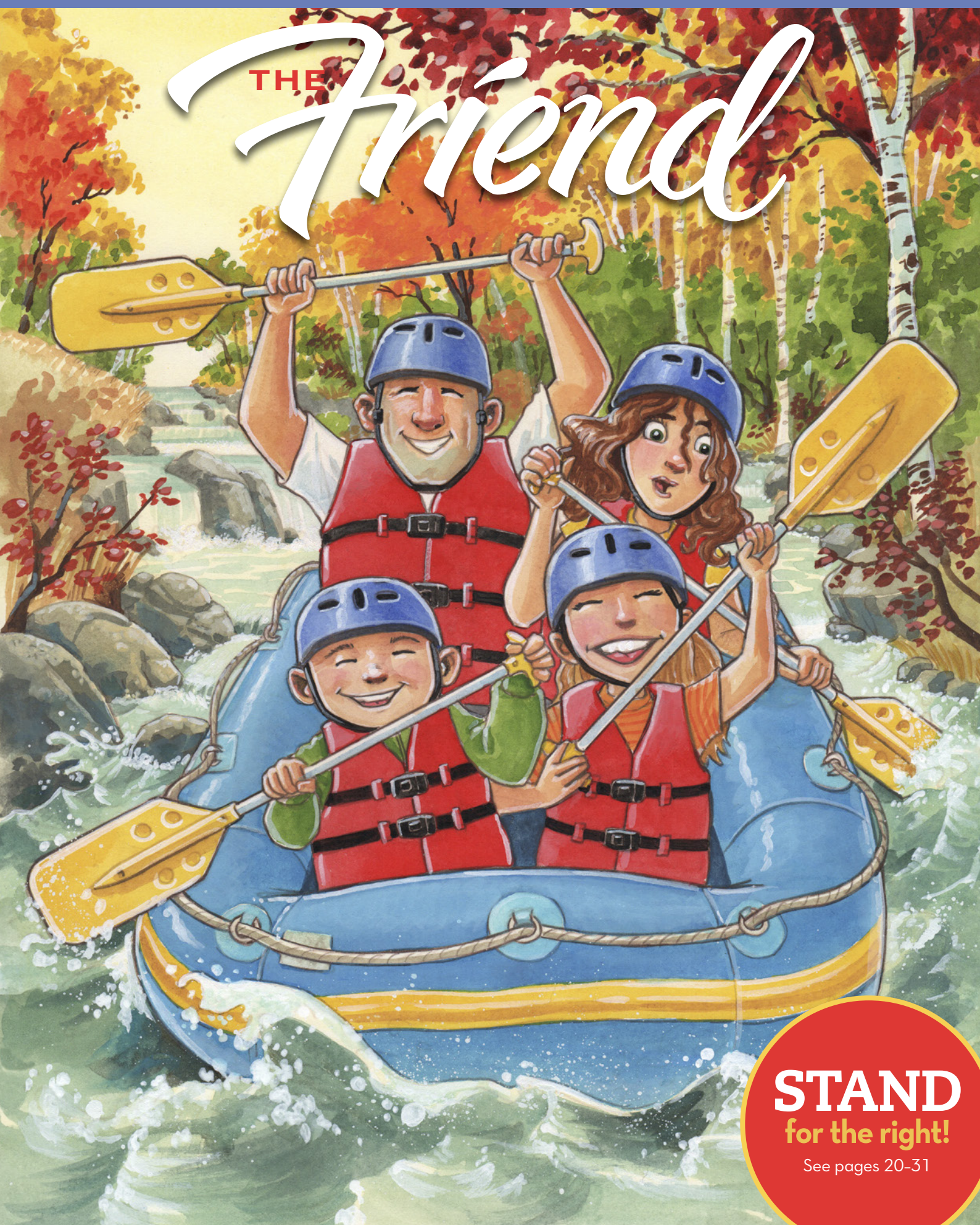


THE Friend



STAND
for the right!

See pages 20-31

Heavenly Father Loves Us



Our dad gave a family home evening lesson about “I am a child of God.” He shared a video where people say, “I am a child of God.” It helped us feel the Holy Ghost, and it reminded us of who we are—children of a loving Heavenly Father who cares

and is mindful of us. We are happy to have good parents who teach us the way back to Him, and for Jesus Christ, who lived again for us.

Carolina, Emelyne, and Danny B., ages 7, 1, and 6, Arkansas, USA

Dear Friends,

Do you have a copy of “My Gospel Standards”? If not, you can print the poster at friend.lds.org. How many of the standards can you name? On pages 20–31, you’ll find stories and activities all about living these gospel standards!

Also, in our “For Older Kids” section, you can read about a girl who found comfort from Heavenly Father after her parents got divorced—and find some answers to help with this tough situation.

Stand strong!

The Friend

Was there a letter or a story in this month’s issue that helped you? Tell us about it. Turn to page 48 to find out how.

Friend Forever!



I love it when the *Friend* comes because I love to read and explore what’s inside. My favorite thing to do is find the hidden CTR ring. I also love playing the games and seeing the drawings. I really hope the *Friend* will never end

because I want others who come after us to be able to explore this wonderful thing.

Isabella S., age 9, Idaho, USA

Friend in the Family



I really enjoy every single magazine you make. I really like the story about Olivia (Feb. 2014). What I learned is that a family member can be your friend too. Thank you!

Rachel B., age 7, Utah, USA

How We Read the Friend

Even on vacation we like reading the *Friend*! The stories remind us how to become closer to Heavenly Father.

Charlotte, Afton, and Lincoln B., ages 8, 6, and 11, Utah, USA





◆ Primary Connection Find stories and activities to go with this month's sharing time theme and lessons.

STORIES AND FEATURES

- 2 **From the First Presidency:** Fire! / President Thomas S. Monson
- 4 Tag, You're It!
- 6 Family Fun Time
- 7 Remembering President Boyd K. Packer
- 8 The Watermelon Thieves
- 10 You Can Repent and Forgive
- 11 Bright Idea
- 12 **Friend to Friend:** Be a Shining Example / Elder Bruce D. Porter
- 14 **Friends Who Care:** Diabetic? Not Alone!
- 17 Bulletin Board
- ◆ 18 Anna's Journey, Part 2: A Prayer in the Night
- 20 Stand for the Right
- 21 Question Corner
- 22 Fast Friends
- 24 Aim for the Best!
- 26 Show and Tell
- 30 **Special Witness:** Elder Quentin L. Cook
- ◆ 40 **Scripture Time:** Jesus Brings Lazarus Back to Life
- 42 Matt and Mandy
- 43 Article of Faith 9
- 48 P.S.

FOR YOUNGER KIDS

- ◆ 32 Clara and the Primary Program
- 36 **For Little Friends:** The Good-Night Train
- 39 Good Night, Ari!

FOR OLDER KIDS

- 44 Shelly's Race
- 46 Help! Questions about Divorce

MUSIC

- 29 Dare to Do Right

THINGS TO MAKE AND DO

- 16 Funstuff: Hidden Picture
- 28 Funstuff: Dancing through Life
- 34 Funstuff: What Do You See?
- 35 Coloring Page
- ◆ 49 **New Testament Scripture Figures:** Jesus Raises Lazarus from the Dead

Cover by Guy Francis



Hidden CTR Rings

Level 1: Train your eye to find it!

Level 2: The ring's with some bling

Level 3: No hint!

Volume 45 Number 8 August 2015

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FROM THE FIRST PRESIDENCY

Fire!



By President Thomas S. Monson

When I was growing up, each summer my family stayed at our cabin in Utah. One morning my friend Danny and I decided we wanted to clear an area in a nearby field so we could have a campfire. We began to pull at the tall grass, but we knew this would take the entire day.

I said to Danny, “All we need is to set these weeds on fire. We’ll just burn a circle in the weeds!”

I want to make it clear that both Danny and I were forbidden to use matches without adult supervision. Our parents had warned us many times of the dangers of fire. However, I knew where my family kept the matches, and we thought we needed to clear that field. I grabbed a few matchsticks, making certain no one was watching.

Back to Danny I ran. I struck a match and set the grass ablaze. It ignited as though it had been drenched in gasoline. At first Danny and I were thrilled as we

watched the weeds disappear, but soon we saw that the fire was not about to go out on its own. We panicked as we realized there was nothing we could do to stop it.

Finally we had no option but to run for help. Soon all available men and women were dashing back and forth with wet burlap bags, beating at the flames to try to put them out. After several hours the last remaining embers were smothered.

Danny and I learned several difficult but important lessons that day—not the least of which was the importance of obedience.

There are rules and laws to keep us physically safe. Likewise, Heavenly Father has provided guidelines and commandments to help ensure our spiritual safety so that we can return to Him. It is my humble prayer that we may be blessed with the rich rewards promised to the obedient. ♦

Adapted from “Obedience Brings Blessings,” Ensign, May 2013, 89–92.

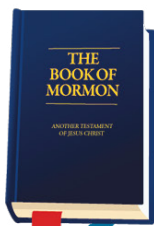
SCRIPTURE CHASE

Using the scriptures below, fill in the blanks to find one reason we should be obedient. Check your answers on page 48.

1. The tenth word in [Romans 1:5](#)
2. The fourth word in [D&C 63:13](#)
3. The second word in [Proverbs 8:17](#)
4. The third and fourth words in [3 Nephi 13:32](#)
5. The sixth word in [John 1:42](#)

Our _____ to the _____ shows our _____
for _____ and _____.





START

HOME

SHOWING THE WAY

Heavenly Father gives us guidelines and commandments through prayer, scriptures, general conference, and Church magazines. They help show us the way back to Him. Make your way to the four pictures and they will help you find your way home to Heavenly Father!

Read or watch a talk from April conference with your family. What did the speaker say we should do to stay on the right path? Set some goals with your family. Then set some goals for yourself! Find conference talks at gc.lds.org.

By Amie Jane Leavitt

(Based on a true story)

*"I want to be kind to ev'ryone,
for that is right, you see"*

(*Children's Songbook*, 145).

I'm so excited for recess!" Ally told Lauren as they put their lunch boxes back on the shelf in their classroom. "Tami just said we're all going to play tag together on the playground today."

"Fun!" Lauren said. "I love tag."

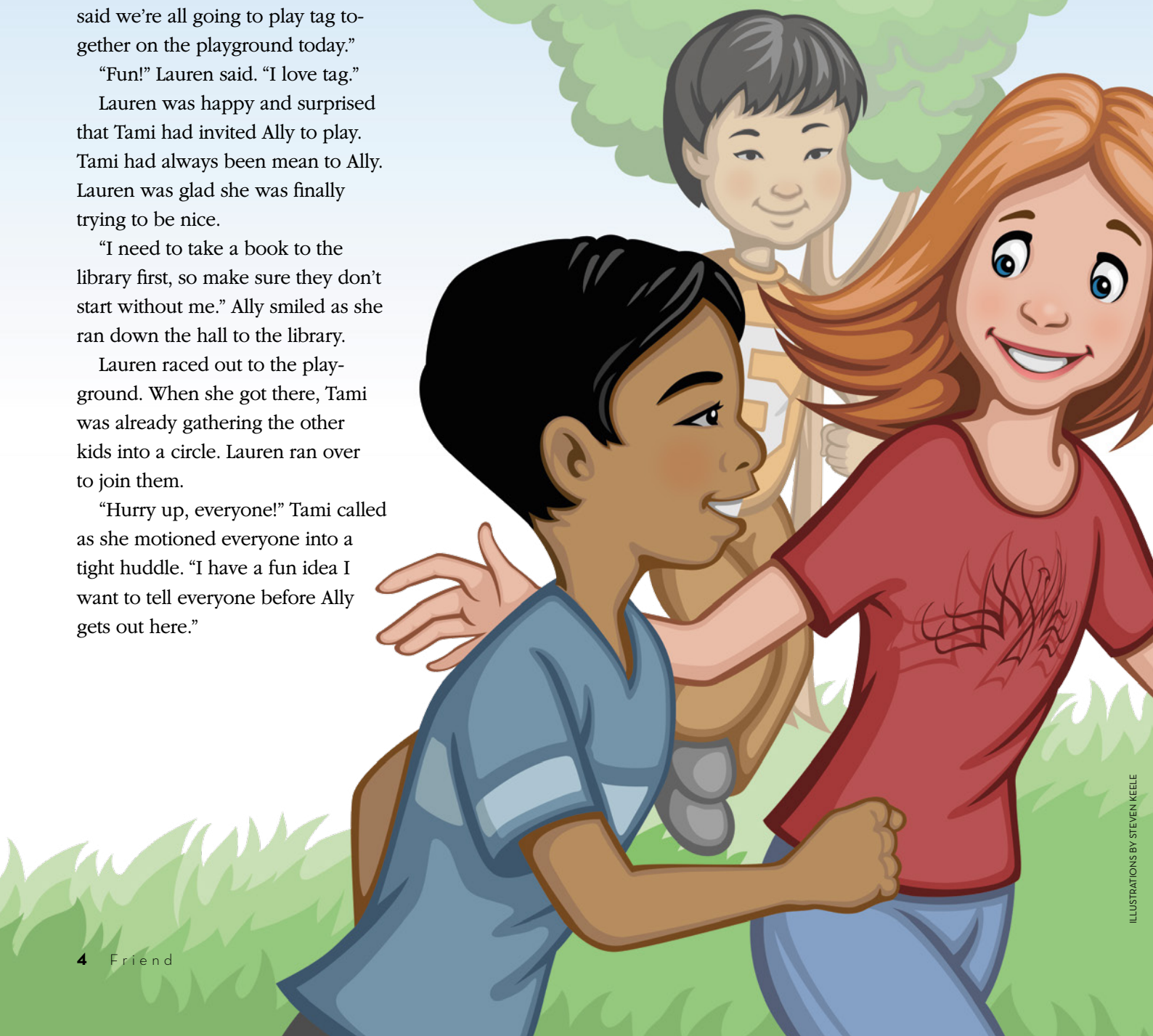
Lauren was happy and surprised that Tami had invited Ally to play. Tami had always been mean to Ally. Lauren was glad she was finally trying to be nice.

"I need to take a book to the library first, so make sure they don't start without me." Ally smiled as she ran down the hall to the library.

Lauren raced out to the playground. When she got there, Tami was already gathering the other kids into a circle. Lauren ran over to join them.

"Hurry up, everyone!" Tami called as she motioned everyone into a tight huddle. "I have a fun idea I want to tell everyone before Ally gets out here."

Tag, You're It!





“In the gospel of Jesus Christ, there is no place for ridicule [or] bullying.”

Elder Neil L. Andersen of the Quorum of the Twelve Apostles

“Spiritual Whirlwinds,” Ensign, May 2014, 20.

Lauren didn't feel very good about this.

All the kids squeezed into the huddle to hear. “Instead of tagging everyone like we usually do,” Tami said, “let’s just tag Ally. But no one better tell her, or else!” Tami giggled. She seemed so proud of herself.

Lauren looked at the other kids in the circle. A lot of these kids hadn’t been nice to Ally since kindergarten. That’s when the kids really started being mean to Ally. They would make fun of her and tease her. Most times Tami started it and the other kids would follow.

Lauren had never liked how they treated Ally. She decided right then that she wouldn’t follow along with them. She knew everyone was a child of God and should be treated with kindness.

She took a deep breath and looked Tami in the eyes. “That doesn’t sound like a fun idea to me. I don’t think we should treat Ally like that. So I don’t want to play.”

Lauren walked out of the circle and started back toward the school alone to find Ally.

At least she thought she was alone.

Then she heard, “Hey, wait up!” Lauren turned around and there were most of the kids from Tami’s circle. She couldn’t believe it!

“Let’s go find Ally and start our own game of tag,” Damon said.

“I want to play too!” Lea said. The others nodded.

Lauren smiled. That awful feeling in her stomach was gone. “Good idea!” she said. “There’s Ally coming over right now.”

She turned and tapped Damon on the shoulder. “Tag, you’re it!” she yelled, then raced toward Ally. And all the kids came racing after. ♦

The author lives in Utah, USA.

Lauren and Ally live in Canada. They are in high school now and are still great friends.

Turn the page for an activity to go with this story!



It didn’t seem like such a fun idea—at least, not for Ally.



Family Fun Time

Read “Tag, You’re It!” (page 4). Have you ever stood up for someone like Lauren did for Ally? Has anyone ever stood up for you? Use the activity below to talk about how you can be kind if someone’s being left out or bullied.

Be sure to get an adult’s help with this activity and recipe.

1. Write each question below on a separate **piece of paper**. You can also add questions of your own.
2. Wrap one piece of paper around **a small shareable treat**, like a small bag of chocolate candies or fruit snacks. **Tape** the paper in place.
3. Add the next paper and tape it down. Keep going until you’ve used all the papers and have a medium-sized ball.
4. Pass the ball around and take turns unwrapping a paper and answering the question. When you get to the end, share the treat!

Passing Kindness



Tell about a time when someone was kind to you.
What did he or she do?

What would you do if you heard someone say
mean things about a teacher or classmate?

Have you ever stood up for someone who was
being bullied? What happened?

How can you tell if someone needs a friend?

How can you help someone who needs a friend?

Tell about a time when someone was unkind to
you. What did you do?

If someone bullied you, what would you do?

If someone bullied you, what would you want
other people to do?

What did Jesus do to be kind to others?

How can you be kind to someone who is being
left out?

Rainbow Delight

A kind friend is like a rainbow at the end of a storm. Celebrate kindness with this fruity treat!

strawberries, cut in half

tangerines or mandarin oranges

pineapple chunks

green grapes

blueberries

bananas



Remembering President Boyd K. Packer (1924-2015)

Boyd K. Packer, president of the Quorum of the Twelve Apostles, passed away on July 3, 2015, after a lifetime of learning and teaching the gospel. He was 90 years old.

President Packer was born September 10, 1924, in Brigham City,



Utah. He and his siblings loved playing outside. Boyd began to draw what he saw. He made animals out of sticks and carved birds out of wood. He often gave these to others as gifts.



Boyd loved to draw and carve animals when he was a young boy and kept doing it his whole life.



he worked as a seminary teacher and supervisor. He loved teaching and learning from his family too. He and his wife, Donna, raised 10 children.

President Packer was called as an Apostle in April 1970. He wanted to share his

testimony with everyone.

He said, "I bear my witness that the Savior lives. I *know* the Lord. I am His witness."

By following President Packer's example, you can also gain a testimony to share with others. ♦

With his wife Donna and their growing family.



President Packer flew this plane in World War II.

but he focused on improving his other talents instead.

After high school Boyd joined the US Army Air Force and was a bomber pilot in World War II. After the war,

Sometimes he felt embarrassed about this,

wasn't able to play sports.

THE WATERMELON

By Nichole Giles

(Based on a true story)

"I'll form good habits in my youth, to keep my word, to tell the truth" (Children's Songbook, 149).

"IT'S HOT!" Joseph complained to his little brother, Loren.

Yesterday a heat wave had blasted through town. Now they were trying to play marbles, but Joseph was so sweaty that his shooter marble stuck to his fingers.

"Let's go for a swim!" Joseph said.

As the boys walked toward the Little Colorado River, they saw Sam and Frank, who ran to join them.

"Swimming's just what we need to cool off!" Sam said, kicking a rock.

"Sure is," Frank agreed. "Too bad we don't have a sweet treat to take with us." Then he looked at the field they were passing. The afternoon sun blazed off the smooth round watermelons in Farmer Davis's patch. "Hey, Joseph," Frank said, "I dare you to climb over that fence and get us a ripe watermelon."

"I don't know . . ." Joseph said. "Isn't that stealing?"

Loren looked uncomfortable too. "I don't think that's such a good idea."

"Come on," Frank said, pushing Joseph toward the fence. "No one will ever know."

"What's the matter?" Sam teased. "Are you chicken?"

"No," Joseph said, squirming.

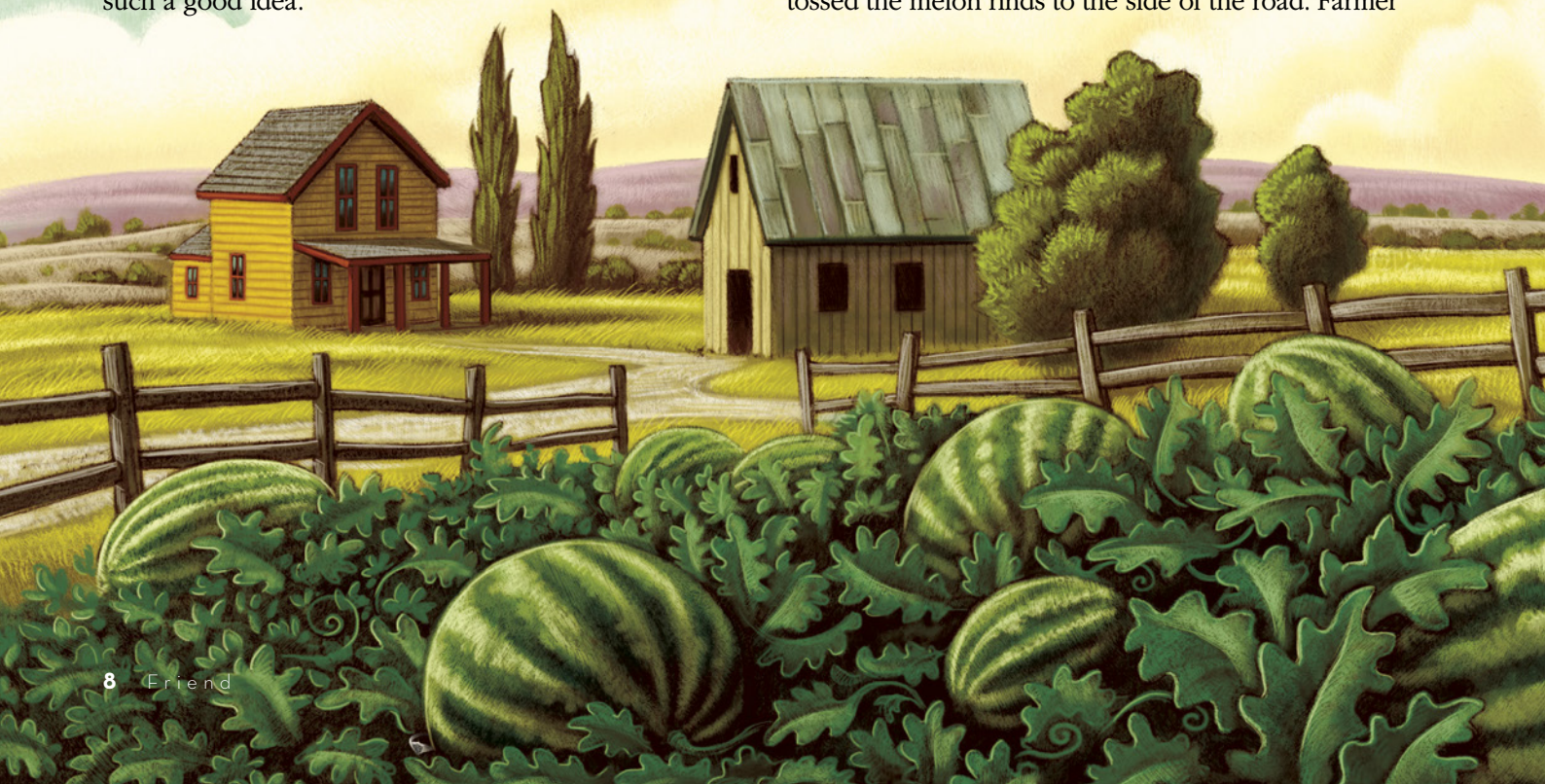
Frank started to climb the wooden fence rails. "Come on, don't be a baby. I'll go with you."

Joseph frowned but scaled the fence and jumped with Frank into the watermelon patch.

"Don't worry," Frank said. "We'll only take a small one. No one will even miss it."

Joseph grabbed the closest melon and raced back to the fence. The other boys laughed and took turns carrying the heavy melon as they ran to the river. Finally they broke open the watermelon. The sticky sweet juice that trickled down their chins was delicious! But Joseph already wished he hadn't taken the melon.

On the walk home, they finished off the last of the melon just as they passed the watermelon patch again. Joseph ducked when he saw Farmer Davis in the field. He glanced up and waved at the boys, who quickly tossed the melon rinds to the side of the road. Farmer



THIEVES

*The watermelon looked so delicious,
and no one would ever know.*

Davis frowned, took off his hat, and scratched his head as the boys hurried by.

Joseph felt terrible. It had been wrong to take the watermelon. He knew he had to tell Farmer Davis what they had done and ask for forgiveness.

That evening Farmer Davis visited Joseph and Loren at their house. “One of my prize watermelons went missing,” he said. “I was wondering if you boys happened to see anyone in my field as you passed by today.”

Joseph looked at his shoes, a knot tightening in his stomach. “Yes, sir,” he said quietly. “We were with some

other boys, and I took a melon from your field. We took it to the river, and all of us ate it together.”

Farmer Davis pressed his lips into a straight line. “Taking a melon that you didn’t grow is stealing.”

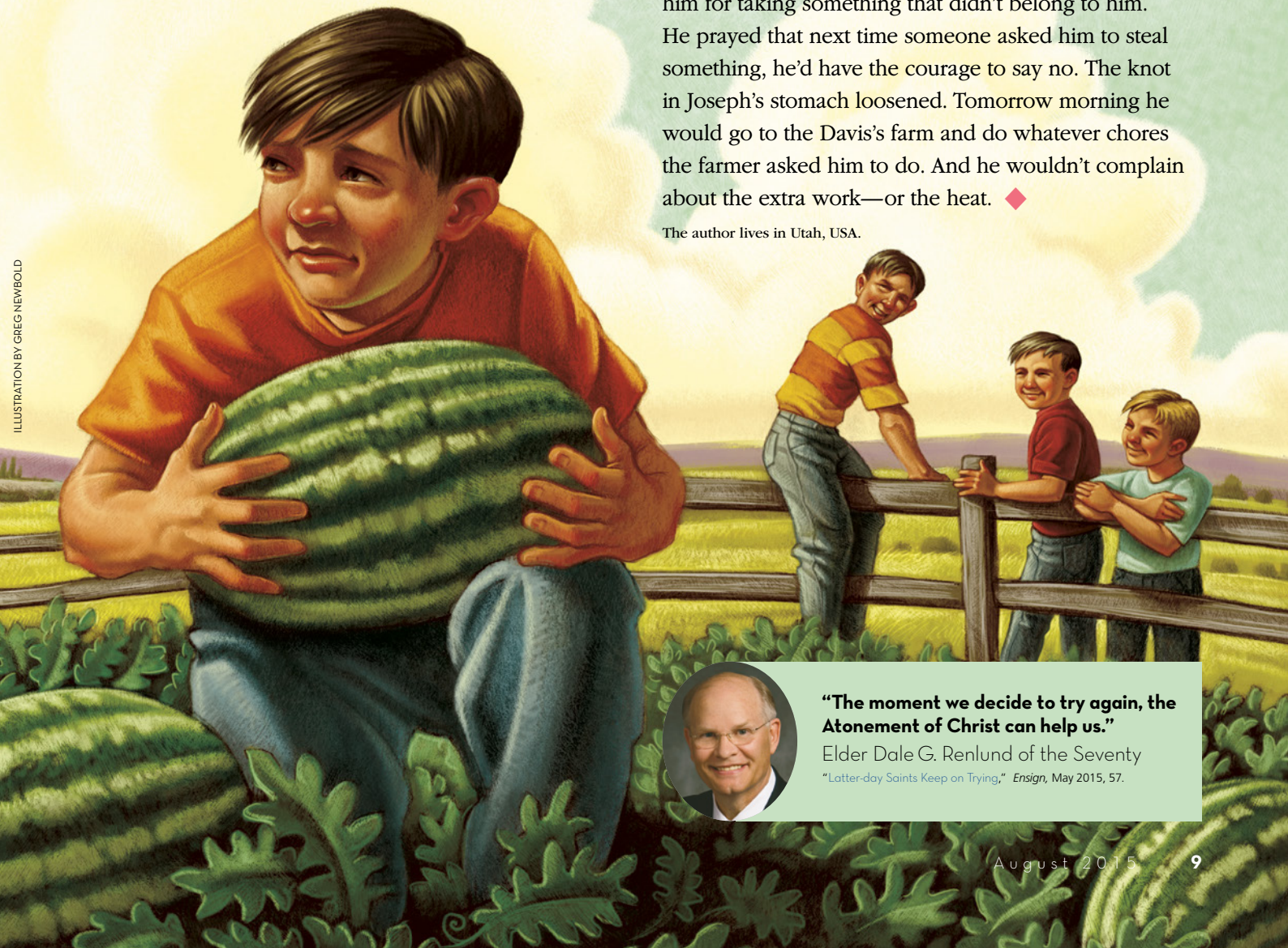
“I’m really sorry,” Joseph said. “I don’t have any money, but I could do some chores to repay you.”

“I ate some too,” Loren said. “I’ll help.”

Farmer Davis thought for a minute. “Tomorrow morning, when you’ve finished your chores at home, come by my field. I think I can find some work for you.”

That night Joseph asked Heavenly Father to forgive him for taking something that didn’t belong to him. He prayed that next time someone asked him to steal something, he’d have the courage to say no. The knot in Joseph’s stomach loosened. Tomorrow morning he would go to the Davis’s farm and do whatever chores the farmer asked him to do. And he wouldn’t complain about the extra work—or the heat. ♦

The author lives in Utah, USA.



“The moment we decide to try again, the Atonement of Christ can help us.”

Elder Dale G. Renlund of the Seventy

“Latter-day Saints Keep on Trying,” *Ensign*, May 2015, 57.

You Can Repent and Forgive

After you are baptized and confirmed, you are responsible to choose the right. Because of Jesus Christ's Atonement, when you do something wrong, you can repent and do better!



- Think about what you did.
- Pray to Heavenly Father. Ask Him to forgive you and help you do better next time.
- Apologize and do something to help make it better. If you need help, talk to a parent about it.
- When you have repented, Heavenly Father forgives you and you don't need to keep worrying about it. Try your best to do what Heavenly Father would want you to do.



|||||

If someone does something that upsets you, here's how to forgive so you can feel better!



- Try to think about why the other person might have done what he or she did.
- Think of something good about the other person.
- Pray for help to forgive when it's hard.
- Don't keep being angry at the person.



“Be thou
STRONG
and very
COURAGEOUS.”

—Joshua 1:7





FRIEND TO FRIEND

Be a Shining Example

By Elder Bruce D. Porter of the Seventy; from an interview by Linda Davies

When I think about our four wonderful children—David, Chris, Lisa, and Jennifer—
I think about what shining examples they have been to me.

David's Faith

One Sunday when leaving for church, our car would not start. We lived in Germany, far from our chapel and other members. My wife and I each offered a prayer for help, but still the car wouldn't start. I suggested that perhaps we should rely on the faith of a child. We asked our three-year old son, David, if he would say a prayer.

"Heavenly Father, please bless the car to start," he said simply but firmly.

We turned the key, and the engine started right up! We were grateful that day for David's faith. It was pure, simple, and true.



Chris's Kindness

Once we moved to a new neighborhood where there were no playmates for our second son, Chris. He was either too young for the older children or too old for the younger ones.

One weekend we went on a camping trip together. I noticed him gathering armfuls of acorns. "Why so many acorns?" I asked. Chris said he thought they were terrific and he wanted to save them as souvenirs of the trip.

However, when he got home, Chris decided to do something special with the acorns. He shared them with all the kids in the neighborhood! The kids loved them, and Chris felt warm and happy about sharing and being a friend.



Lisa's Scriptures

When Lisa was nine years old, she felt unhappy and out of sorts much of the time. Everyone in the family wondered why she was so grumpy. One night as she walked into her bedroom, she saw her Book of Mormon by the door.

Of course I'm not happy, she thought, I haven't been reading the scriptures. That night she read a few verses. She decided that she would read every night. As the days passed, she felt happier and more peaceful.

This habit of reading the scriptures every day, even just a few verses, has blessed her ever since.



Jennifer's Courage

Our youngest daughter, Jen, had to have surgery at age four. She listened as we explained why the surgery was needed. She knew she would have to spend several days in a hospital. We told her Heavenly Father would bless her. We prayed with Jen, and she prayed too.

When the day came, we took her to the hospital. A doctor came and offered his hand to lead her to the operating room. With the simple faith of a child, she took his hand and walked ahead, unafraid and never looking back.

The operation was a success, and Jen surprised us two days later by singing happily in her hospital bed. ♦

4 WAYS YOU CAN SHINE!

Even though you are a child, you never know when you will be a shining example of the gospel to all who know you.

- Listen to your parents and your Primary teacher.
- Have faith.
- Read the scriptures.
- Pray always.

Diabetic? NOT ALONE!

From an interview by Jessica Larsen

Sugar Rush

I taught my Scout troop first aid for diabetes. For example, if I don't feel well, I need to drink juice. I even showed them how to give me a special shot if I faint! Afterward we played a diabetes trivia game.



Fashion Statement

My troop and I made these cool leather ID bracelets for kids who have just found out they have diabetes. We donated them to the hospital.



Hi,
I'm Matthew!

I have had Type 1 diabetes since I was six years old. That means my body doesn't process nutrients correctly. It's not easy being different. So I like helping other kids who feel different too!



Speak Out

I raise diabetes awareness by sharing my story with local businesses and explaining what diabetes is. It used to be scary, but now I enjoy public speaking.

Suit Up

I love reading about the whole armor of God (Ephesians 6). I know that with Heavenly Father's help, I can do hard things even though I have diabetes.



Call of the Wild

I go to a camp with other diabetic kids. I help introduce new campers to my friends and favorite counselors. We love to swim and hike.

GIVE US A HAND!

How do you follow Jesus by helping others? Trace your hand, and send us your story and photo, along with your parent's permission. Find out how on page 48.



HOW YOU CAN HELP

- **Include others:** Say hi when you see someone by themselves at school, or invite someone new to sit with you.
- **Get involved:** Contact your local hospital or Red Cross and see if they need donations like quilts, stuffed animals, or even medical ID bracelets.
- **Get informed:** Learn about a disability or illness and teach your Scout troop or activity day group about it. Learn first aid so you can help people in need.



Hidden Picture

By Arie Van De Graaff

Bailey and Ty are looking for their grandparents so they can go through the open house at the temple together. Can you help them out? Grandpa has a mustache and Grandma is wearing glasses and gold earrings. Can you also find the hidden objects?



BULLETIN BOARD

"BE STRONG."

Live the gospel faithfully even if others around you don't live it at all."

Elder Jeffery R. Holland, "The Cost—and Blessings—of Discipleship," Ensign, May 2014, 9.

Lunchbox Sprinkles

Pack dried fruit, nuts, or granola to sprinkle on applesauce or yogurt.

GIVE US A HAND!

So far you've sent us 10,464 hands!
Go to page 48 to find out how to send us your "helping hand."

I sat by my sister in Primary to help her feel brave.

Kylar



Kylar A. with sister Sofia, ages 5 and 3, Louisiana, USA



I WILL DRESS MODESTLY TO SHOW RESPECT FOR HEAVENLY FATHER AND MYSELF.

—My Gospel Standards

How do you choose to be modest?

STAND TALL!

FRONT-DOOR SCAVENGER HUNT

Look out the front door or window of your house or apartment and try to find everything on this list. For a challenge, make copies of the list for your friends and race to see who finishes first. Can you see . . .

- Something red
- Something with four legs
- Something fast
- Something wet
- Something in the sky
- Something new
- Something that belongs to you
- Something very small
- Something that smells good
- Something that makes you happy





By Jessica Larsen

(Based on a true story)

The train rumbled through the night until it shuddered to a halt at the station in Salt Lake City. It was nearly midnight. Anna grabbed her bag and dragged it onto the platform. Her tired eyes searched for her aunt.

But there was no one waiting for her.

Fear slid over Anna. She scanned the platform again, hoping she had missed something. Her eyes lingered on the shadows. She tried to make out people's features in the flickering lights. But her aunt was not there.

Strangers walked up to her and asked her questions. Anna thought they wanted to help, but she could not understand what they were saying.

She had never felt so scared in her life. Not when her classmates in Sweden had mocked her new faith. Not when she had been sick on the boat to New York. And

not even when she had said good-bye to Mamma.

Anna closed her eyes and thought back to her mother's words: "Don't forget to pray to your Father in Heaven because *He* can understand you."

Anna knelt on the platform next to her suitcase and prayed harder than she had ever prayed in her life. She prayed that Heavenly Father would send her someone who spoke Swedish and could understand her.

When she finished her prayer, she looked up. There was still no one waiting for her. But then she saw a German family she recognized from the train ride. The mother motioned for her to follow them. Still crying, Anna grabbed her bag and shuffled after them.

She followed them to the south gate of the Temple Square block. She looked at the spot where the beautiful

new temple had been built. Then suddenly Anna heard quick footsteps nearby. A woman was hurrying toward them, looking closely at all the arriving immigrants. The woman's gaze passed over the German family. Then she paused on Anna. When Anna looked up, the woman stopped and stared. Anna stared back, hope rising in her.

Anna knew her! It was her Sunday School teacher who had gone to Utah only a year before. She knew her!

The teacher pulled Anna tightly into her arms. She wiped away Anna's tears and whispered in Swedish, "I had gone to bed, but I was awakened over and over again. Images of the arriving immigrants raced through my mind. I could not go back to sleep. I was prompted to come to the temple to see if there was anyone I knew here." She took Anna's hand and led her down the street. "Now come with me."

Later Anna learned that her aunt and uncle had moved from Salt Lake and had not received her mother's letter. Her teacher sent word to them, and they came to pick up Anna four days later. Eventually Ida and Anna were able to bring Mamma to America too.

But for now, none of that mattered. As Anna walked to her teacher's home, she thought, *Heavenly Father more than answered my prayer. I only asked for someone who could understand me, and He sent someone I knew.* ♦

The author lives in Arizona, USA.

FIND YOUR FAMILY HEROES

Ask your parents or grandparents to tell you stories about your family. You just might discover a hero from your family's past. You could even act out and video these stories!



STAND for the RIGHT

Our prophet has some words for you,
And these are the words: "Be true, be true."
At work or at play, in darkness or light,
Be true, be true, and stand for the right.
(*Children's Songbook*, 159)



ILLUSTRATION BY HOLLIE HIBBERT

I can stand for the
right by choosing . . .

Good books

Good friends

Good music

**Good videos and
other media**

Good words

Honesty

Kindness

Modesty

Respect

I can follow Jesus Christ!



QUESTION CORNER

How do I know if something is appropriate to do on Sunday?



I think that you can tell if something is appropriate on Sunday by asking if it will invite the Spirit, or if it will help you think about Heavenly Father. You can see if it is something that is rough and not calm. We shouldn't be doing rough things on the day of rest.

Katie A., age 11, Utah, USA



When I'm doing something that is not right for the Sabbath, I feel like it's not right because the Holy Ghost is telling me it's not right. I always ask my mom or dad if it's right for the Sabbath.

Rebecca H., age 7, Utah, USA



I know that I should not go to stores on Sunday. I also know that I should try to take my scriptures to church on Sunday. I should wear church clothes to church. If I do these things then I can feel the Holy Ghost.

Joshua N., age 8, Alberta, Canada



Ask a parent if it is a right thing to do. See if it has something to do with the gospel.

Lucy G., age 7, Virginia, USA



I think if you can feel the Spirit while you do something on Sunday, then it is a good thing to do. Some things my sisters and I like to do on Sunday are write in our journals, play with each other, read good books, write to our friends and family, take naps, make scripture movies with our brothers, watch scripture movies, call our grandparents, read the scriptures, and of course, go to church and Primary.

Joyce, Sage, and Mercy J., ages 3, 5, and 9, Taranaki, New Zealand



You know when something is appropriate to do on Sunday because you feel the Spirit. I feel the Spirit when I go to church, read my scriptures, or read the *Friend* magazine.

Hannah G., age 9, Ohio, USA

You can make the Sunday box from last month's *Friend*! Go to "Family Fun Time" on page 6.

Responses are intended for help and perspective, not as pronouncements of Church doctrine.

NEXT QUESTION

"My grandpa has been so sad ever since Grandma died. How can I help him feel better?"

Do you have some thoughts about this? Send us your answer and photo by August 31, 2015. Find our address on page 48 or email us at friend@ldschurch.org. (Put "Question Corner" in the subject line.) Remember to include a parent's permission! Use the permission statement on page 48.

I just had to make a tough decision about Sunday.



Go to page 42 to read about it!

Fast Friends



Could a bad
video game cost
Diego his new
friend?

By Amanda Michaelis

(Based on a true story)

“Choose the right when a choice is placed before you”
(Hymns, no. 239).

Diego trudged up the hill on his way home from school. Recess was usually the best part of the day. But all week it had been terrible! No one wanted to play soccer with him, so he just walked around the playground by himself until the bell rang.

“Mom, I’m home!” Diego yelled as he slid through the door and sat down in the kitchen.

“How was school?” Mom asked.

“Not so good.” Diego grabbed an apple. “No one wanted to play with me at recess.” He could feel tears coming, so he squeezed his eyes shut.

“It’s hard feeling lonely or left out,” Mom said. She put her hand on Diego’s shoulder. “Maybe you could say a prayer for help.”

Diego rubbed his eyes. “Thanks,” he said and ran to his room. Did Heavenly Father really care if he had friends at recess? Diego knelt down and prayed that he could find a friend. When he finished, he felt a little better, but he still had no idea what to do.

After school the next day, there was a knock on the door. Diego ran to answer it.

“Hi, I’m Ruben,” the boy at the door said. He had just moved into an apartment downstairs. Diego had seen him on the playground today. “Do you want to play?”

Diego grinned. A friend to play with? It was an answer to his prayer!

They walked to Ruben’s place and sat down on the couch. Ruben’s older brother was playing a video game. Diego didn’t know what to think at first. The game was really violent and had gross pictures, but Ruben and his brother seemed to like it. “Get him!” Ruben shouted as they watched.



“It requires courage to make good choices, even when others around us choose differently.”

Elder W. Craig Zwick of the Seventy

“We Will Not Yield, We Cannot Yield,” *Ensign*, May 2008, 97.

Diego felt his stomach squirm, and he stared down at his feet. He knew he wasn't supposed to be watching video games like this one.

But what could he do?

He didn't want his new friend to think he was too boring to play exciting video games. Would Ruben think he was weird if he spoke up?

He looked around the room and tried to think of other things they could do.

Diego took a deep breath. “Hey, umm . . . can you show me your room? Or maybe we can play somewhere else?” he said.

Ruben looked at Diego for a second. Diego bit his lip. Would Ruben say he didn't want to play anymore?

Then Ruben's eyes lit up. “Wait, do you like cars? I have the *fastest* cars in my room. Want to race them?”


Diego smiled and nodded. He followed Ruben out of the room. The heavy feeling lifted—he felt like he was floating down the hall! He was glad he had a new friend, and he was glad he hadn't watched something bad.

“The red car is mine,” Ruben said, “but you can use the blue one or the green one. Which one do you want?”

Diego reached for the green car—his favorite color. This was an easy choice to make. ♦

The author lives in Utah, USA.





Every day we have lots of decisions to make, like what to watch, wear, or do with our time. Here are some guidelines to help you make good choices.

Aim for the Best!

Good, Better, Best

Elder Dallin H. Oaks said, “Consider how we use our time in the choices we are making in viewing television, playing video games, surfing the Internet, or reading books or magazines. . . . Some things are better, and others are best. When the Lord told us to seek learning, He said, ‘Seek ye out of the *best* books words of wisdom’ (D&C 88:118; emphasis added).”¹

Growing Better

Sometimes even if something isn’t obviously harmful or wrong, it can distract us from reaching our goals. Elder Quentin L. Cook talked about making good choices. He told about a father who uses a question to help his children make decisions. He asks them, “Will this make you a better person?”²

If the Savior Stood Beside Me

Singing a hymn or Primary song can help us make good decisions. The words to the song “If the Savior Stood beside Me” remind us that Jesus Christ knows us and loves us. Would we make the same decisions if He were standing nearby?

1. “Good, Better, Best,” *Ensign*, Nov. 2007, 105.

2. “Choose Wisely,” *Ensign*, Nov. 2014, 48.



Good!

Better!

BEST!

Does what I say,

how I act,

how I dress,

what I read,

what I watch,

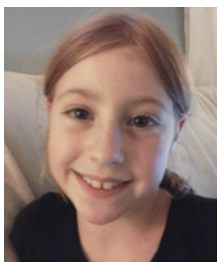
and how I treat others,

bring me closer
to Jesus Christ?

Cut out this bull's-eye and
hang it where it will remind you
to aim for the best!

Print more copies at friend.lds.org.

Show and tell



I enjoy surprises and helping and cleaning. I also like music and practicing the piano. I

like traveling also. There are many places I have been. I believe that God will guide me along the way and keep me safe, and I believe that you can believe Heavenly Father too.

Makenzie M., age 8,

Everyone at my school in the fourth grade was reading a book that was very popular. I put the book on hold at the library and finally it was my turn! I started reading it and realized that the book made me feel uncomfortable. I read two chapters to see if it changed, but it didn't. I stopped reading the book and returned it to the library. I felt good for choosing the right.

Savanna M., age 9, Wyoming, USA



Jared F., age 10, Gauteng, South Africa



Daniel S., age 8, France, keeps busy learning Portuguese, French, and English. He and his sister practice karate and both moved on to the green belt. In his free time Daniel likes to draw. One of his heroes is Captain Moroni. Daniel wants to be brave like him.



A friend of mine told me about a new computer game. I watched him play it, and it was very scary. I thought that if I played it, I would have nightmares. I had the strong feeling that I should not play this game. I knew that it was the Holy Ghost telling me that it would be wrong. I am so grateful that I listened.

Thomas R., age 8, California, USA

Primary children from the **Marsden Ward, Karawtha Stake, Queensland, Australia,** love meeting together as a Primary and learning about Jesus.





The children from the **Busia Branch Primary in the Uganda Kampala Mission** show their love for the Savior by praying, studying the scriptures, and going to Primary. They also carry water and their siblings on their backs, gather sticks for firewood, and wash the dishes.



Gabriel B., age 9, Idaho, USA



Charlotte T., age 6, Arizona, USA

HELPING HANDS

10,464
hands and
counting!



Be kind like Jesus Christ.
Igor P., age 8, São Paulo, Brazil



I can help Jesus by choosing the right.
Sometimes I make my little sister's bed for her.
Samantha P., age 5, Utah, USA



I helped clean up my toys.
Christopher B., age 6, Illinois, USA



I make people happy with my smile.
Christina B., age 6, Illinois, USA



I made breakfast every Sunday.
Tyson P., age 7, Idaho, USA



I helped clean up the classroom with my friend.
Reese W., age 4, Hawaii, USA



I help my mom by taking care of my little brother when she has to cook for us.
Eriana C., age 6, California, USA



I tickled my sister to keep her busy.
Amanda R., age 7, Oregon, USA



I help my grandpa by taking out the trash cans every week.
Missael C., age 8, California, USA



My parents got a divorce, so now I go to a new Primary. It's scary for me. I help my daddy by going to class and not crying.
Carson P., age 5, Utah, USA

TELL US HOW YOU'VE SERVED!

See page 48 to send us your "helping hand."

Dancing through Life

By David Dickson Church Magazines

Part of living our gospel standards means choosing good, uplifting music. This family is listening to some uplifting music that makes them want to dance!

The “grapevine” is an easy dance you can learn. Try it whenever awesome music makes you want to get up and move!

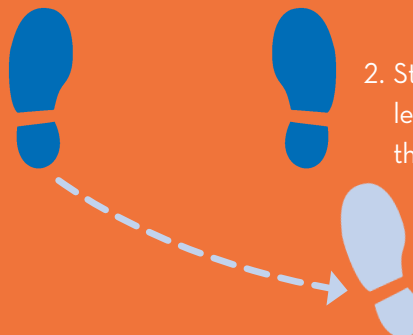
Find fun music to dance to at lds.org/youth/music!

Do the
Grapevine!

Grapevine to the right

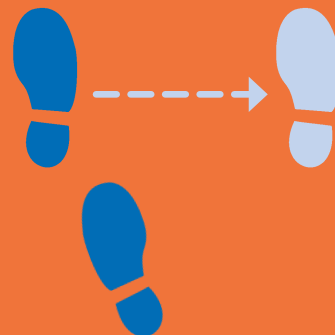


1. Step with your right foot to the right side.



2. Step with your left foot behind the right.

3. Step your right foot to the side.



4. Bring your left foot over to connect with the right.



Now grapevine to the left!

Do the opposite steps as above by stepping left with your left foot, step your right foot behind the left, etc.

Repeat! Clap and dance to the music and beat.



Dare to Do Right

(Simplified)

Words by George L. Taylor
Music arr. by A. C. Smyth

Boldly ♩. = 44–54 (Conduct two beats to a measure.)

Dare to do right! Dare to be true! You have a work that no oth-er can do;

Do it so brave - ly, so kind - ly, so well, An - gels will has - ten the

sto - ry to tell. Dare, dare, dare to do right; Dare, dare,

dare to be true, Dare to be true, dare to be true.

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SPECIAL WITNESS

How can I stay free?

**By Elder
Quentin L.
Cook**

Of the Quorum
of the Twelve
Apostles

*The members of
the Quorum of the
Twelve Apostles are
special witnesses of
Jesus Christ.*



God wants us to be free to make choices between good and evil.



Addictions to things like drugs and alcohol destroy good health and limit our freedom.



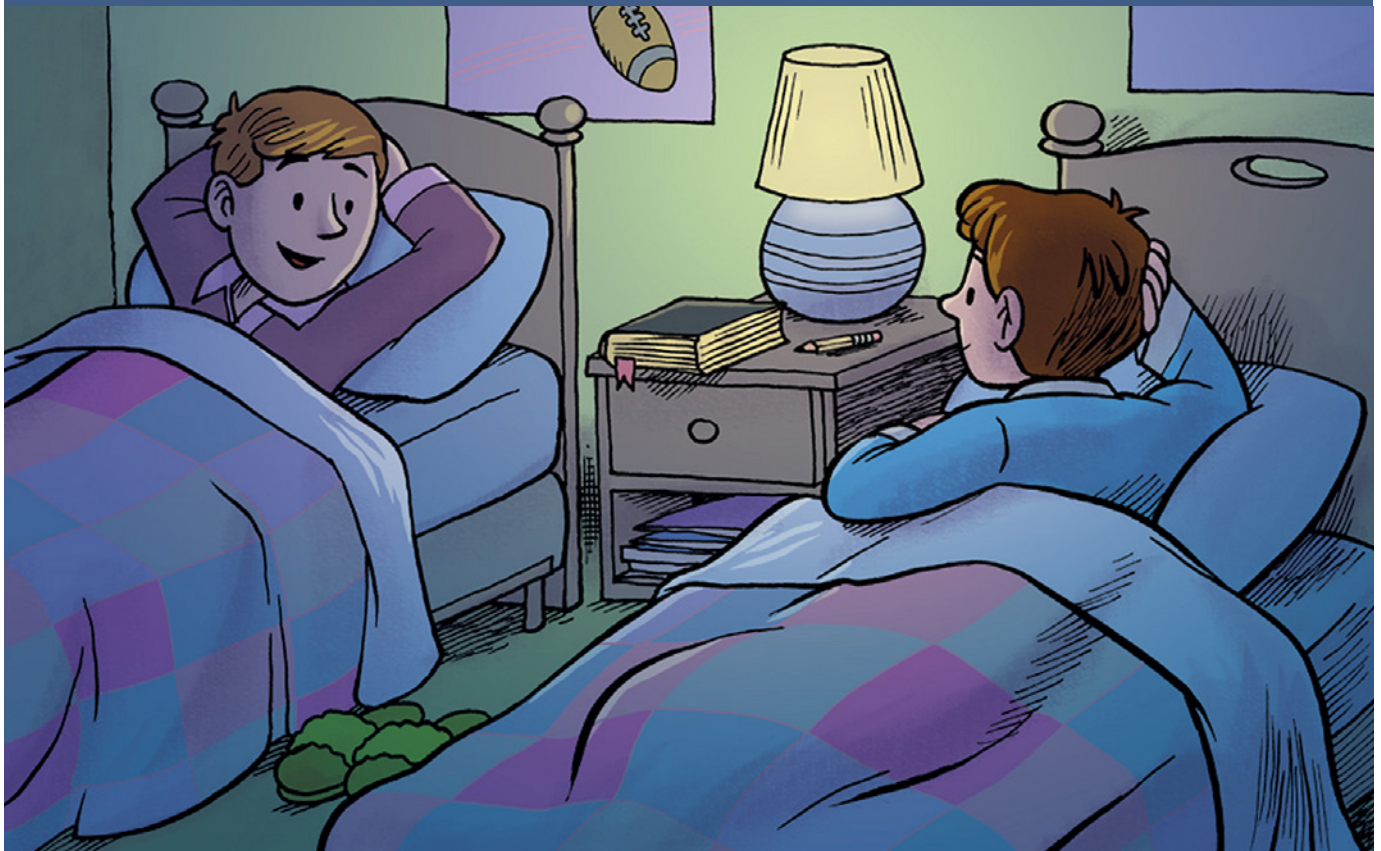
Too much time playing video games, playing sports, or watching TV can take up all of our free time.



It is important that we protect some of our free time for our family.

From "Lamentations of Jeremiah: Beware of Bondage," Ensign, Nov. 2013, 88–91.

Making Choices



When Elder Quentin L. Cook was 15 years old, he had a talk with his big brother, Joe. Joe was trying to decide if he should go to medical school instead of going on a mission. They talked long into the night. They talked about the gospel. They talked about testimonies. They talked about serving a mission.

Joe knew that going to medical school and becoming a doctor was a good way to help people. But he also knew that Jesus Christ truly lived, that Joseph Smith was really a prophet, and that the Book of Mormon was really true. So he knew that going on a mission first would be a better choice. Quentin learned that night that his brother Joe had a strong testimony.

Quentin decided that he wanted to have a testimony too. After they finished talking that night, Quentin went to another room to pray. He had always had a testimony of Jesus Christ. And he believed that Joseph Smith was

a prophet. He believed the Book of Mormon and the Church were true. But he wanted a spiritual witness from the Holy Ghost. As he prayed, a powerful witness came to him that swept away any doubts he had forever.

Now Elder Cook relies on that strong testimony to help him with every choice he needs to make. ♦

5 FACTS ABOUT ELDER COOK

Born on September 8, 1940

The *L* stands for LaMar

Played basketball, football, and baseball in high school

Served a mission to the British Mission

Became an Apostle in October 2007

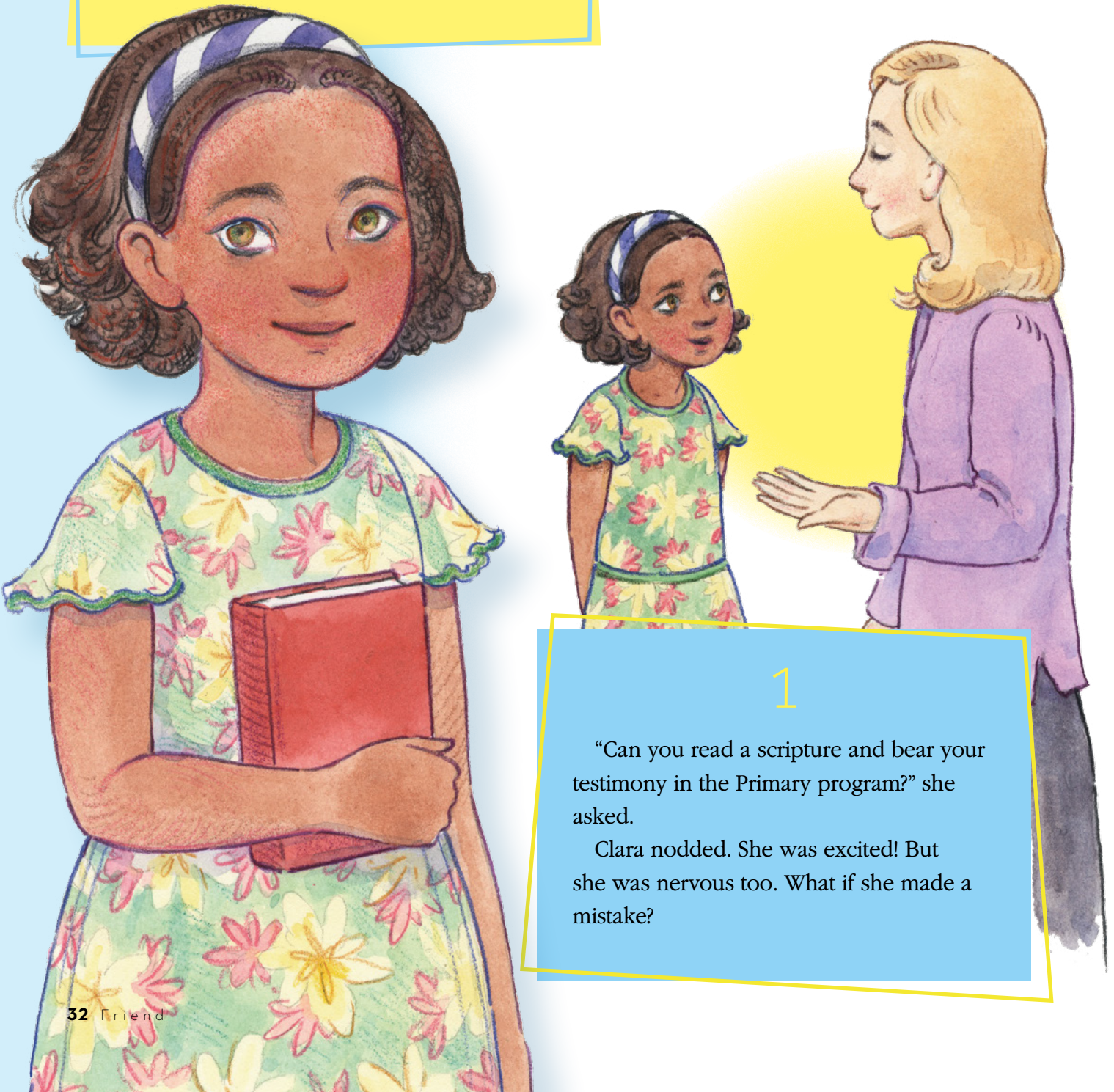
Clara and the PRIMARY PROGRAM

By Jane McBride Choate

(Based on a true story)

Clara and her family had just been baptized. Clara liked going to church together on Sunday.

One Sunday the Primary president said there would be a Primary program soon.



1

“Can you read a scripture and bear your testimony in the Primary program?” she asked.

Clara nodded. She was excited! But she was nervous too. What if she made a mistake?



2

Clara practiced her part every night. She didn't know all the words in the scripture yet.

"You'll do great," Mama said.

Clara wasn't so sure. This was her first Primary program. All the other kids had done this before.



3

"Remember, if you do your best, Heavenly Father will do the rest," Papa told her.

The night before the program, Clara prayed for help. She stayed on her knees and thought about her part. She felt good about it.

On Sunday morning Clara prayed that she wouldn't be scared.



4

When it was her turn, Clara walked to the front. She messed up one of the words in the scripture. But then she remembered how good she felt after her prayer. She smiled and bore her testimony. She talked about how much she loved Jesus.



5

Clara smiled as she sat back down. She knew Heavenly Father didn't care that she didn't say her part perfectly. He cared what was in her heart. ♦

The author lives in Colorado, USA.

What Do You See?

Heavenly Father has given us amazing minds for imagination. Reading helps our imagination grow. What fun things do you see in the picture below? How many stars can you find? How many clouds? How many eyes can you count?



Find more activities at children.lds.org!



"And [they] shall run and not be weary, and shall walk and not faint" (Doctrine and Covenants 89:20).

for little friends

The Good-Night Train

By Dona Haws

Chugga-chugga-chugga-chugga
choo-choo-choo,
Chugga-chugga-chugga-chugga.
Put away shoes.



Chugga-chugga-chugga-chugga.
Prayers are said.
Chugga-chugga-chugga-chugga.
Time for bed.

Chugga-chugga-chugga-chugga choo-choo-choo,
Chugga-chugga-chugga-chugga. I love you.



Chugga-chugga-chugga-chugga.

★ Hug me tight.

★ ★

Chugga-chugga-chugga-chugga.

Say "Good night!"

Good Night, Ari!

Help Ari find his way to bed.
What are all the things he needs
to do on his way?





Jesus Brings Lazarus Back to Life



FAMILY TALK

Talk about how you would have felt if you had seen Lazarus come out of the tomb. Then read [John 11:1–46](#) together and finish these sentences:

1. When Jesus heard that Lazarus was sick...
2. When Jesus got to Bethany, Lazarus...
3. Martha believed that...
4. Jesus wept because...
5. Jesus prayed to Heavenly Father because...
6. After Jesus raised Lazarus from the dead, many people..., but some people...

Death is part of Heavenly Father's plan, and sometimes our loved ones are sick or die. Even when our prayers aren't answered the way we would like, we can have faith that Heavenly Father loves us and knows what is best.

Song: "He Sent His Son" (*Children's Songbook*, 34). Watch a sing-along video for this song at children.lds.org. Click on "Videos and Music."

Scriptures: [Matthew 11:2–5](#); [2 Nephi 27:23](#)

Video: Go to Biblevideos.org to watch "Lazarus Is Raised from the Dead."



By Jean Bingham

Has someone in your family been sick? Jesus's friends Mary and Martha worried because their brother, Lazarus, was very sick. They sent someone to tell Jesus so He could come heal Lazarus. But Lazarus died before Jesus got there.

When Jesus saw how sad Mary and Martha were, He cried. Then He asked someone to move the stone from the door of the tomb, and He commanded Lazarus to come out.

Lazarus's spirit came back into his body, and he walked out of the tomb, still wearing burial clothes. People were amazed. Jesus had power over death! He truly was the Son of God!

Each of Jesus's miracles showed His great love and His great power. If we believe in Him and follow His example, we will live with Him again! ♦

The author lives in Utah, USA.

Watch or read other scripture stories at children.lds.org.

MANY MIGHTY MIRACLES

Match the pictures of each miracle with the scripture verses below.

Mark 8:22-25

John 5:1-9

Mark 9:17, 21-27

Mark 5:21-24,
35-43

Mark 4:36-39

Matthew 14:16-21



SCRIPTURE TIP

Use the Bible map in your scriptures to learn more about scripture stories. Mary, Martha, and Lazarus lived in Bethany, a town near Jerusalem. Some of the leaders in Jerusalem wanted to harm Jesus, so His disciples were worried about going to a town so close to Jerusalem. Jesus was not afraid and encouraged His disciples to follow Him.

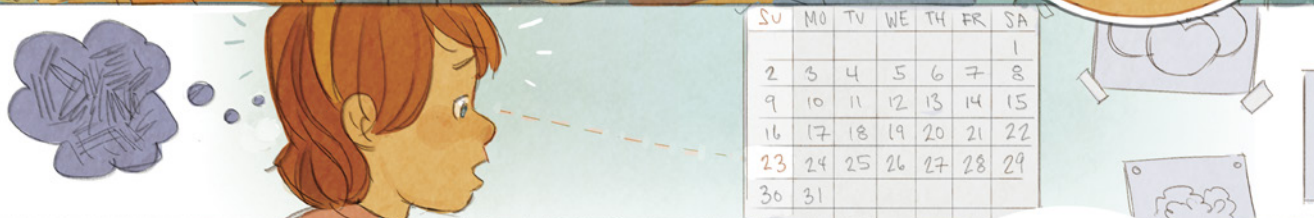


LEARN MORE

The Hebrew name Lazarus means “God is my help.” Jesus helped Lazarus by bringing him back to life. How have Heavenly Father and Jesus Christ helped you and your family?



MATT AND MANDY



Article of Faith 9



“We believe all that God has **revealed**, all that He does now reveal, and we believe that He will yet reveal many great and important things **pertaining** to the Kingdom of God.”

.....

Reveal means to tell something that was not known before. The scriptures contain many things Heavenly Father revealed in the past and events that will happen in the future. He continues to reveal things now to the prophet and apostles. We hear these truths at general conference.

Pertain means “about” or “relating to.”



Articles of Faith in Action

.....



I prayed before general conference that someone would talk about “love one another.” When I heard Elder Oaks speak, I knew that Heavenly Father had answered my prayer.

Jadyn M., age 10, Arizona, USA

Memorization Tip

.....

God has revealed many things throughout time—past, present, and future. **Nine** sounds like **time**, so Article of Faith **9** is about revelation over **time**.

Play the Articles of Faith Memory Quest at children.lds.org! Click on “Games and Activities.”

This Month's CHALLENGES

.....



Memorize Article of Faith 9.



When you read something in the scriptures that you know is true, write it in your journal so you can remember it and ponder it often.



Choose a general conference talk to prayerfully study. Find at least one principle and make a goal to live it for the entire month.



I challenge myself to ...

Shelly's Race

By Jan Pinborough

Church Magazines
(Based on a true story)

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee" (Isaiah 41:10).

Hey, Shelly!" Shelly looked up from tying her running shoes to see Rosa waving from the starting line. "Come on," Rosa called out. "Today we're going to beat our best time!"

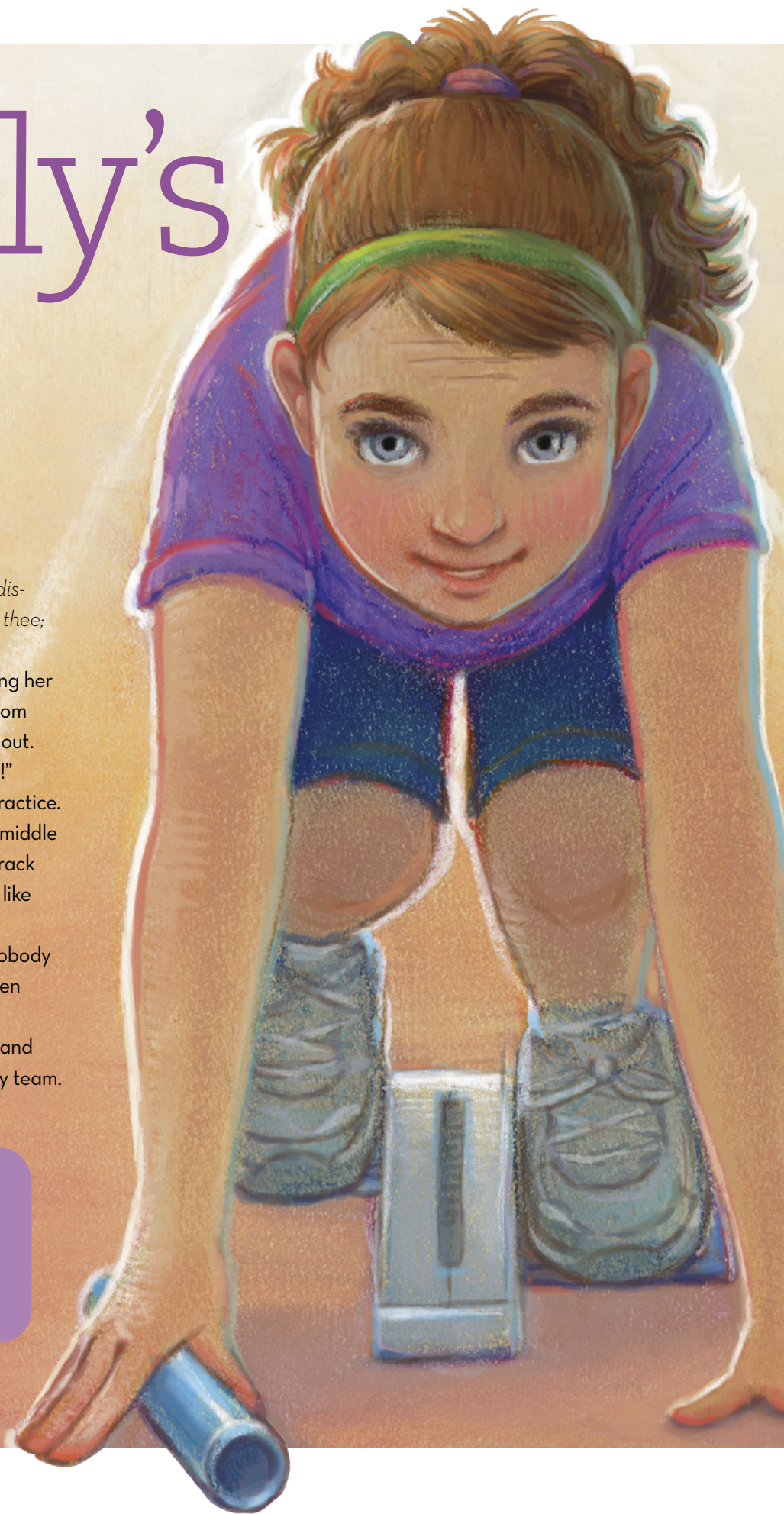
Shelly grinned. Rosa said that every practice.

Shelly liked two things about her new middle school. The first thing was being on the track team. When she ran, she felt light inside, like she didn't need to worry about anything.

The second thing she liked was that nobody here knew that her parents had just gotten divorced.

Shelly gave her shoelace one last tug and took off to join the other girls on the relay team.

Lately it seemed like no one could give Shelly the help she needed.



Ouch! She winced as her toes jammed into the end of her running shoes. How was she going to tell Dad she needed new shoes again?

After the race, Shelly, Rosa, Becca, and Tiana were celebrating their new best relay time. "I told you we were going to do it today!" Rosa said.

Shelly laughed. She handed the baton to their track teacher and bent to loosen her laces.

"Good work, girls," Mrs. Edwards said. "You work really well together. Don't forget to pay your track fee tomorrow."

Shelly's smile faded. She had totally forgotten about that!

On the bus ride home, all Shelly could think about was the shoes and track fee. She didn't want to give Mom one more thing to worry about. And the last time she had called to ask Dad for extra money, he had sounded annoyed. Lately it seemed like there was no one who could give her the help she needed.

When she got home, Shelly went straight to her room.

At dinner her brothers and sisters talked and joked, but she just pushed her food around her plate.



I was really nervous before a Scout campout, and my mom reminded me that I can pray anytime, anywhere, even as I was hiking. I went on the campout and prayed when I started feeling nervous and homesick. It made me feel better to know that Heavenly Father is always listening. I still get nervous on campouts, but I know that I can pray anytime.

Zach W., age 12, Utah, USA

After dinner Mom helped Shelly clear the table. "I'm meeting with Bishop Parker tonight," Mom said. "Would you like to come and get a priesthood blessing?"

Shelly nodded. She really missed the blessings Dad used to give her when she was worried or sick.

A little later, as Bishop Parker gave her a blessing, Shelly felt something deep inside her relax. "Shelly, your dad isn't in your home to help you now," he said in the blessing. "But your Heavenly Father is always there. I bless you that you will be able to talk to Him just as you would to your dad, and Heavenly Father will always help you."

Shelly felt lighter than she had for a long time. She had a warm feeling inside that told her the bishop's words were true. Heavenly Father loved her and would listen to her. With His help, maybe she could even have the courage to talk to her parents.

On the way home, she told Mom about the shoes and the track fee. That night she knelt and asked Heavenly Father to help her have the courage to talk to her dad. She prayed about it again on the bus to school the next morning. By the time she got home from school, she felt brave enough to call her dad. This time he didn't seem impatient or annoyed when she told him what she needed. Her prayers had been answered.

A few weeks later, Shelly laced up her new running shoes and ran to join Rosa and the other girls. It felt good to know she had a great team supporting her. She didn't need to run her race alone. ♦



HELP!

Questions about Divorce

By Katherine Nelson

When parents get divorced, kids often feel scared, worried, guilty, mad, confused, relieved, or sad—sometimes all at the same time. If this has happened to you or one of your friends, here are some thoughts that might help.

I feel left out. It seems like everyone but me has perfect families.

No family is perfect, even if they seem that way.

Remember that your parents, bishop, Primary teachers, neighbors, and friends all love you.

Sometimes people might say things that hurt your feelings without meaning to. When that happens, don't be afraid to tell them how you feel and help them see a better way to talk to you about the divorce.

I'm mad at my mom and dad.

It's easy to feel angry when there's nothing you can do about a situation. You might even want to take your mad feelings out on others. Even though it can be hard, keep trying to show love for your family. Pray for help to see your parents as Jesus sees them. He loves them, you, and everyone else in your family.

If you can't stop feeling angry, talk to your mom or dad or someone else you trust. They can help you find healthy ways to feel better, like exercising or making art.

But the truth is that it's *not your fault at all*. They made the decision to get divorced. The children in the family are not responsible for the divorce.

I'm scared about what will happen next.

When big changes happen, it's natural to worry about the future. Talk to your mom and dad. They want to know when you're upset, and they can help with worries and questions you have. Be sure to pray for comfort.

Who will I be with in heaven?

Because of Jesus's Atonement, everything will work out after we die. You don't have to worry. No matter what, you'll always be part of your Heavenly Parents' family. If you keep trying to choose the right, you'll have all the blessings Heavenly Father has planned for you.

I feel really sad all the time.

It's OK to feel sad. Being sad about such a big change is an important step to feeling better later. Even though you might feel sad sometimes, keep doing things you love to do. Spend time outside. Read a good book. Listen to happy music. Try hard in school. Have fun with your friends. Pray to Heavenly Father.

If your sad feelings last a really long time and make it hard for you to sleep, eat, focus on school, or do things you normally like doing, talk to a grown-up you trust so he or she can help you feel better again.

Is it my fault my parents got divorced?

You may think you could have helped your parents stay together.

THINGS WILL GET BETTER.

No matter what you're feeling now, you'll start to feel better with time. In the meantime, keep praying to Heavenly Father for comfort. Remember that Heavenly Father and Jesus are always watching over you and will never leave you alone. They love you and your parents and will help all of you. They will give you the strength to feel peaceful and happy.

What has helped you get through a tough time like divorce? How can you help others through tough times?

My friend Audrey's really worried about her parents.

Maybe these answers could help.



P.S.

We hope you enjoyed this month's magazine. Please write to tell us what you liked!

How to Write to the Friend

To send us a letter, drawing, poem, or photograph . . .

1. Fill out the form below and include it with your submission.

2. Include a school photo or high-quality snapshot.

3. We might edit your submission for length or clarity, and we can't return it to you.

4. You must be at least three years old to send us a submission.



Please send your submission to:

Friend Magazine
50 E. North Temple St., Rm. 2432
Salt Lake City, UT 84150-0024
Or email: friend@ldschurch.org

The following information and permission must be included:

First and last name

Age Boy/Girl

State/Province, 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

Email of parent or legal guardian

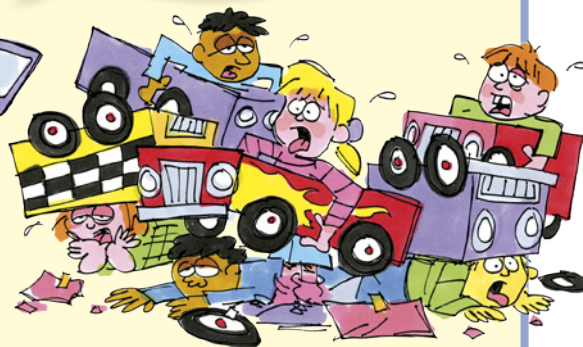
Through Your Eyes



I like that there are lots of deer in my town. They are so gentle. They remind me that Jesus is gentle too.

Nathaniel P., age 9, Wyoming, USA

The Last Laugh



VISIT
friend.lds.org!

- Play games and watch videos.
- Read the *Friend* online.

Funstuff Answers

Page 3: obedience, commandments, love, Heavenly Father, Jesus

Hidden CTR Ring

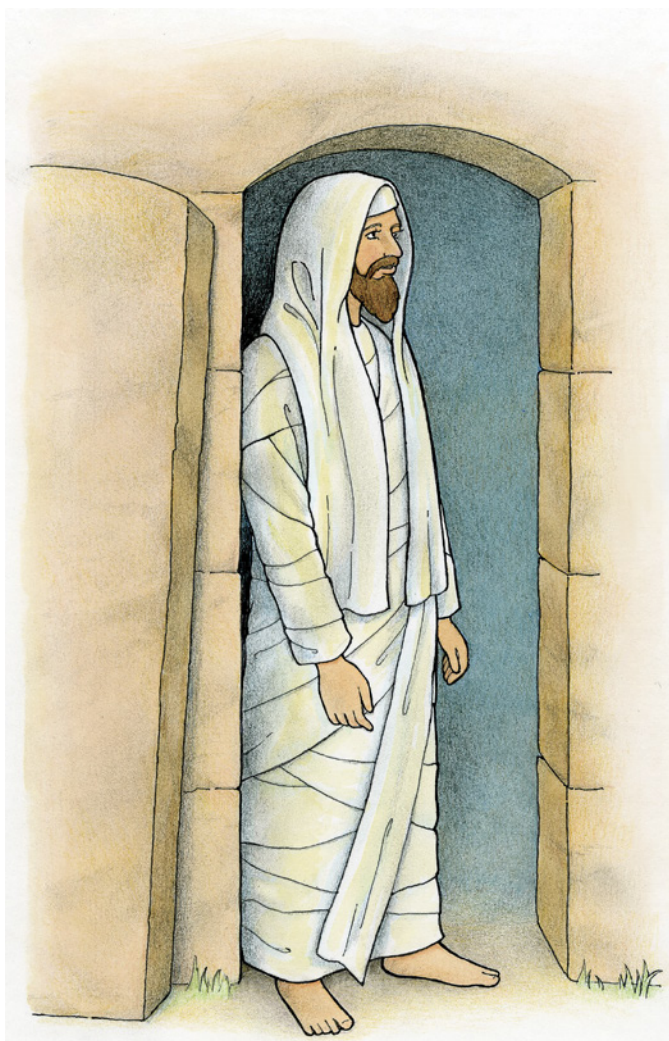
Did you find the rings? Look on pages 36 and 14! The July Level 3 ring was on [page 13](#).



JESUS RAISES LAZARUS FROM THE DEAD

John 11:1-46

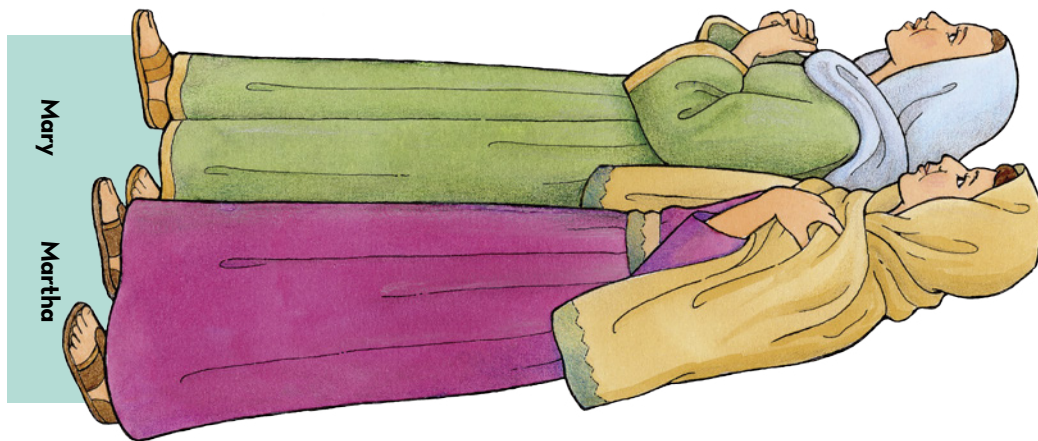
Glue this page to heavy paper or cardboard. Then cut out the figures and attach them to craft sticks or paper bags. Store in an envelope with the scripture reference attached to the front.



Lazarus



Jesus Christ



Mary

Martha

Print more copies
at friend.lds.org.

Dear Parents and Teachers,

Divorce can be a hard topic to talk about with children. This month's magazine includes a story about a girl who is dealing with her parents' divorce (page 44). On page 46 there are answers to questions and worries kids might have about divorce. By talking about this in an open, safe way, we can help our children deal with hard times or support friends who are struggling.

You are loved,

The Friend

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Family Home Evening Ideas

KINDNESS: Read "Tag, You're It!" (page 4). What can you do if someone is being bullied or left out? What would Jesus do? Use "Family Fun Time" (page 6) to talk about being a good friend. Then make the rainbow delight treat!

CHOOSING THE BEST: Read Elder Cook's message on page 30. Then turn to the "Aim for the Best!" poster (page 24). Cut out the bull's-eye and hang it somewhere you will see it often. Where would your family's activities fit on the bull's-eye?

HOW TO REPENT AND FORGIVE: Read "The Watermelon Thieves" (page 8). Then read about how to repent and forgive (page 10). Take turns reading each of the steps. Do you have any stories you could share about when you had to ask for forgiveness or pray for help forgiving someone else?

BE AN EXAMPLE: Read Elder Porter's message on page 12. What have your family members done this week to be good examples to others? Start in a dimly lit room and turn on lights as you review each idea in the sidebar, "Four Ways You Can Shine!" (page 13). What else could you add to the list?

PRIMARY◆..... CONNECTION

Look for the colored diamonds on the table of contents to find stories and activities that support Primary this month!

Find more teaching resources at
lessonhelps.lds.org.

Topics in This Issue

Articles of Faith 43
Bullying 4
Choices 8, 22, 24, 30
Courage 11, 18, 22
Divorce 44, 46
Forgiveness 8, 10
Friendship 4, 14, 20, 22
Health 14, 30
Honesty 8
Jesus Christ 10, 12, 20, 26, 40
Media 20, 22, 24, 26, 30
Obedience 2, 21
Peer pressure 4, 8
Prayer 18, 31, 32, 36, 44
Repentance 8, 10
Sabbath 21
Service 26, 40
Standards 20, 21, 24, 30