

# THE *Friend*



**Make Book  
of Mormon  
scripture  
figures!**

See pages 24–25



## Learning to Do Better



I'm glad I get the *Friend*. Whenever I get in trouble or forget something, I want to do better. The *Friend* helps me learn. Sometimes I like to get on the *Friend* website and play games and color online.

**Mary B., age 9, Nebraska**

## How I Read the *Friend*



Spencer S. reads the *Friend* at bedtime.

**Spencer S., age 4, Utah**

## Understanding Modesty



I loved the story about the girl who got clothes from her friend, but only kept the modest clothing ("Modest at Any Age," May 2010). My family and I used that story to learn that our bodies are temples and that we should keep them sacred and

be modest. Now we all dress modestly. I would love to see more stories about modesty in the *Friend* so I can learn more about it. I want to share the stories with my friends to help them learn too.

**Victoria M., age 9, Georgia**

## A Reliable *Friend*



I really like the *Friend*. I usually read it a couple times each month. Sometimes I read the really old ones too. I think it is cool how pretty much all the stories are about children. I like how the stories are about important things, but are still very interesting. I hope the *Friend* is around for a long time.

**Cordigan S., age 12, Idaho**

Dear Friends,

Were you ever nervous to ask a question? Maybe it's because you didn't know that other people had the exact same question too!

Asking questions is a great way to learn. That's why we've created a new feature called Question Corner. It's a place where you can ask questions and share your ideas.

Look on page 47 for Question Corner. Then write to let us know your question.

Keep asking!

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.

Volume 42 Number 2  
February 2012

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**Prepress:** Joshua Dennis

**Printing Director:** Craig K. Sedgwick

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# THE *Friend*

See the  
Guide to the *Friend*  
on page 48 for  
family home  
evening ideas.



A children's magazine published by The Church of Jesus Christ of Latter-day Saints

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Cover by Laura Andros



Learn to play the Primary song "Nephi's Courage" on page 31.



Hidden CTR Ring

Have you ever needed help with a math problem?



# The Book of Mormon:

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

All of us feel a desire to return home to live with God. The Book of Mormon is our sure guide on the way home to God.

The Book of Mormon gives us the Savior's example to increase our faith and determination to follow Him. The book is filled with the doctrine of Christ to guide us.

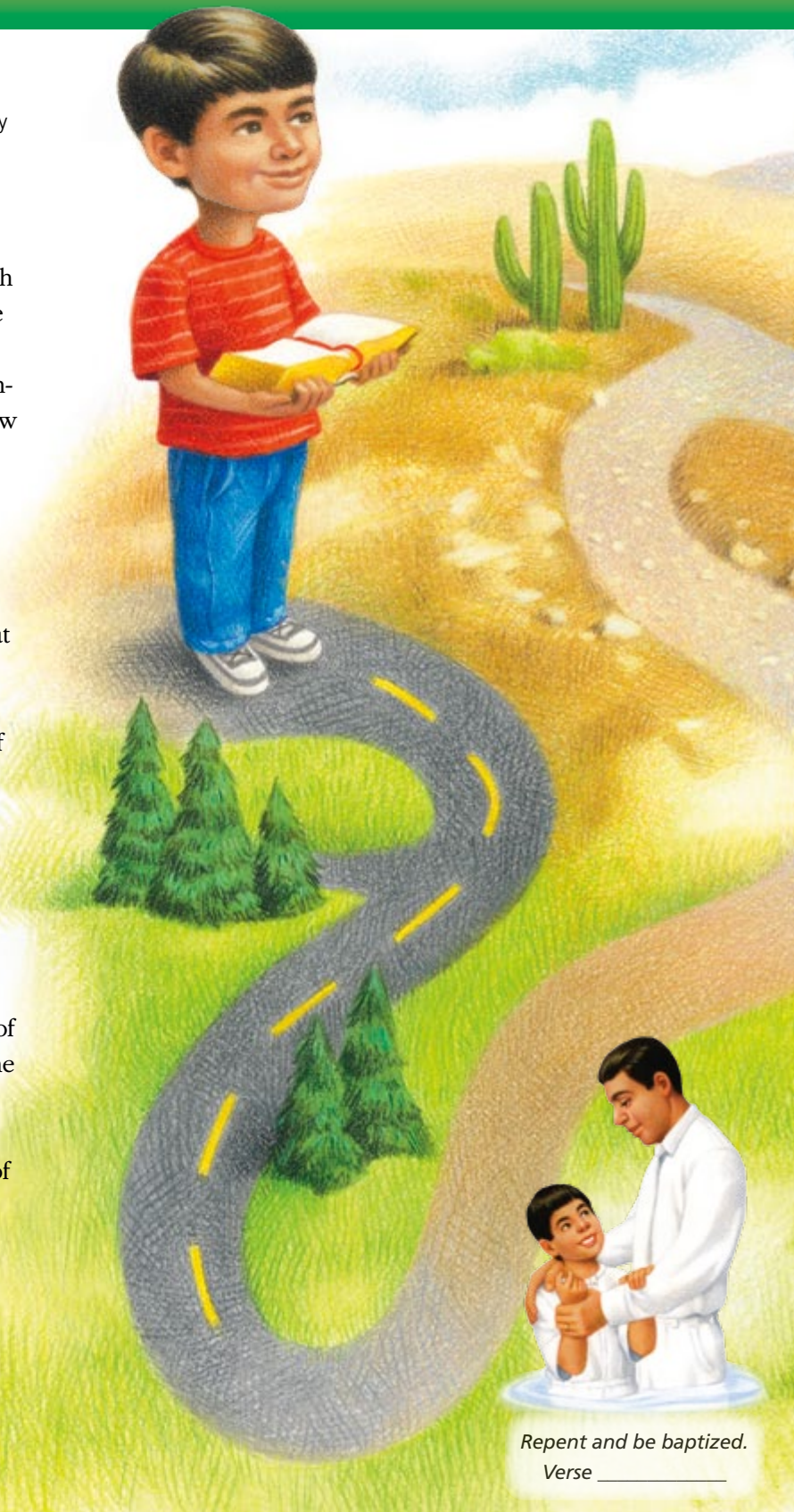
The book makes plain that we must receive the Holy Ghost to help us stay on the strait and narrow path. We are taught that we must pray always in the name of Christ, not fainting, and that if we do, we have this promise: "Wherefore, ye must press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men. Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father: Ye shall have eternal life" (2 Nephi 31:20).

The Book of Mormon gives us courage and comfort as Satan tries to tempt and discourage us on our way (see Mosiah 5:2).

Each time I read even a few lines in the Book of Mormon, I feel my testimony strengthened that the book is true, that Jesus is the Christ, that we can follow Him home, and that we can take those we love home with us. It has been for me the book of books. It is the word of God.

I pray that we will drink deeply and daily from it. I testify in the name of Jesus Christ that it is a true guide. ♦

*Adapted from "The Book of Mormon as a Personal Guide," Ensign, Sept. 2010, 4–6.*



Repent and be baptized.  
Verse \_\_\_\_\_

# Our True Guide

Heavenly  
Father



Have bright hope.  
Verse \_\_\_\_\_

## A Guide to Help Us Get Home

How would you feel if you were lost and didn't know the way to get home to your family? President Eyring says the Book of Mormon is like a guide that helps us get back home to Heavenly Father.

Help the boy follow the path back home to Heavenly Father. First read 2 Nephi 31:10, 11, 20. Then write the correct verse under each picture along the path. You will use one of the verses twice.



Follow Jesus.  
Verse \_\_\_\_\_



Love God and all people.  
Verse \_\_\_\_\_

# Annie's Spelling Test



## By Nancy Rogers Cluff

(Based on a true story)

*Always tell the truth—and love it (Children’s Songbook, 112–13).*

Annie’s eyes popped open Friday morning. She hurried downstairs and poured a bowl of cereal just as the sun peeked over the mountains.

“What’s the rush, early bird?” Dad asked.

“Today’s my spelling test, Dad,” Annie said. “Mrs. Page promised a prize to everyone who gets 100 percent.”

“Are you ready for the test?” Dad asked.

“Yes,” Annie said. “I’ve studied the list all week. The words are hard, but I’m ready.” She patted a paper lying on the table. “I’m going to study them again while I eat breakfast.”

“I’m sure you’ll do great,” Dad said. “Just do the best you can.”

Annie studied the spelling words again as Mom drove her to school. Finally, it was time for the test.

“*Impatient*,” Mrs. Page began.

Annie heard soft sounds of pencils on paper around the classroom. She filled her lungs with air, slowly let it out, and began to write.

“Word number two: *weird*,” Mrs. Page said.

“Easy,” Annie thought. She quickly wrote it on her paper.

Twenty-three words later, Mrs. Page collected the tests. “I’ll correct the tests during lunch,” she told the class.

“I hope, I hope,” Annie whispered to herself. “I hope I got a hundred percent on the test.”

After lunch Mrs. Page said, “Several of you earned a prize today for perfect test scores.”

Annie held her breath as Mrs. Page read the names.

“Tressa, Jonas, Olivia, and

Annie all scored 100 percent!”

Annie grinned as she walked to the front of the room. Mrs. Page presented each student with a fancy pencil. Annie’s was silver, pink, and blue—her favorite colors. She held it high, her cheeks pink, while the class clapped.

“This is one of my best days ever,” Annie thought as she sat down.

Mrs. Page handed back the tests and Annie read the words over, proud of the hard words she had spelled. She paused at the word *weird*. It didn’t look right. Annie pulled out the study list of spelling words and compared her test to it. “W-i-e-r-d,” she whispered. She felt like a leaky balloon, with all the happiness whooshing out of her. She had spelled *weird* wrong.

“What should I do?” Annie wondered. “I want my class to think I’m a great speller. If I tell Mrs. Page I’ll have to give back my prize.”

Annie stared at the test with the big red “100%!” written at the top. The words of the thirteenth article of faith popped into her head: “We believe in being honest.”

Slowly, Annie raised her hand. “Mrs. Page, I didn’t get 100 percent on the test. I missed a word.” She stood up and handed her teacher the beautiful pencil and her test paper. “I spelled *weird* with ‘i-e’ instead of ‘e-i.’”

Annie could feel the eyes of her classmates on her as she walked back to her desk. Mrs. Page held up Annie’s test. “Class,” she said, “Annie did something even more important than spelling every word correctly on a test.” Mrs. Page smiled at Annie. “She taught us all a lesson on being honest.”

Annie looked around. Her best friend, Keely, smiled at her. Khalil gave her a thumbs-up. Even shy Ava smiled at her.

“Annie, I want you to have this pencil because of your good example to all of us,” Mrs. Page said.

Annie took the beautiful silver, pink, and blue pencil from her teacher. “Thank you, Mrs. Page.”

She couldn’t wait to show it to her dad. ♦

Annie did great on her test—but something looked weird.



“You are not  
invisible to your  
Heavenly Father.  
**He loves you.**”

President Dieter F. Uchtdorf, Second Counselor in the First Presidency  
From the October 2011 general conference





# Who Is Heavenly Father?



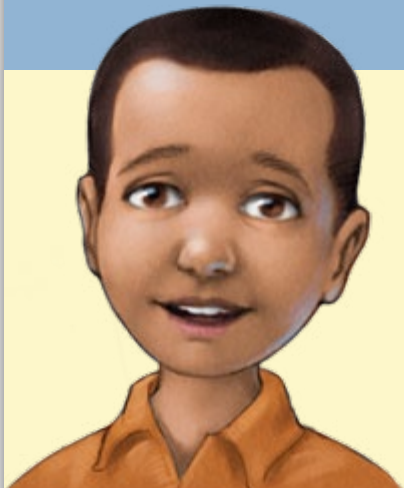
**By President Boyd K. Packer**

President of the Quorum of the Twelve Apostles

The Father is the one true God. Nothing will ever change the relationship that we have with Him.



Spiritually you are of noble birth, the offspring of the King of heaven. Fix that truth in your mind and hold to it.



You are a child of God. He is the father of your spirit.



He is the Father. He is God. We revere our Father and our God; we worship Him.



Just as all life follows the pattern of its parents, so can we grow toward the image of our Heavenly Father if we will live righteously and be obedient to His commandments.

# Always Ready

Jeffrey had some choices to make. How did he know what the right ones were?

By Chad E. Phares

(Based on a true story)

*Watch and pray, that ye enter not into temptation*

(Matthew 26:41).

**A**TTACK!" The shout shocked Jeffrey as he sat reading the Book of Mormon at his bedroom desk. He didn't move as thundering feet barreled closer.

Suddenly, the door was flung open and two boys wielding plastic swords and wearing eye patches burst in.

"Play with us or surrender, me hearty!" Jeffrey's youngest brother, Benjamin, yelled.

Jeffrey rolled his eyes and half-smiled. "Reading scriptures around here is hard," he thought.

Jeffrey had been trying hard to read his scriptures and pray every morning, even though there were plenty of distractions. Reading and praying made him feel like he had a little extra help being ready to make good choices.

After reading, Jeffrey sat down with his brothers to watch a cartoon. When the cartoon ended, another one started. Jeffrey felt like he should do something else, so he turned off the TV and started to play cars with his little brothers.

Dad walked into the room. "OK, guys, time to turn off the . . ."

"I already turned it off, Dad," Jeffrey said.

"You did? Why?"

"I just thought it would be better to do something else," Jeffrey said.

"Good thinking," Dad said. "Now come on. Mom's going to take you to school."

When lunchtime came, Jeffrey sat with his friends. Mrs. Lewis turned on a CD for the students to listen to as they ate.

Jeffrey liked the first couple of songs. When the third song started playing, he recognized it as the same song Mom

turned off when it came on the radio a couple of days earlier. Mom said the song's message wasn't good. Jeffrey understood, but he still liked the beat of the music.

Now, Mom wasn't here. Everyone else seemed to like the song—even the teachers. But Jeffrey didn't feel right as the music played. He walked toward Mrs. Lewis.

"Can you please change the song?" Jeffrey asked.

Mrs. Lewis tilted her head to the side and raised an eyebrow.

"Why?" she asked.

"This just isn't a song I feel good listening to," he answered.





“OK,” she said. She shrugged her shoulders and pushed the “skip” button.

Jeffrey immediately felt better.

After school, Jeffrey asked Mom if he could have some computer time.

“Yes,” Mom said. “But just until Dad gets home.”

Jeffrey sat at the computer as Mom cleaned nearby. He typed the address for a new website a friend had told him about. Benjamin sat next to him. The site had a lot of different games on it. Jeffrey clicked on a game and started to play.

Then he started to feel the way he did when the song came on earlier at school.

Jeffrey started to pay more attention to the game. Some things weren’t so good. The music definitely didn’t make him feel happy.

Jeffrey moved the mouse to the top of the page and clicked the red “X” to close it. He noticed he started to feel better again.

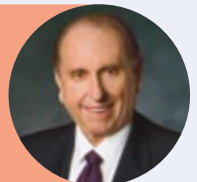
When Jeffrey knelt to pray that evening, he knew he had made good choices. The Holy Ghost guided his thoughts and feelings. Heavenly Father was helping him.

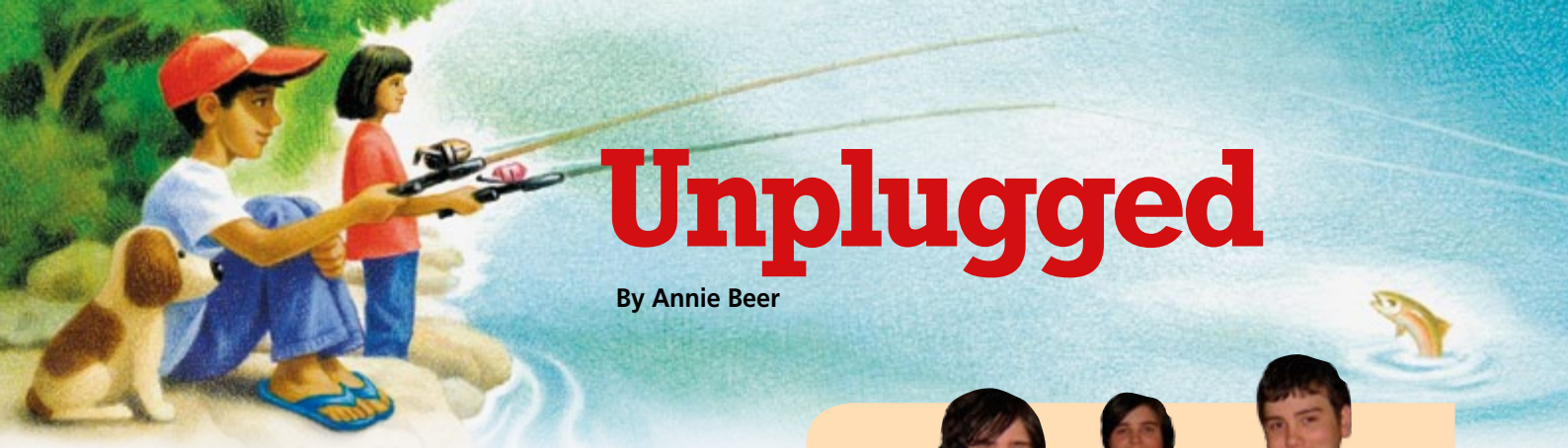
Jeffrey closed his eyes, knowing that the next day would bring many of the same situations, but also knowing that as long as he continued to read his scriptures and pray for help, he could be ready to make good choices.

Of course, he still wasn’t sure what he was going to do about those pirates. ♦

**“Each of us has come to this earth with all the tools necessary to make correct choices.”<sup>1</sup>**

President Thomas S. Monson





# Unplugged

By Annie Beer

**W**ith so many fun technologies at our fingertips, it's easy to spend too much time with them and not enough time doing important activities like reading, playing outside, or spending time with family and friends. Some of our readers and their families have figured out ways to keep their lives balanced—remembering that the Spirit can dwell in happy, healthy homes.

In our family we get six “TV Tickets” at the beginning of the week. One ticket equals an hour of screen time. On the back of each ticket is a list of things we need to do before we can turn a ticket in, like cleaning our room, finishing our homework, and doing our chores.



Instead of using technology all the time, we like to read, play games with each other, and play outside with our friends.

Trevor and Nicolette C., ages 10 and 13, Utah



Rather than watch TV all the time, we like to read! And after all of our chores are done and the house is clean, we can use the Internet. We use a timer to keep track of the time we get to spend on the computer.

Ellie, Jared, Ethan, and Abby H.; ages 8, 11, 2, and 6; California

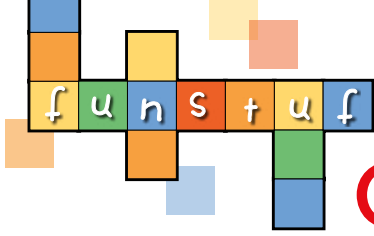
**Find more ideas about using technology wisely in this month's *Ensign* and *New Era*.**



We have downloaded scripture stories and appropriate music onto our MP3 players. Our computer is kept where everyone can see it. We don't watch TV before school or until all of our homework and chores are done in the afternoon. Certain channels on our TV are blocked so they can't be viewed at all. Instead of watching TV, we play outside, help garden, or play board games together. When we have balance in our lives, our home is more quiet and peaceful.

Sarah, Steven, Christie, and Jason L.; ages 7, 15, 20, and 18; Queensland, Australia





# Gaining a Testimony

Choose the letter in the alphabet that comes either before or after each letter listed to solve the code and find three important things you can do to build your testimony. Two letters are done for you.



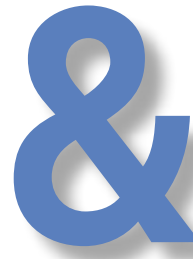
A

T D B S B I,



D

Q P M C F Q,



B M C,



O S B Z



## WHO AM I?

By Annie Beer



1. From my home, Jerusalem, I fled  
When I smote off Laban's head.  
My elder brothers then mocked me  
When I took a boat to sea.  
Who am I? \_\_\_\_\_  
(Hint: See the first book in the Book of Mormon.)

2. My father gave me the gold plates;  
I hid them in a place that was safe.  
I was the last righteous man of my people;  
You see me today on the temple steeple.  
Who am I? \_\_\_\_\_  
(Hint: See the last book in the Book of Mormon.)

3. I preached to Noah, the wicked king,  
But he would not obey a thing.  
The power of God made him quake,  
But in the end I was burned at the stake.  
Who am I? \_\_\_\_\_  
(Hint: See Mosiah 17.)

4. I knew Ammon was a man of God  
Who left his home to serve abroad.  
My father's vision in my youth  
Taught me of the Lord God's truth.  
Who am I? \_\_\_\_\_  
(Hint: See Alma 19.)

Find the answers on page 48.



# Bulletin Board

## MISSIONARY MOMENTS

Even though you won't serve a full-time mission until you are older, you can do things now to be a missionary. Here are some things children like you have done to share the gospel.



A family from another country moved in across the street. They had two girls close to my age. They didn't know much about Heavenly Father and Jesus Christ. I became friends with them. I noticed that they swore a lot and did other things that weren't good. Instead of walking away and not being their

friend, I told them about Heavenly Father and the gospel, and said they shouldn't swear or do bad things. I even invited them to church. Ever since then, they have been doing better and not swearing so much. They even started saying prayers at night. I am glad I can be a good missionary.

**Natalie C., age 10, Idaho**

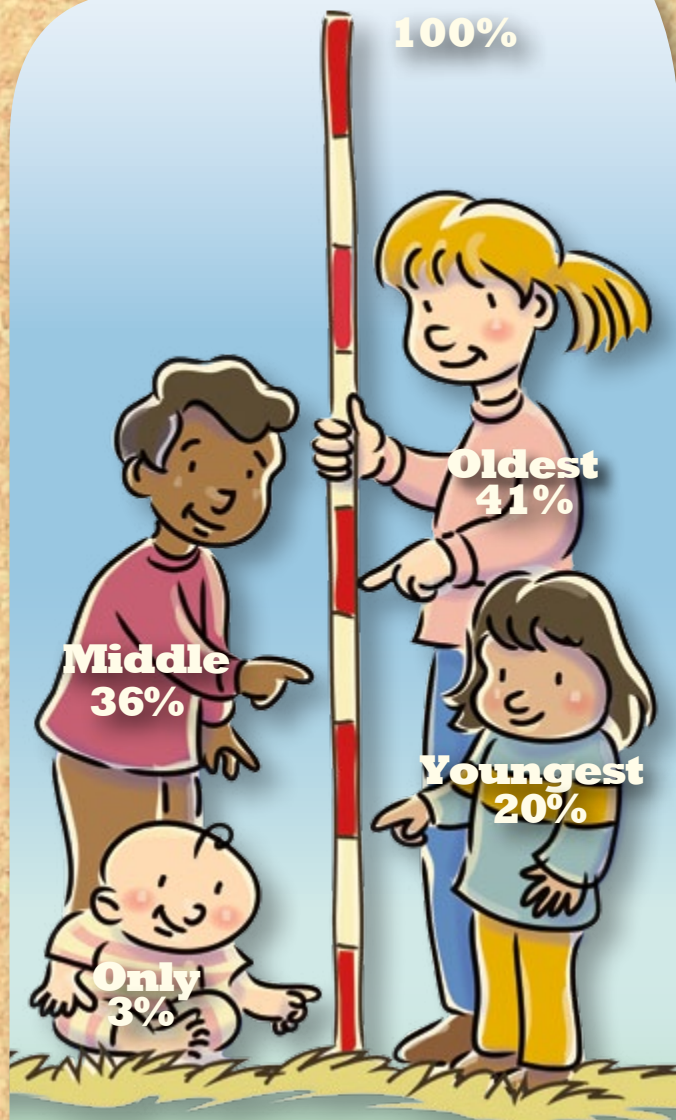


One time the missionaries in our area gave a lesson in Primary. At the end of the lesson they gave us pass-along cards and invited us to give them to our friends. At school the next day I gave the cards to four of my friends. I was a little nervous, but afterward I felt really good. I was excited

to spread the gospel! I know I don't have to wait to go on a mission to be a good missionary!

**Lincoln A., age 9, California**

## Online Survey Results



On a *Friend* website survey we asked where you fall in your family. More than 2,200 of you responded! Whether you're an only child or the oldest of five, how do you get along with the other members of your family?

## Heart Wreath

large paper plate,  
colored paper, scissors, glue

You can make this craft by yourself, or your family could do it together. Cut a circle out of the inside of the plate, leaving two inches around the edge of the plate. Cut hearts out of the colored paper. You will need enough to go around the whole edge of the plate. On each heart, write something nice about a member of your family. When you have written something on all the hearts, glue them around the plate. Hang your wreath where your family can see it this month.

## Journal Junction

Each month this year you can write a little bit of your own history in your journal. This month write about your first memory. What was the memory of? Do you know how old you were at the time? Do you remember seeing something, or is your memory of a noise or a smell? Write down how the memory makes you feel.



My grandma gave me a gospel journal when I was baptized. Whenever I write in it, I think about how many things Jesus does for us and how we should do more for Him. So every time I write in my journal I pray before and after to thank Heavenly Father.

*Jessica B., age 12, Nebraska*



*From 1 Nephi 1, 2, 8, 10, 11.*

# Lehi and Nephi Learn about **Jesus Christ**

By Diane L. Mangum

**T**he prophet Lehi lived 600 years before Jesus Christ was born. So how did he know about Jesus Christ? Both he and his son Nephi had visions where they saw and learned about Jesus Christ.

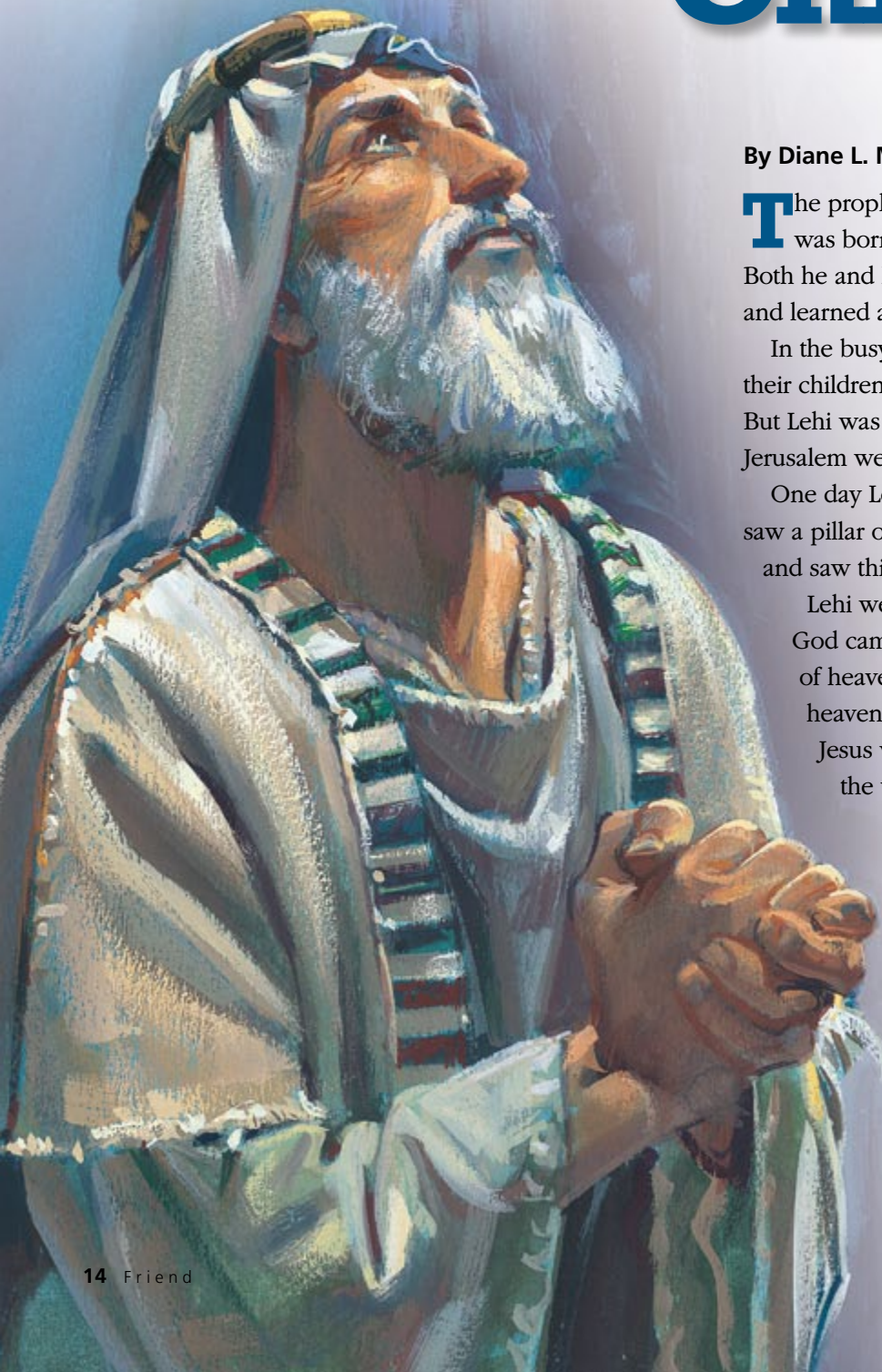
In the busy city of Jerusalem, Lehi and Sariah and their children had a good home and many nice things. But Lehi was worried and sad because the people in Jerusalem were so wicked.

One day Lehi prayed for his people. Suddenly he saw a pillar of fire on a rock in front of him. He heard and saw things that made him tremble.

Lehi went home and lay down. The Spirit of God came upon him and showed him a vision of heaven. Lehi saw Jesus Christ coming from heaven, brighter than the noonday sun. Following Jesus were 12 others, brighter than the stars. In the vision Jesus gave Lehi a book to read.

When Lehi read the book, he was filled with sadness. He learned that the city of Jerusalem would be destroyed and the people would be taken to Babylon as captives because of their wickedness. But as Lehi read more, he was filled with joy. He learned that if people would repent, they would not be destroyed.

After his vision, Lehi went out into Jerusalem and warned the people that





## Visions

Sometimes prophets see and hear important messages from God with their eyes and ears. Sometimes they see and hear messages in their minds. Sometimes the messages are given to them in dreams. These kinds of messages are called visions, and they sometimes teach about things that are going to happen.

if they did not repent they would be destroyed. But the people made fun of him and became angry. They did not want to listen or repent.

The Lord warned Lehi that he should leave Jerusalem and take his family into the wilderness. Lehi's family left their riches behind and did as the Lord commanded.

While they were in the wilderness, Lehi had another vision. It was about the iron rod and the tree of life. Lehi told his family about this vision. He taught them that God would send a Savior to the earth. He said the Savior would be baptized and would die and be resurrected.

Nephi pondered about what his father had seen in his vision. As he did, the Spirit of God showed Nephi a vision of the iron rod and the tree of life. Nephi also saw a vision of Jesus's mother, Mary, and of Jesus teaching



and healing people. He saw the Savior being crucified for the sins of the world.

Nephi's father, Lehi, also saw a vision of the promised land. After several years, Lehi's family was led by the Lord across the ocean to that new land. ♦



## Names of Jesus Christ

Lehi and Nephi saw Jesus in a vision, but they called Him "Savior," "Messiah," or "Redeemer." They also called Him "Lord," which is another name the Jews used for Jehovah. Nephi's brother Jacob learned through a vision that the Lord would be named Jesus Christ.

4 Yea, even six hundred years from the time that my father left Jerusalem, a prophet would the Lord God raise up among the Jews—even a Messiah, or, in other words, a Savior of the world.

5 And he also spake concerning the prophets, how great a number had testified of these things, concerning this Messiah, of whom he had spoken, or this Redeemer of the world. (1 Nephi 10:4–5)

Where's



Tessa?

**By Candice A. Grover**

(Based on a true story)

*Pray, he is there; speak, he is list'ning*  
(*Children's Songbook*, 12–13).

**P**ayton opened the pickup truck door and stepped out into the snow. Snowflakes fluttered through the air. Payton and her family had just gotten home from visiting Grandpa and Grandma.

Dad looked into the back of the truck. “Where’s Tessa?” Their six-month-old black lab wasn’t on her blanket. “She must have jumped out. No one will know who she belongs to because the tags fell off her collar last week.” Dad climbed back into the truck. “I’ll go look for her.”

Payton imagined Tessa alone in the cold night, and tears spilled down her cheeks. “Mom, what will happen to Tessa?”

Mom hugged Payton. “Don’t worry. Dad will find her.”

Even when Payton put on her warm pajamas, she felt cold inside. The wind blew outside, and a branch scraped against her window.

Payton knelt down and asked Heavenly Father to help her puppy. The knot in her stomach loosened, and she felt warm and calm.

“How are you doing?” Mom asked when she came to tuck Payton in.

“I feel better. I know Tessa is OK.”

“How do you know?”

“I prayed, and then I wasn’t scared anymore.”

“I’m glad you chose to pray and listen,” Mom said as she kissed Payton goodnight.

Payton’s prayer helped her testimony grow.



Find more ways to build your testimony on page 11.



**Tessa was still missing, but Payton kept praying.**

The next morning, Payton jumped out of bed and went to find Tessa, certain her prayer had been answered.

“Where is she?” Payton asked.

“I don’t know,” Dad said. “I looked for hours, but there were no tracks in the snow.”

“But I said a prayer. Why can’t it be answered now?”

“It doesn’t always work that way,” Dad said.

“Heavenly Father answers our prayers, but not always the way we want them answered. We have to be patient.”

“Being patient is hard,” Payton said.

“Yes, it is,” Dad said. Then he smiled. “Why don’t we make some signs with Tessa’s picture and our phone number?”

“That’s a great idea!” Payton said.

Dad and Payton made the signs, and they posted them on the roads between Grandpa’s house and their own.

A week went by. Payton and her family prayed for Tessa every day. Whenever they went out, Payton watched for a black puppy with a red collar. When Payton was sad, she thought of the feelings she’d had when she first prayed for Tessa.

Then one afternoon, the phone rang. It was someone saying they had found a black lab puppy with a red collar.

“Let’s go get her!” Payton exclaimed.

“Slow down,” Dad said. “We’re not sure it’s Tessa yet.”

The short drive seemed to take forever. Finally they drove down a long driveway to a red farmhouse. When Dad opened the front gate, a black streak bounded through the snow and knocked Payton off her feet. She giggled as Tessa licked her face.

“It’s definitely Tessa,” Mom said.

On the way home Dad told Payton, “Now we know why there were no tracks in the snow. That family was behind us when Tessa jumped out of our truck. They put her in their car and tried to follow us, but we were too far ahead.”

Mom smiled at Payton. “You were right. Your prayer was answered. Someone was taking care of Tessa the whole time.”

Warmth spread through Payton. She pressed her cheek against Tessa’s fur.

“Heavenly Father was taking care of her, just like He took care of me.” ♦



# Happy Valentine!



## Tine O. of Nairobi, Kenya

By Richard M. Romney  
Church Magazines

In many places in the world, Valentine's Day—February 14—is remembered as a day of love. But what if your name is Valentine? Does every day become a day of love?

That's the way nine-year-old Tine O. of Nairobi, Kenya, feels about it. Everyone pronounces her name "Tiny," but her full name is Valentine.

"I was named Valentine because I was born on February 14," she

Valentine loves her family. She also loves learning about Jesus Christ.



explains. And true to her name, she tries to love everybody. "When I was baptized, I took upon me the name of Jesus Christ," she says. "That means I should care about everyone, just as He would."

How does Tine make every day a day

of love? There are lots of ways.

“The first thing I do is say my prayers,” she says. “I thank Heavenly Father for His Son because I love Jesus Christ. I thank Heavenly Father for my family and for the way temples unite families because I love my family. Then I ask Heavenly Father to bless the sick because I know that He loves the sick people too.”

### Tine’s Family

Tine is the youngest child in her family and has three older brothers and two older sisters. “She helps me

when I need something,” says Tine’s brother George. “Like at school, when my pen was lost, she gave me one of hers.” Her sister Brenda says Tine doesn’t get mad when someone else corrects her.

At home Tine’s family speaks both Swahili and English. They love to hold family home evening. “We study the scriptures together,” Tine says. “We learn about the Savior, and we take turns leading the family in prayer.”

“I try to be like Jesus by being kind, going to church, and obeying my parents,” Tine says. ♦

### Fun Facts about Tine

**Favorite song:** “We’ll Bring the World His Truth” (*Children’s Songbook*, 172–73)



**Favorite activity:** Skipping rope and learning to cook

**Favorite food:** Eggs

**Favorite animal:** Her puppy named Sandra

### More about

**animals:** “Next door to Nairobi, the capital city of our country, is one of the largest wildlife reserves in Africa,” Tine says. “There are many animals there, of all sorts. I know Heavenly Father loves the animals. Animals were an important part of the Creation of the earth. Jesus Christ was the Creator, so I am sure He loves the animals too.”



# Choose the Best

*How could Marcus choose between two good things?*

**By Sheila Kindred**

(Based on a true story)

*I will tell you in your mind and in your heart, by the Holy Ghost (D&C 8:2).*

Ever since Marcus got his CTR ring, he was determined to choose the right. It wasn't always easy. A hard choice came when his mother told him he was going to get to see his grandmother. Marcus's grandmother lived far away, so he didn't get to see her very often.

When he saw his best friend, Ramon, at school, Marcus said, "I've got some great news!"

"I do too," Ramon said. He handed Marcus an envelope. "Open it!"

"First let me tell you my news," Marcus said. "My grandmother is coming from England! We get to see her!"

"That's super!" Ramon said. "When is she coming?"

"Friday night. But we can only visit her at the airport because she's on her way to help my aunt with her new baby."

Marcus quickly opened Ramon's envelope. "You're having a party!" he exclaimed. "I can't wait. When is it?" Marcus read the invitation, and his face fell. "Oh no! It's Friday."

Ramon shrugged. "That's OK. I understand why you can't come."

"But I want to come. What should I do?" Marcus asked.

"I guess you need to make a choice," Ramon said. "Let me know what you decide." Ramon waved and ran to class.

When Marcus got home from school, he sat on the front step, flipping a coin.

"What are you doing?" Mom asked, sitting down beside him. Marcus handed her the party invitation.

"I'm sure Grandmother will understand if you can't come to the airport," Mom said.

"But I want to see her," Marcus said. He looked at his CTR ring. "What do you think is the right thing to do?" he asked.

"They are both good things to do," Mom said. "In this case, it's a matter of which is the *best* thing to do. But I don't think flipping a coin is going to help. Have you prayed about it?"

"Yes. I prayed and asked Heavenly Father to tell me what to do, but He didn't. Why won't He just tell me?"

"Maybe He wants you to figure it out for yourself first," Mom said. "Then He will tell you through the Holy Ghost if you've made a good decision."

"But how can I figure it out?"

"Follow the promptings of the Holy Ghost. He can help you make the choice between two good things."

The next day at school Marcus told Ramon what his mother had said. "Won't you feel sad if I don't come to your party?" Marcus asked.

"Of course," Ramon said. "But won't you feel sad if you miss seeing your grandmother? If you came to my party, you might wish you were at the airport."

"And if I go to the airport, I might wish I was at the party." Marcus sighed. "I guess I need to think



about it more.”

That night Marcus stood on Ramon’s front porch, holding a present. He rang the doorbell. Ramon answered the door.

“What’s this?” Ramon asked. “My party isn’t until tomorrow.”

Marcus took a deep breath and blurted out, “I’m sorry that I won’t be able to come to your party, Ramon. I brought your gift early. Happy birthday!”

Ramon smiled and took the gift. “Thanks! I’m glad you’ll get to see your grandmother.”

“Me too,” Marcus said.

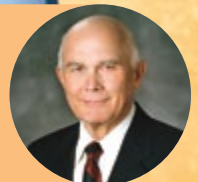
“Can you stay for a while?” Ramon asked.

“We’re frosting cupcakes, and we could use your help.”

“Now that’s an easy choice to make,” Marcus said, and headed straight for the kitchen. ♦

**“We have to forego some good things in order to choose others that are better or best because they develop faith in the Lord Jesus Christ and strengthen our families.”<sup>2</sup>**

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles



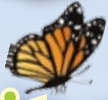
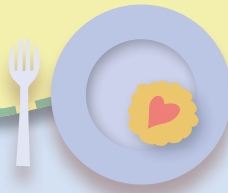


**Nephi was blessed for choosing the right.**

*If ye do keep his commandments he doth bless you and prosper you (Mosiah 2:22).*

ILLUSTRATION BY ELISE BLACK





# Fruit and Veggie Butterflies

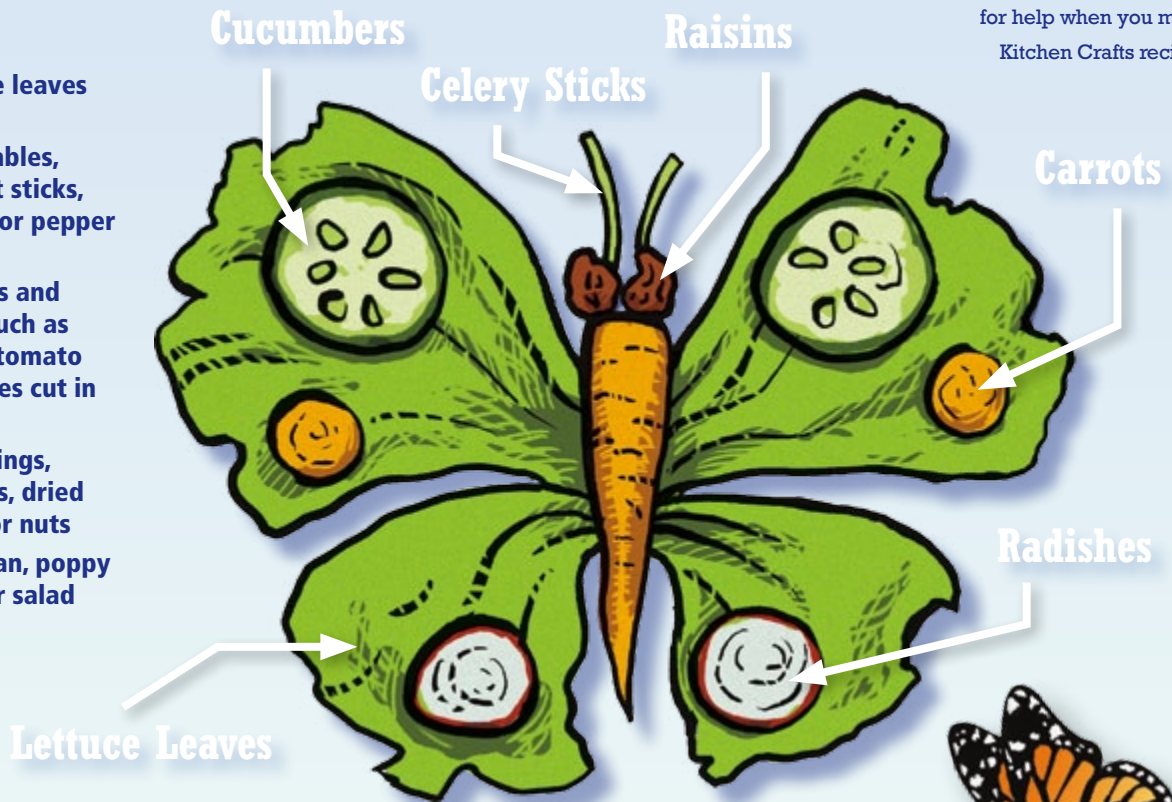
By Darcie Jensen

Bring the beauty of nature inside with butterflies you can eat!

Remember to ask an adult for help when you make a Kitchen Crafts recipe!

## Ingredients

- two lettuce leaves per butterfly
- thin vegetables, such as carrot sticks, celery sticks, or pepper slices
- round fruits and vegetables, such as cucumber or tomato slices or grapes cut in half
- other toppings, such as raisins, dried cranberries, or nuts
- ranch, Italian, poppy seed, or other salad dressings



1. Wash your hands with soap and water.
2. Break two lettuce leaves in half. Place them together on a plate so they look like the wings of a butterfly.
3. Put a celery stick, carrot stick, or a slice of pepper in the center of the lettuce to form the butterfly's body. Add smaller slices for antennae.
4. Decorate the wings with different fruits, vegetables, and toppings. What creative patterns can you make?
5. Lightly drizzle salad dressing over the wings of the butterfly, or use dressing to stick the fruit and vegetables to the lettuce wings.

**What other fruits and vegetables do you like? Try making butterflies with other ingredients not listed here for even more colorful options.**

## Fun Fact

Did you know that monarch butterflies have orange, black, and white wings? These fluttering insects fly all the way from Canada and the United States to Mexico every year to find warmer weather during the winter. After sleeping for several weeks, they usually start waking up in February to prepare for their return flight northward.



# How to Have a Book of

This year 10 issues of the *Friend* will have Book of Mormon scripture figures on the inside back cover.

Cut out the figures from the inside back cover of the *Friend*. Also cut out the box that tells you where to find the scripture story that goes with the figures.

To make your scripture figures sturdy and easy to use, you can glue or tape them to:

- construction paper
- small paper sacks
- craft sticks
- empty paper towel rolls

Write a script based on the scriptures, or read the story right from the scriptures.



# Mormon Puppet Show

Draw background scenery on a large piece of paper or on the inside of a box.

Use your figures to act out the story.

Find a shoe box or another container to keep your scripture figures in. You could keep each set in a plastic bag.

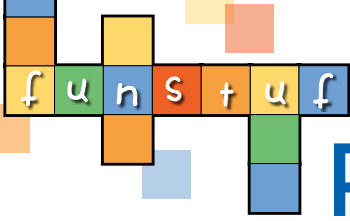
Use your scripture figures for:

- family home evening
- talks in Sharing Time
- Primary classes
- just for fun!



Laman and Lemuel





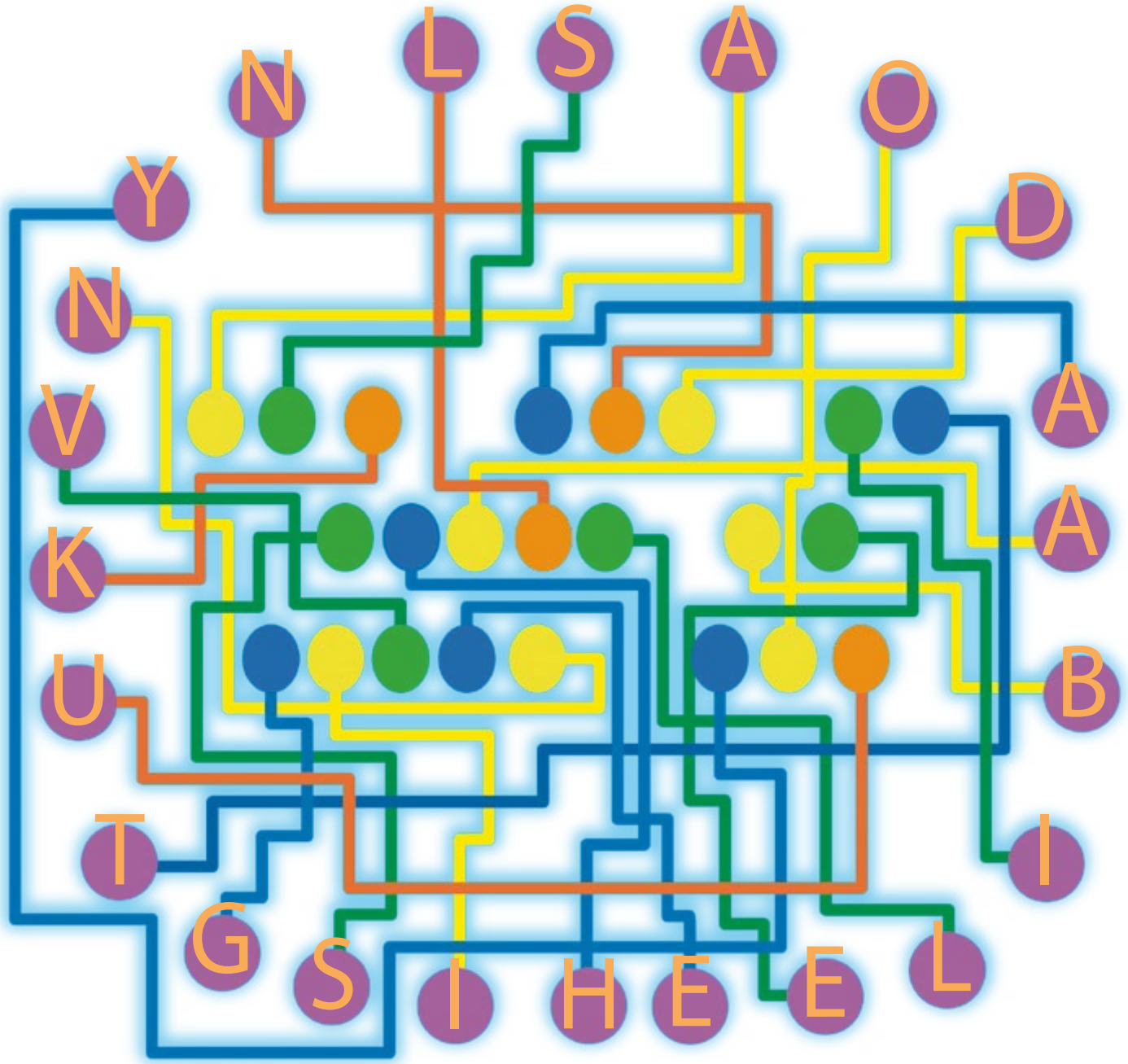
# Follow the Lines

By Amie Jane Leavitt

Follow the line from each letter to find out which circle it belongs in. Write the letter in the blank.

When you fill in all the circles, you will reveal an important message from the scriptures.

Find the answer on page 48.



# Friends in The News



## Hazelwood Ward

The Primary children of the Hazelwood Ward, St. Louis Missouri North Stake, gathered school supplies for local children with special needs. They also honored one of their Primary teachers, Helen Koerner, who has served in the Primary for 35 years. She is 90 years old. She currently serves as a Sunbeam teacher and enjoys working in the Primary.



## Murray 25th Ward

The Primary children of the Murray 25th Ward, Murray Utah Stake, drew pictures of their favorite scripture stories.



**Christine B.**, 7, Utah, likes music and enjoys making up songs. She wants to play the piano in Primary when she grows up. Christine is very good at helping her family.



**Sage F.**, 5, Colorado, loves Primary. Her favorite time of day is quiet time in her room each afternoon. Sage has a baby brother who has been sick for a long time. Sage helps her mom by changing him, playing with him, and keeping him happy.



**Heather N.**, 9, Montana, enjoys learning about the gospel in Primary and reading the *Friend*. She likes to help others, especially younger children. Her favorite hymn is "Praise to the Man." She likes learning about the life of Joseph Smith and reading the Book of Mormon. Heather enjoys riding horses, swimming, and playing soccer.



**Garrett, Spencer, and Ty J.**, 10, 8, and 3, Idaho, enjoy spending time together. They like to help with family home evening. Garrett and Spencer like to play soccer, ride scooters, and play tag. They are good at teaching Ty how to do new things. Ty likes to go to nursery. His favorite Primary song is "Do As I'm Doing." These brothers enjoy visiting their grandparents, swimming, and playing games with their friends and family.

Would you like to be a friend in the news? Turn to page 48 to find out how.

# Darren's F

**By Linda G. Paulsen**  
(Based on a true story)

*When ye are in the service of your fellow beings ye are only in the service of your God* (Mosiah 2:17).

**B**ryan watched his little brother Darren skip down the porch steps and dash out the gate. Darren hugged a handful of cookies to his chest as he ran. "Jonathan will like these," he called as he disappeared around the corner.

Mom was chuckling as she shut the front door. Bryan shook his head. "Why do you let him get away with it?" he asked her. "You know he's just making Jonathan up."

"Darren must be growing," Mom said. "He's extra hungry."

"Yeah, but he's lying to you, Mom," Bryan huffed.

"I know you think it's unfair, Bryan," Mom said. "But I want to give Darren a chance to admit he's pretending he has a friend named Jonathan."

Bryan snorted. "Jonathan has been getting extra after-school snacks for weeks."

"Maybe so," Mom said. "But Darren is sensitive. I'll think of something."

"Sensitive!" Bryan thought. "This sensitive kid is getting away with lying to Mom."

Another week went by. Almost every day after school, Darren begged for extra snacks for Jonathan. Once, Bryan heard his mom asking Darren why his friend never came to the house himself. "He's really shy," Darren said.

"Why don't you ask Jonathan to play soccer with us?" Bryan suggested slyly.

"Jonathan doesn't like soccer," Darren said.

Bryan gave up. "I guess it doesn't hurt anything to have an imaginary friend," he said to himself. "Maybe he'll outgrow it."

One chilly day, Bryan heard Mom say sternly, "Darren Robins!" She sounded upset.

"Mom is mad at Darren? I have to see this," Bryan thought, slipping down the hall.



# riend



“I gave it to Jonathan,” Darren said.

“That was a brand-new coat!” Mom was trying not to shout.

“I know, but Jonathan doesn’t have one. I can wear Bryan’s old one.” Darren stood shivering just inside the front door.

Mom knelt down in front of Darren and looked him in the eyes. “I want you to tell Jonathan he can have the coat, but only if he will come see me and say thank you for it.”

Bryan grinned. Mom was a genius.

The next day, Bryan hurried to be there when Darren got home from school. The front door opened and Darren poked his head inside.

“Mom? Please come here. Jonathan is really shy.”

Mom went to the door. Bryan peered around her to see a boy wearing Darren’s new coat. He had longish tangled hair. His eyes seemed too big for his skinny face. Bryan saw him swallow nervously.

“Thank you for the coat,” the boy whispered, and then dashed away.

“See you, Jonathan,” Darren called as the boy disappeared around the corner. He walked into the house, seeming not to notice that Mom and Bryan were standing there, speechless. Mom finally closed the door.

Later, Mom had a quiet talk with Bryan. “I called the school,” she said. “I should have thought of that sooner. They know about Jonathan’s situation. The counselor said they’re working to help his family. I thought you should know.”

“There’s something else I know,” Bryan said. “My brother is a cool kid.” ♦

**“[Service] teaches us to love and understand our fellowmen. . . . It teaches us to think of the needs of others.”<sup>3</sup>**

Elder Carlos H. Amado of the Seventy





# Trying to Be Like Jesus

## Treats for Everyone



**W**hen I was getting ready for Valentine's Day in my school class, my mom asked me what treats I wanted to take to my classmates. I thought for a moment and then said, "A boy in my class is allergic to a lot of things, but he can eat one kind of candy. I want to take that kind." I try to be like Jesus when I am thoughtful and kind toward others.

**Damon D., age 6, Utah**

## A New Friend



**W**hen my family moved to Japan, it was scary moving to a new place and making new friends. On my first day of kindergarten we were doing an art project. We had to trace our hands on paper. I noticed that a boy at my table was having a hard

time tracing his hand. I wanted to help him, but I was nervous. Then I remembered that in family scripture study we had been talking about how Jesus loved and served others. I helped the boy trace his hand. It made him happy, and I felt happy too. Heavenly Father blessed me to not be nervous and helped me make a new friend too!

**Kennedy C., age 5, Japan**



## Sunday Choice



**O**nce it was my friend's birthday on Sunday. I was sad because I never get to go to my school friends' birthday parties that are on

Sunday. I really wanted to go, but I knew I should keep the Sabbath day holy. I didn't go to the party, and I felt good inside.

**Spencer S., age 7, Illinois**

Tell us how you're trying to be like Jesus. Turn to page 48 to find out how to send us a letter.



# Nephi's Courage

With energy ♩ = 96-114

(Simplified)

Words and music by Bill N. Hansen Jr. and Lisa T. Hansen

1. The Lord com-mand-ed Ne-phi to go and get the plates

From the wick-ed La-ban in-side the cit-y gates. La-man and Lem-uel were

both a-fraid to try. Ne-phi was cou-ra-geous. This was his re-ply: "I will

go; I will do the thing the Lord com-mands. I know the Lord pro-vides a way; He

wants me to o-bey. I will go; I will do the thing the Lord com-mands. I

know the Lord pro-vides a way; He wants me to o-bey."

© 2011 by IRI. All rights reserved. This song may be copied for incidental, noncommercial church or home use.

**Practice tip:** Play both hands separately at first to become familiar with any tricky fingering. Look for E<sup>b</sup>, A<sup>b</sup>, and D<sup>b</sup> in addition to the B<sup>b</sup>.

You can listen to this song at [lds.org/friend](http://lds.org/friend).

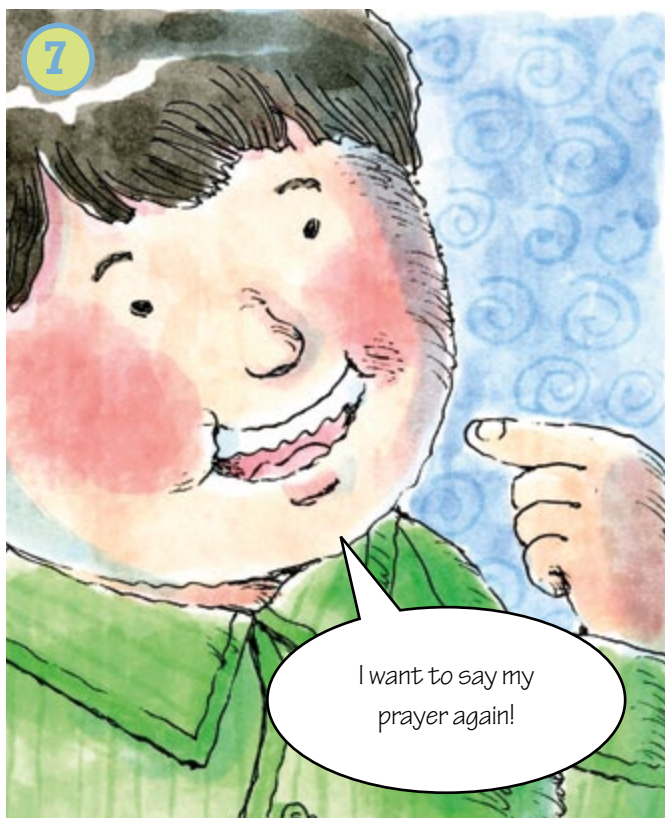
# A Prayer to Heavenly Father

By Chad E. Phares

(Based on a true story)

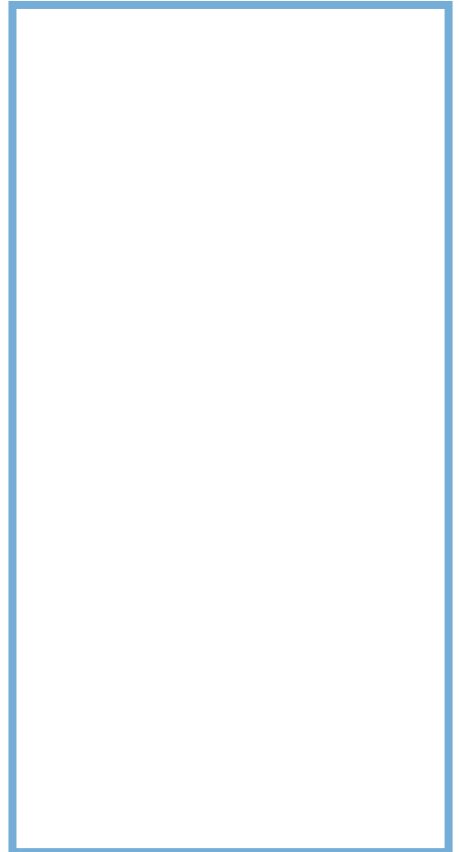
*Pray in your families unto the Father, always in my name* (3 Nephi 18:21).





# Heavenly Father's Many Blessings

Heavenly Father gives Haruki many blessings. Does Heavenly Father bless you with some of the same things? Draw a happy face next to the pictures below that show something Heavenly Father has blessed you with. In the blank space, draw another blessing you enjoy.



## Helps for Parents

Take turns with your child naming blessings Heavenly Father has given you and your child. Talk to your child about why prayer is important to you.



# King Benjamin Teaches the Nephites



King Benjamin

was a good leader. He wanted the



Nephites

to be happy.



wanted to talk to the



. They came from all over the land to hear

him speak. The king stood on a



tower

so the



could hear and see him.



told the



that he tried hard to serve them and that they

should serve each other. He also taught them about



Jesus Christ

. He told the



that they could be happy if they followed



and kept the



commandments

After



spoke, the



fell to the ground. They were sorry they weren't

always obedient. They prayed and repented for not being obedient. Heavenly

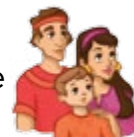
Father forgave the



. They felt happy.



told the



to

pray every day. He also told them that



children

should not fight or argue.

said



should serve one another. The



promised to

keep the



.



was happy.

# My Heart Is HAPPY

By Myrna M. Hoyt  
(Based on a true story)

*He who receiveth all things with thankfulness shall be made glorious (D&C 78:19).*

Jennifer handed Mom a piece of paper after church. She listened as her mother read the note: “Jennifer has been asked to give a talk in Primary next Sunday, February 14.”

“Mom, will you please help me?” Jennifer asked.

“Of course I will,” Mom said. “You can think and pray about what you would like to say. This week we can work on your ideas.”

“Thank you, Mom!” Jennifer said. She was a little scared, but she knew she could do it with help from Heavenly Father.

The next day as Jennifer cut out paper hearts to make valentines, an idea popped into her head. She ran to find Mom and handed her the paper heart.


“Do you think I could make some hearts to use in my talk?” Jennifer asked.

“Yes,” Mom said. “Let’s write a list of things that make your heart happy. Then we can find pictures of those things to put on the hearts.”


Jennifer had fun cutting out pictures and gluing them onto the hearts.

On Sunday morning, Jennifer knelt to say a prayer. She had done all she could to get ready for her talk. She asked Heavenly Father to help her remember what to say.

The Primary children sat and listened as Jennifer gave her talk:



My heart is happy because I have a family that loves me. We can be an eternal family.

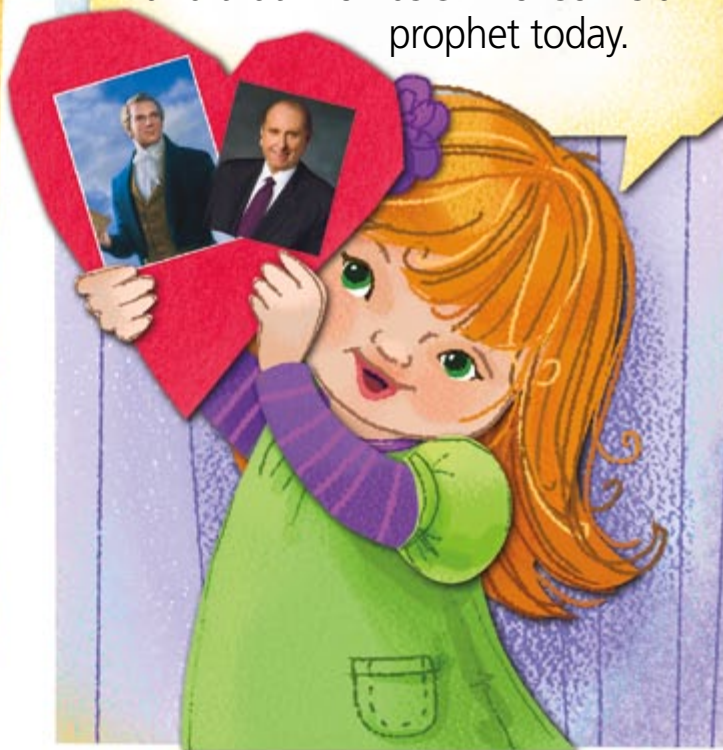


My heart is happy when I come to Primary and sing Primary songs.

My heart is happy when I choose the right.



My heart is happy because I know Joseph Smith was a true prophet and that Thomas S. Monson is a prophet today.



My heart is happy when I read the scriptures. I know the Book of Mormon is true.



My heart is happy because Jesus Christ is my Savior. I know that He loves me. In the name of Jesus Christ, amen.



**I Didn't Know**

I didn't know I loved the feeling of the ice-cold breeze  
blowing in my face.

I didn't know I loved the smell of the crisp,  
clean air after a snowstorm.

I didn't know I loved the feeling of the cold snow melting  
from the warmth of my hands.

I didn't know I loved seeing the white, powdery snow  
being shuffled by the people who walk in it.

I didn't know I loved feeling calm, but freezing,  
as I walk through powdery snow.

I didn't know I had so much love  
for the amazing world God gave us.

*Jacob R., age 11, Utah*

**Sacrament Thoughts**

I fold my arms  
And bow my head;  
Then the sacrament prayer is said.  
I open my eyes  
And then look up,  
And after the bread I drink water  
From a little plastic cup.

I try to think  
Of how Jesus died,  
Sacrificed His life  
For all mankind.

I picture His hands  
Pierced, bleeding, and sore.  
A crown of thorns  
On His head He wore.

And now I think  
As I take the sacrament's drink  
How Jesus, our Savior,  
Died for us,  
That we might live again.

*Sariah J., age 11, Utah*

**Animal Haiku**

Animals God made  
A bird, a deer, and a dog  
I love animals

*Peter B., age 8, North Carolina*

**To Be a Missionary**

I go out,  
telling all what I believe in.

I go out,  
telling all to go away from sin.

I go out,  
telling of baby Jesus and Mary.

I go out,  
to be a missionary.

*Grace S., age 9, Ontario, Canada*

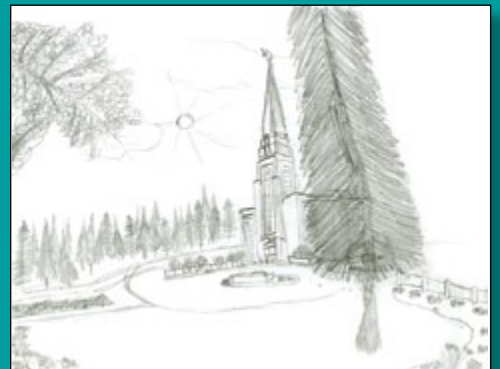
**Would you like to send us a poem or drawing?  
Turn to page 48 to find out how.**



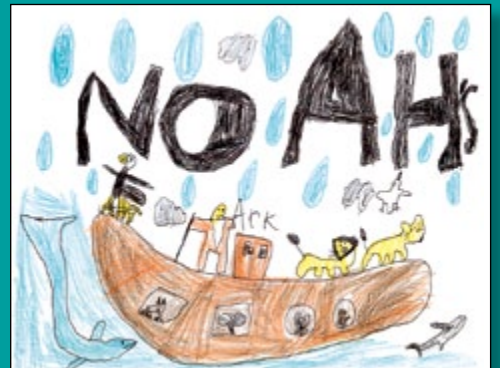
*Darius T., age 10, West Virginia*



*Joshua L., age 6, Utah*



*Owen L., age 11, British Columbia, Canada*



*Noah S., age 6, Pennsylvania*





Dalton H., age 10, California



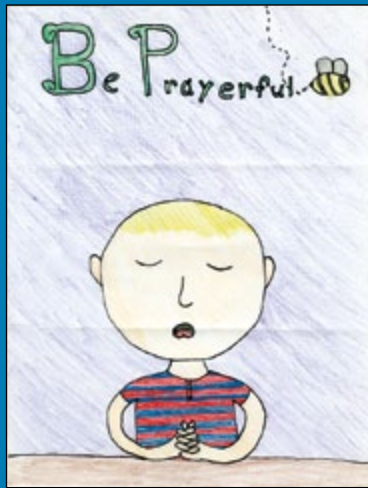
Olivia R., age 10, Colorado



Thomas M., age 11, Massachusetts



Alyssa S., age 12, Texas



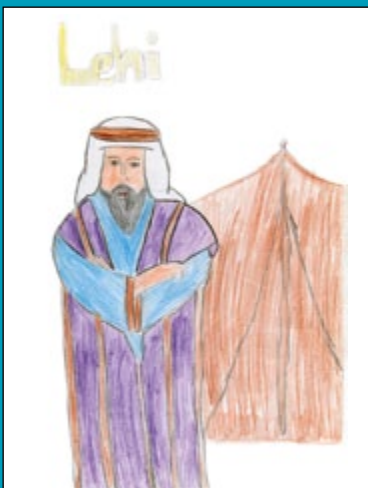
Claire H., age 11, Utah



Hailey L., age 9, Oregon



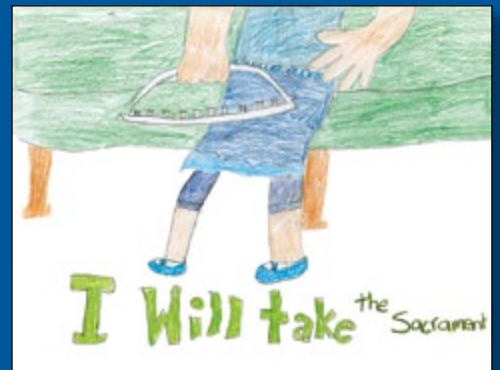
Hannah S., age 7, North Carolina



Anne Michelle R., age 9, Malaysia

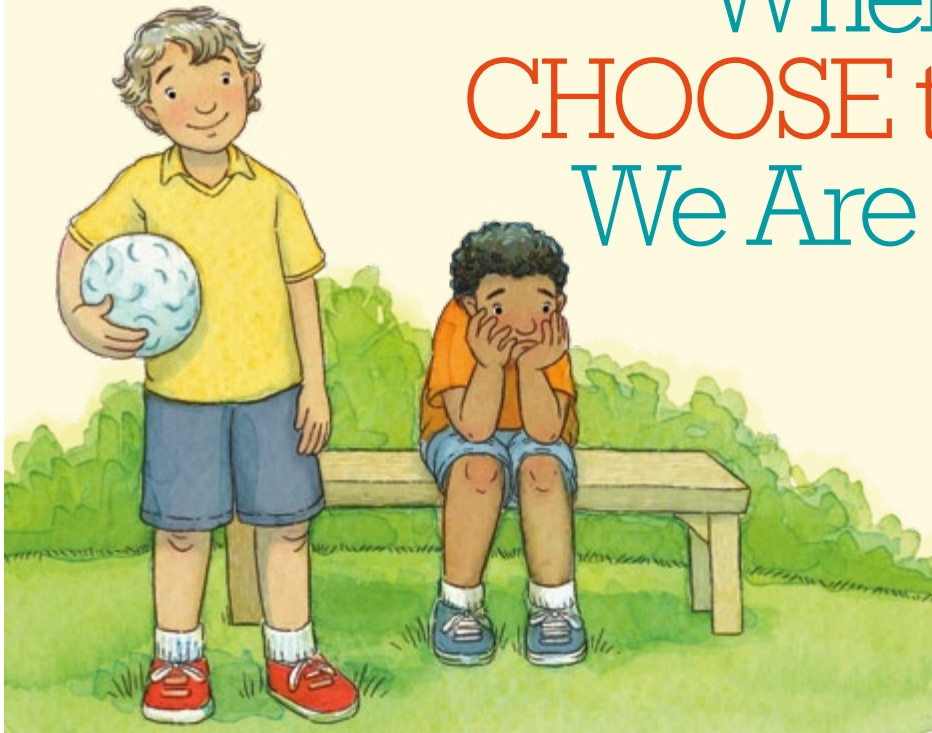


Nadejda L., age 6, Idaho



Sarah S., age 9, Alaska

You can use this lesson and activity to learn more about this month's Primary theme.



# When We CHOOSE the RIGHT, We Are Blessed

**D**aniel was playing soccer with his friends when he saw Joseph sitting alone, watching. Joseph wasn't very good at soccer. But Daniel decided that

he wanted Joseph to be included more than he wanted to win the game. He jogged over to Joseph and asked, "Do you want to play with us?"

Daniel chose the right.

Heavenly Father and Jesus Christ have promised us that when we choose the right, we will be blessed. We have righteous examples to follow in the scriptures. Here are two:

- When Noah followed the Lord's command to build the ark, he saved several members of his family from the Flood. (See Genesis 6–8.)

- When Nephi broke his hunting bow, he made a new bow instead of giving up. His father, Lehi, prayed for help, and the Lord led Nephi to food. (See 1 Nephi 16:18–32.)

Sometimes it's hard to choose the right, but Heavenly Father blesses us when we do. As we make good decisions, we can feel peace and happiness. ♦

## CTR Game

Glue page 41 onto heavy paper. When it is dry, cut out the cards. Players will take turns finding two cards that match: one card shows a situation where a choice needs to be made, and the matching card shows someone choosing the right. For example, the card that shows a boy earning money matches the card that shows him paying tithing.

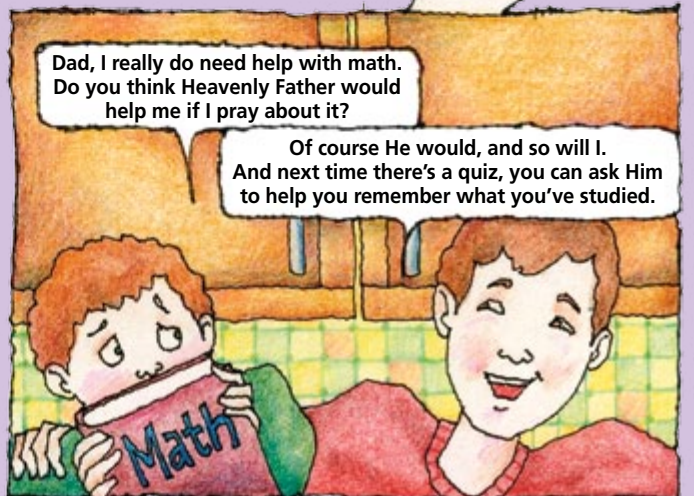
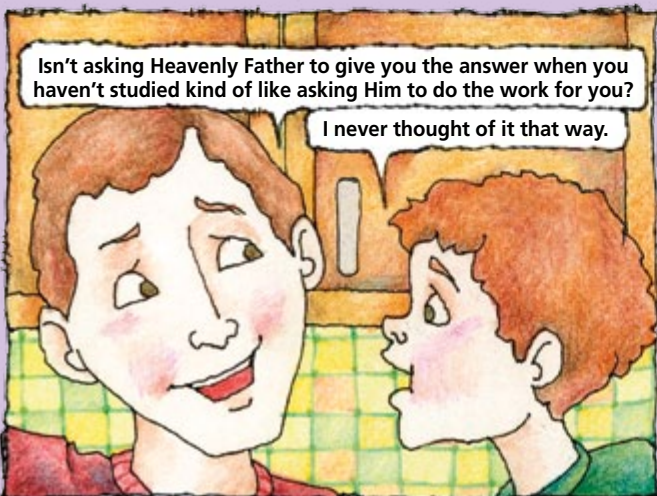
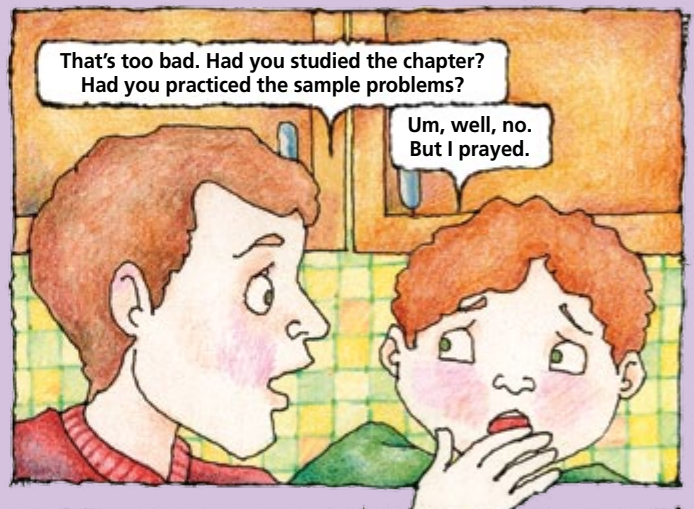
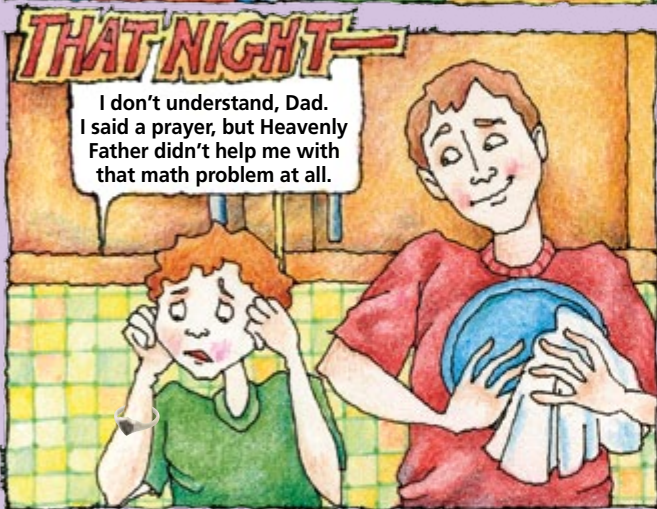
**How to Play:** Mix up the cards and lay them facedown. A player turns over two cards. If the cards match, the player keeps the cards and turns over two more cards. If the cards don't match, the player turns them back over and it is the next player's turn. Younger children can play with fewer cards or with the cards facing up.

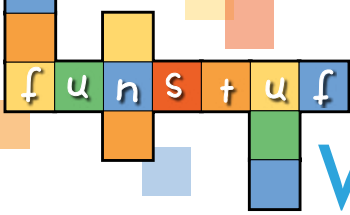
## Song and Scripture

- Mosiah 2:22
- "Choose the Right," *Hymns*, no. 239



# MATT AND MANDY

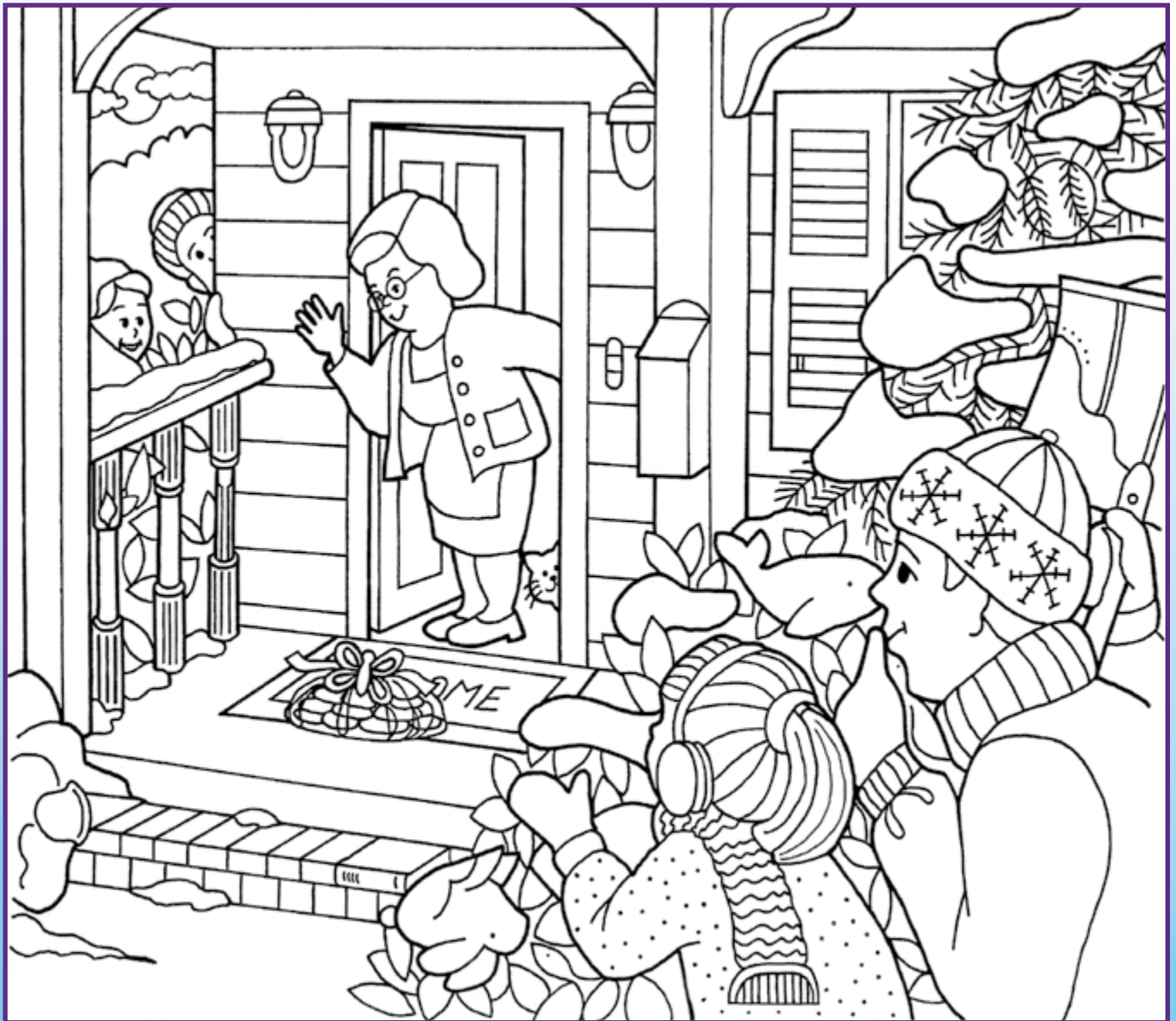




# Winter Service Hidden Pictures

By Linda Mahood Morgan

This family shoveled steps and left cookies for a neighbor. You can do service for others too. In this picture find a bandage, banana, baseball, bird, book, boomerang, boot, butterfly, candle, comb, fish, hamburger, horseshoe, ice-cream cone, pear, pencil, rabbit, screwdriver, and whale.



# A Prayer for Safety

**By Sueli de Aquino**

(Based on a true story)

*I speak to Heav'nly Father. He hears and answers me when I pray in faith (Children's Songbook, 14).*

I love nature! I like to hear the singing of the birds, the rustling of the leaves in the wind, and the sound of the sea.

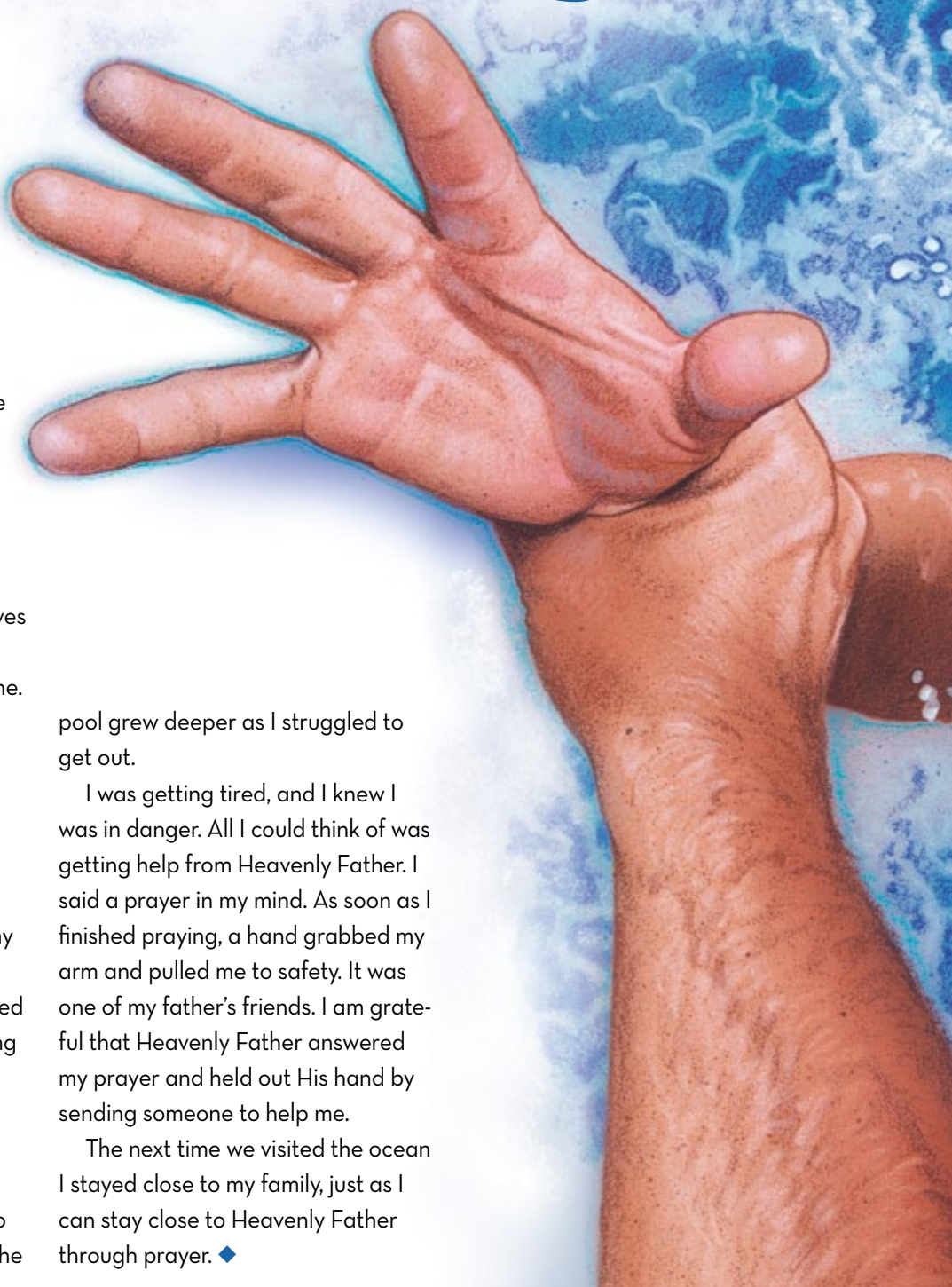
Sometimes my family goes to the beach with other families. The dads play volleyball, and the moms sit under umbrellas and play with the younger children.

One afternoon I was so excited when we got to the ocean! The waves were calm, and there were small pools scattered around the shoreline. I ran to the water. I wanted to swim like a fish and collect seashells.

"Stay close, Sueli!" my mother called as she gathered the young children into the shade of the big umbrella.

"All right, Mom," I said as I dug my toes into the wet sand.

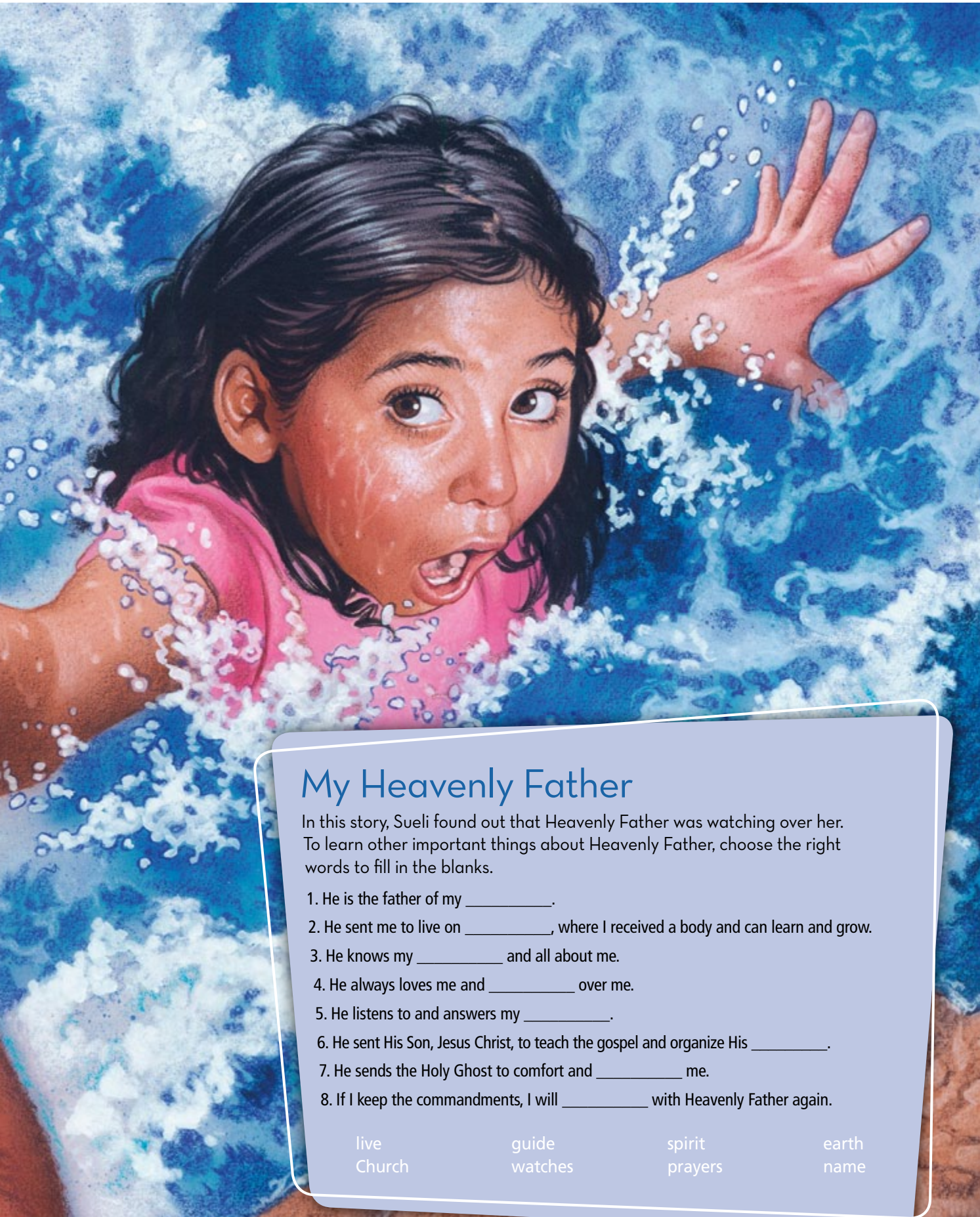
I searched for shells and inspected the little creatures in the pools along the shore. As I splashed in one of the pools, I looked back toward my family. I could see the umbrellas in the distance. I realized I had gone too far away. I tried to swim back to the beach, but the tide had risen. The



pool grew deeper as I struggled to get out.

I was getting tired, and I knew I was in danger. All I could think of was getting help from Heavenly Father. I said a prayer in my mind. As soon as I finished praying, a hand grabbed my arm and pulled me to safety. It was one of my father's friends. I am grateful that Heavenly Father answered my prayer and held out His hand by sending someone to help me.

The next time we visited the ocean I stayed close to my family, just as I can stay close to Heavenly Father through prayer. ♦



## My Heavenly Father

In this story, Sueli found out that Heavenly Father was watching over her. To learn other important things about Heavenly Father, choose the right words to fill in the blanks.

1. He is the father of my \_\_\_\_\_.
2. He sent me to live on \_\_\_\_\_, where I received a body and can learn and grow.
3. He knows my \_\_\_\_\_ and all about me.
4. He always loves me and \_\_\_\_\_ over me.
5. He listens to and answers my \_\_\_\_\_.
6. He sent His Son, Jesus Christ, to teach the gospel and organize His \_\_\_\_\_.
7. He sends the Holy Ghost to comfort and \_\_\_\_\_ me.
8. If I keep the commandments, I will \_\_\_\_\_ with Heavenly Father again.

live  
Church

guide  
watches

spirit  
prayers

earth  
name



FRIEND TO FRIEND

# Spiritual Promptings

From an interview with Sister Jean A. Stevens, first counselor in the Primary general presidency; by Annie Beer

*Through a still small voice, the Spirit speaks to me (Children's Songbook, 106-107).*

One evening my children and I were driving down a hill near our home. I noticed a boy about 12 years old wearing a backpack and walking up the hill. It was a strange time for him to be coming home from school, but I didn't think too much of it.

Then I had a strong impression that I should turn around and help the boy. But I was worried it would frighten him if a strange car pulled up next to him at night, so I continued driving.

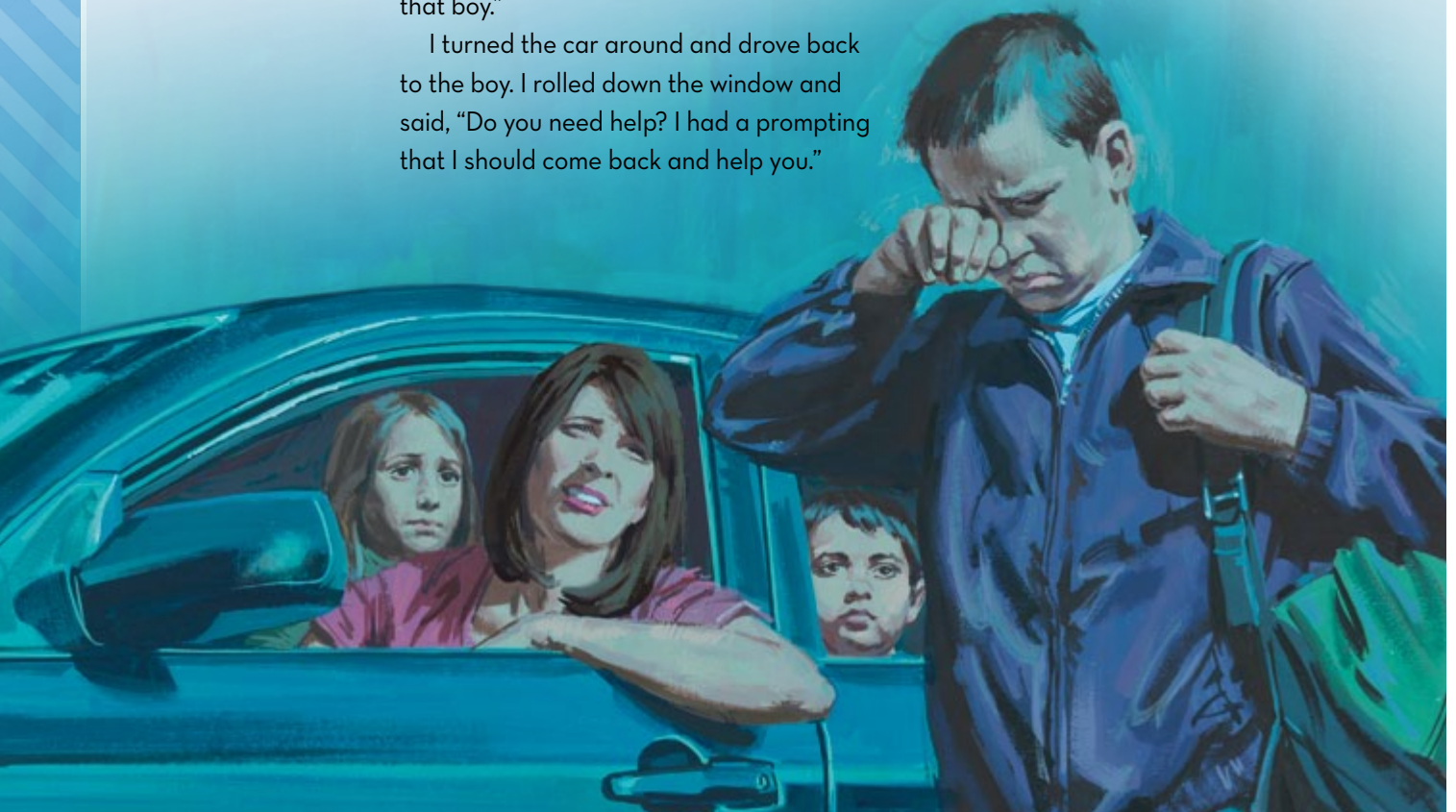
As I got to the bottom of the hill, the impression came again: "You need to go help that boy."

I turned the car around and drove back to the boy. I rolled down the window and said, "Do you need help? I had a prompting that I should come back and help you."

The boy looked at us with tears streaming down his face. He said, "Would you? I've been praying that someone would help me."

He had stayed after school for an activity and had missed the last bus. He had walked several miles already. It was getting dark, and he was frightened. Because of the boy's prayer and the Spirit's prompting, we were able to help him find his way home.

We can all pray when we need help. I received a spiritual feeling that helped the boy return home. You too can receive promptings through the Spirit that will help guide you safely home to Heavenly Father. ♦





## My brother and I argue a lot. I want to be nicer, but it's hard. What are some things I can do to stop fighting?



I used to have this problem with my sister. Here are some things that really helped me. #1: If you're about to say something unkind, think to yourself, "If my brother said this to me, how would I feel?" #2: Every morning when you first see your brother, say something nice like, "I really like that shirt you're wearing." If you do these things, you'll soon be able to get along better with your brother.

**Ellie H., age 11, Colorado**



Have you tried leaving him nice notes? If not, you could try that. My mom wants my sister and me to be polite to each other, using words like *please* and *thank you*. Good luck!

**Ryan S., age 10, California**



Once my brother and I were fighting over who should get to play on the trampoline. Then I said, "Why don't we play a game together on the trampoline?" We stopped fighting and had a good time.

**Kate J., age 11, Utah**

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



Try serving them by doing little things. It will make you love them more, and they will appreciate you for doing those small things.

**Lydia B., age 10, North Carolina**



I have a little brother. It is hard, but I prayed and it helped me.

**Austin M., age 8, Utah**



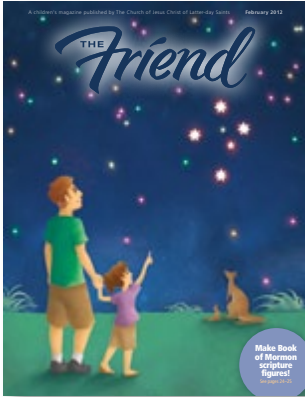
I am the oldest of six kids. Sometimes we argue or tease each other. If you are arguing, you could say a prayer asking Heavenly Father to help you better understand your brother. Also you could read the story "Vitamin L" from the March 2010 *Friend* or "Josh and the Dragon" from the July 2011 issue. It is important to watch over and protect your brothers and sisters. After all, the most important commandment is to love one another.

**Mary P., age 11, Utah**

### Next Question

**My friend has started doing some things I know aren't right. What should I do?**

Do you have some advice about this? Send us your answer and photo by February 29, 2012. Find our address on page 48 or e-mail us at [friend@ldschurch.org](mailto:friend@ldschurch.org). (Put "Question Corner" in the subject line.) Remember to include a parent's permission!



## Possible Ideas for Family Home Evening

1. Use the Bringing Primary Home lesson and activity to learn more about this month's Primary theme (pages 40–41).
2. Read what President Eyring said about the Book of Mormon (page 2). Divide into small groups and have each group look up and discuss the scripture references on page 3. Then have each group share what they learned from the scriptures.
3. There are many names we can use to talk about Jesus Christ (see pages 14–15). Make a list of other names in the scriptures that refer to Jesus Christ. Choose a few from your list and talk about their special meaning.
4. Read "My Heart Is Happy" as a family (pages 36–37). Have each family member draw two or three pictures of what makes his or her heart happy. Take turns showing and explaining your pictures.

The *Friend* can be found on the Internet at [lds.org/friend](http://lds.org/friend).  
To subscribe online, go to [store.lds.org](http://store.lds.org).



### Hidden CTR Ring

Did you find the ring? Look on page 42!

### Sidebar References

1. "The Three Rs of Choice," *Ensign*, Nov. 2010, 67.
2. "Good, Better, Best," *Ensign*, Nov. 2007, 107.
3. "Service, a Divine Quality," *Ensign*, May 2008, 36.

### Funstuf Answers

Page 11: Gaining a Testimony: Search, ponder, and pray.  
Who Am I?: 1) Nephi, 2) Moroni, 3) Abinadi, 4) Abish.  
Page 26: "Ask, and it shall be given you" (Matthew 7:7).

Please send your submission to: **Friend Magazine**  
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Salt Lake City, UT 84150-0024  
Or e-mail: [friend@ldschurch.org](mailto:friend@ldschurch.org)

The following information and permission must be included:

Full name \_\_\_\_\_

Age \_\_\_\_\_ State/Province, Country \_\_\_\_\_

I grant permission to print submission and photo in print or online:

Signature of parent or legal guardian \_\_\_\_\_

Children whose work is submitted should be at least three years old.

To send us a letter, drawing, or poem, please fill out this form and include it with your submission. Please also include a school photo or high-quality snapshot. Submissions will not be returned and may be edited for length and clarity.

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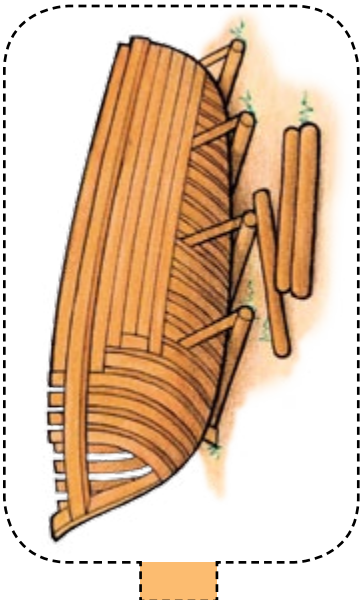
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This year 10 issues of the *Friend* will contain Book of Mormon scripture figures. To use, cut them out and glue or tape them to cardboard, heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the story in the scriptures.

**Heavenly Father Commands  
Nephi to Build a Ship  
1 Nephi 17**





## For Children



### DOING GOOD

Have you ever wondered what you could do to make a difference? Visit [lds.org/friend](http://lds.org/friend) and click on "Pass It On" to watch a video about things children like you are doing to help those around them.

### SCRIPTURE STORIES

Visit [scripturestories.lds.org](http://scripturestories.lds.org) to support your reading of the "Stories of Jesus" in each issue of the *Friend* this year. The site includes enhanced versions of New Testament and Book of Mormon stories, as well as stories from the Doctrine and Covenants and Old Testament.



## For Parents



### MORMON MESSAGES

Share inspiring Mormon Messages videos with your family for family home evening or other family activities. At [lds.org](http://lds.org) click "View Mormon Messages" under the "Latest Features" section.

### NEWS

For news and information about happenings around the Church, visit the "News and Events" section of [lds.org](http://lds.org). Or visit [lds.org/church/news](http://lds.org/church/news).



## For Teachers and Leaders



### LESSON HELPS

Would you like to use coloring pages as a lesson activity? Coloring pages from past issues of the *Friend* are listed by topic and are available to print at [lds.org/friend](http://lds.org/friend). Click on "Coloring Pages," and then click "Print Coloring Pages."

### CHURCH LEADERS

You can help your Primary class learn more about the current prophets and apostles by visiting [lds.org](http://lds.org). Click on "Menu," and then on "Prophets and Apostles Speak Today."

