Dear Helpless,

As a child of God, you aren’t helpless! You may not be able to fix everything, but you can make a difference. Even small actions can have a big impact (see Alma 37:6–7). And a good attitude goes a long way!

The Friend

Unscramble these words to see how you can help. Then put them in the correct sentence. (Hint: They all start with s.) Check your answers on page 39.

kapse
eresv
tsrat
dtsan
sreha

________________________ up when something is wrong. Use your voice to set a good example.

________________________ up for what you believe in. The scriptures promise that “all things work together for good to them that love God” (Romans 8:28).

________________________ your ideas. Don’t be afraid to try new things or encourage others to do the same.

________________________ with your hands and your heart. Changing takes doing—so start doing!

________________________ today with something small. You can do a little more tomorrow. Before long, you’ll be unstoppable!