



### DEAR JOURNAL

Write about a time Heavenly Father helped you when you were scared.



# SECRET

- Forgive your sibling or friend when they do something that upsets you
- · Say something nice to the check-out clerk at the store.
- Write a get-well note for someone who is sick.



## QUICK QUIZ

How many soldiers were in Helaman's army? See page 39.

- a. 200
- c. 2,000
- b. 1,000 d. 20,000



I show my love by teaching my friend

about the gospel and taking her to activities.

Zuleyka N., age 10, Arizona, USA

# DRAW

