



# Be a Light!

By Elizabeth Pinborough

*“Hold up your light that it may shine unto the world.  
Behold I am the light which ye shall hold up” (3 Nephi 18:24).*

We can be a light to others by being a true friend. Read the ideas below and add some of your own. Every time you write a name of someone you want to show love to, color in more of the sun.

- 1. Love others:** You can make a big difference in their lives! Christ has love for them, so try to show them that love.  
**Who:** \_\_\_\_\_
- 2. Forgive:** If someone hurts you, try to see things from their point of view. You can help their heart soften if you forgive.  
**Who:** \_\_\_\_\_
- 3. Encourage:** Compliment your friends on their strengths. See the best in them even if they need to improve. Being your best helps them too!  
**Who:** \_\_\_\_\_
- 4. Listen to the Holy Ghost:** Your words can change a bad situation into a good one. The Holy Ghost can help you know what to say and how to show kindness.  
**Who:** \_\_\_\_\_
- 5. Never gossip:** Unkind words can hurt. Give others the benefit of the doubt, and ignore negative thoughts.  
**Who:** \_\_\_\_\_
- 6. Support your friends:** Just showing up for a friend's sports event or school play can help them feel your love.  
**Who:** \_\_\_\_\_
- 7. Invite others to learn about the gospel:** Even if they don't accept what you say, you've shown that you care enough to share.  
**Who:** \_\_\_\_\_
- 8. Make friends with different kinds of people:** Others have so much goodness to share. Christ helped and loved all people no matter what.  
**Who:** \_\_\_\_\_