

# 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.

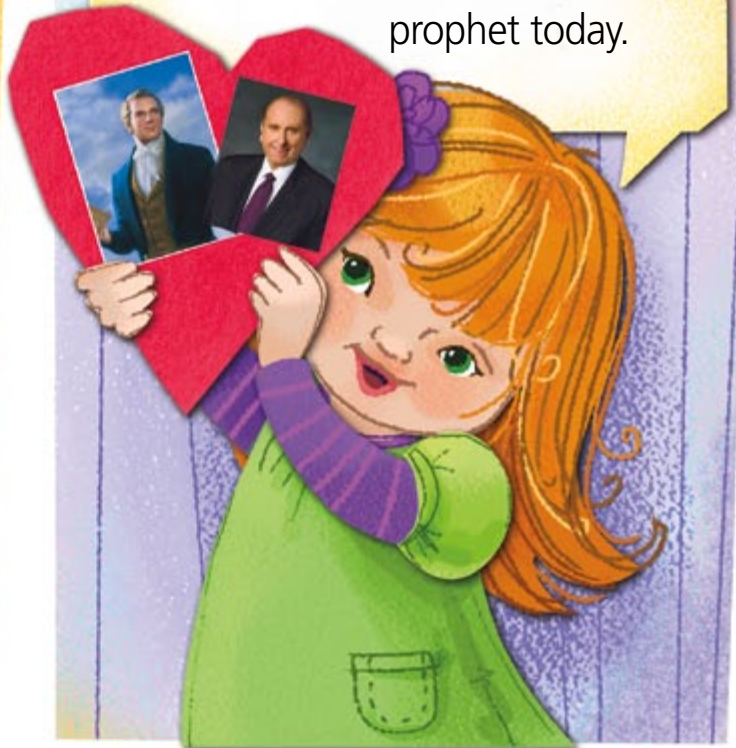


My heart is happy when I come to Primary and sing Primary songs.

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.

