

JANUARY 2021

the Friend

Following Jesus Together



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

A MESSAGE FROM THE FIRST PRESIDENCY

Our Dear Young Friends,

This month the *Friend* is celebrating its 50th birthday—and a new beginning. Once the *Friend* only reached children who spoke English. Now it will be available to children in 48 languages throughout the world. Our hope is that every Primary child can enjoy the *Friend* in their home and share it with others.

All around the world, Primary children like you are trying to follow Jesus. Each one is a precious child of God. As you read the *Friend*, you will get to know these friends. You will learn about the restored gospel. And you will feel closer to your truest Friend, our Savior Jesus Christ.



Sincerely,
The First Presidency

Where We Read the *Friend*

These children from Ghana are holding up their copies of the *Friend*. Send us a picture of you or your Primary class holding the *Friend*. Be sure to include a parent's permission (see back cover).



Flag Hunt

Look for pages from these different countries. Then check off the flags below!



Argentina



Ghana



Benin



Mexico



Canada



South Korea



Germany



Spain

the Friend

COME,
FOLLOW ME

These stories and activities support this month's *Come, Follow Me* lessons at home and in Primary. Find more resources at lessonhelps.ChurchofJesusChrist.org.

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Front cover by Josh Talbot

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Find 3 Hidden CTR Rings

Hard: Sword fight!

Harder: Stay dry in the rain

Hardest: Dancing dog

Here is the CTR ring in Dutch!



YOU CAN HELP LIKE JESUS!



When Jesus was on earth, He helped all He saw. He fed those who were hungry. He comforted those who were sad. He taught everyone His gospel. Jesus asked us to follow Him. When we are baptized, we promise to try to do what He did.

Today many people in the world need our help. Some are lonely. Some are hungry. Some have had to leave their homes. Some haven't heard the gospel yet. Each of us can do something to help.





By the Primary General Presidency

Sister Joy D. Jones
Sister Lisa L. Harkness
Sister Cristina B. Franco



What Your Helping Hands Can Do

Children can change the world with their loving hearts and helping hands. About 100 years ago, Primary children helped build a hospital in Salt Lake City, Utah, USA. Every week, they brought pennies for the new hospital. When it opened in 1922, it was called the Primary Children's Hospital. That's because the children helped build it, bit by bit!

As you look around, you will find many people you can help. You can share the gospel by the way you live and serve others. You can help them feel Heavenly Father's love.

An Invitation to Help

This year we are inviting you to use your loving hearts and helping hands to help others. The happy feeling you have when you help someone comes from the Holy Ghost. It lets you know that Heavenly Father is very happy with your efforts! ●

In each month's Friend, you can:

1. Read about a Primary child who is helping, like Stella from Ghana (page 4).

2. Cut out the Helping Like Jesus card (page 6).

3. Take the challenge from the Helping Hands Team (page 7).

Send your photo and story about how you're helping to the *Friend*! See the back cover to find out how.



MEET STELLA

from Ghana

Meet Primary children helping others, like Jesus did.



Stella reading the scriptures with her brother.

All about Stella

AGE: 11

LANGUAGES:
English and Twi

GOALS AND DREAMS:

- 1) Serve a mission, like her mom.
- 2) Get married in the temple.
- 3) Be a fashion designer.

FAMILY:

Mom, Dad, and brother, Yaw



Stella's Helping Hands

Just about every day, you can find Stella and her family visiting the landlady in their apartment building. They aren't related to her, but Stella and her brother call her "Grandma Cecilia."

Stella says, "She is 83 years old, and she doesn't have any children of her own." Stella and her family noticed she needed help and decided to "adopt" her.

Stella always lends a helping hand by sweeping and mopping Grandma Cecilia's floor. Having a clean home is an important way to stay healthy. So Stella is doing something that really helps Grandma Cecilia. "Jesus Christ served others," says Stella, "so that inspired me to serve her. I know that Jesus Christ and His Father are happy when I serve." ●



Stella followed Jesus by helping her neighbor. Turn the page to read a story about how Jesus helped others.

Stella's Favorites



PLACE: the Accra Ghana Temple ("It's like heaven on earth.")

STORY ABOUT JESUS: "When He fed the multitude with two fishes and five loaves of bread."

PRIMARY SONGS: "Called to Serve" and "A Child's Prayer" ("They give me strength to love and serve.")

FOOD: fufu (mashed plantains and cassava) with soup and goat meat

COLOR: yellow

SUBJECT IN SCHOOL: creative arts

"Let us put our faith
in the Lord Jesus Christ
into action!"

President Russell M. Nelson, "Opening the
Heavens for Help," *Ensign or Liahona*, May 2020, 73.



Jesus Noticed Others

Jesus always noticed people in need. One day He was in a big crowd of people.

A woman in the crowd had been sick for 12 years. She had faith that Jesus could heal her. So she reached out and touched His robe when He walked by.

Jesus noticed the woman. He stopped to comfort her. She was healed by His power.

You can read the whole story in Luke 8:43-48.

I CAN NOTICE AND HELP OTHERS



Notice someone around you who needs help.



Say a prayer and make a plan to help them.



Do your plan!

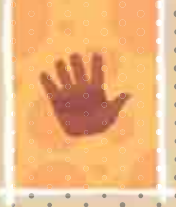


During COVID, I checked on my friends to make sure they were OK and greeted them with an encouraging smile when we talked together online. I used my hands to help with the chores at home and help others in need.

Blaine H., age 11, Ras Al Khaimah, United Arab Emirates



How are you trying to be like Jesus by helping others? Write and tell us! Go to the back cover to see how.



Hello! Agoor!
We're Margo
and Paolo.



We're visiting different
countries and learning how
kids can help!

ADVENTURES IN GHANA

with Margo and Paolo



Ghana is a pretty cool
place. Especially if you
like elephants . . .



And soccer . . .

And butterflies. One national park in Ghana
has 450 different types!



We've learned
a lot about Ghana.



We can't wait
to see where we'll
go next!



Join the Helping
Hands Team!

Stella helped her landlady keep
her house clean. You can help
the people in your family stay
healthy too.

Challenge: Wash your hands
with soap and warm water for 20
seconds. Sing "I Have Two Little
Hands" or another fun song while
you scrub!



Jaechan's First Day

Was this the right way? Jaechan felt all mixed up.

By Lucy Stevenson Ewell

Church Magazines
(Based on a true story)

"I sought the Lord, and he heard me" (Psalm 34:4).

This story takes place in Gyeonggi-do, South Korea.

Happy music played as Jaechan and Mom got up from their seats in the school gym. Bunches of bright balloons floated along the walls as the other kids and their parents talked excitedly.

Tomorrow was the first day of school, and in South Korea new students always went to a special program to celebrate the start of school. As he listened to the songs and speakers, Jaechan felt excited. He couldn't wait to start learning!

After the program, Mom and Jaechan walked down the school halls. When they got to his classroom, Jaechan met his teacher. She seemed really nice.

Later Mom and Jaechan walked outside into the warm spring sunshine. Even the sun and the sky seemed happy for school to start.

The next morning, Mom walked Jaechan to the school gate. She hugged him tight. "I love you," she said. "Have a good first day."

"I will," Jaechan said. "I love you too!" He waved goodbye and turned to walk to his classroom, just like they had practiced.

As Jaechan walked down the hall, he started to worry. *Is this the right way?* Jaechan stopped and looked around. He turned and walked down a different hall. Soon everything felt all mixed up.

Jaechan took a deep breath. He knew he had been in this hallway yesterday. He kept walking and went through a big set of doors.

But Jaechan didn't see his classroom, with desks and friends and his nice teacher. He saw the gym. And now there were no people or balloons. It was just a big empty room.

Tears filled Jaechan's eyes. He tried not to panic, but he was scared. He didn't know how to find his classroom. He knelt to pray. "Heavenly Father, I'm





lost. Please help Mom to come find me and help me get to my class."

Jaechan stood up. He took a few more deep breaths. Then he waited.

A few minutes later, Mom came around the corner. "Jaechan!" She ran to him and held him close. "What happened?"

Jaechan burst into tears. He was so relieved to see Mom. "I couldn't find my classroom," he said. "So I prayed that you would come find me."

Mom wiped the tears from his cheeks. "I'm glad you said a prayer," she said. "I was on my way home. Then I had a feeling that I should turn around and make sure you found your classroom. When you weren't there, I looked all over. Then I found you!"

Jaechan held Mom's hand as they walked down the

right hallway. Jaechan had stopped crying. He knew Heavenly Father had answered his prayer, and everything was OK. When they got to the classroom, he heard the other kids inside laughing and having fun.

"Jaechan! We are so happy to see you," Jaechan's teacher said as he walked in.

"Thanks," Jaechan said with a small bow. He gave Mom one more hug. It was going to be a good first day of school after all. ●



"Heavenly Father does hear every child's prayer."

Elder Gerrit W. Gong of the Quorum of the Twelve Apostles, "Covenant Belonging," *Ensign* or *Liahona*, Nov. 2019, 80.

● See *Come, Follow Me* for Joseph Smith—History 1:1–26.



COME, FOLLOW ME

SCRIPTURE TIME FUN

*These ideas go along with Come, Follow Me—for
Individuals and Families each week.*

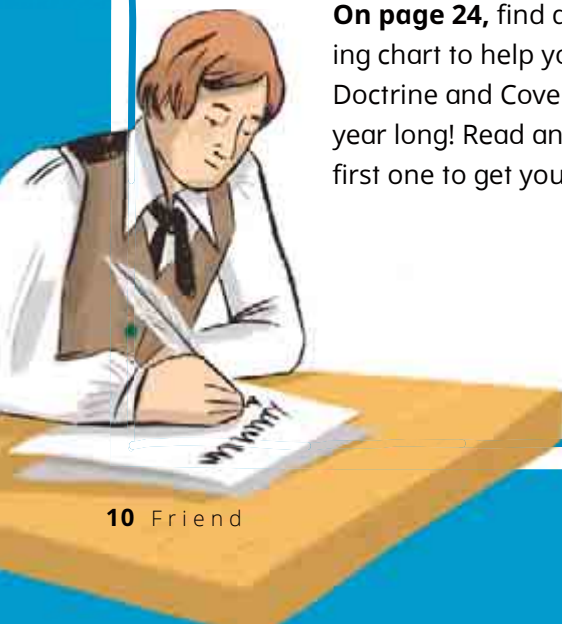
Read the Doctrine and Covenants

FOR DOCTRINE AND COVENANTS 1

🎵 🎵 **Sing** “Seek the Lord Early”
(*Children’s Songbook*, 108).

Jesus Christ called Joseph Smith to help set up His Church again. He gave Joseph special instructions that were written down so we could read them today (see Doctrine and Covenants 1:17, 30).

On page 24, find a reading chart to help you read Doctrine and Covenants all year long! Read and color the first one to get you started.



Prayer Power

FOR JOSEPH SMITH—HISTORY 1:1–26

🎵 🎵 **Sing** “Joseph Smith’s First Prayer” (*Hymns*, no. 26).

Joseph Smith had a question. When he prayed, Heavenly Father and Jesus appeared and answered him (see Joseph Smith—History 1:15–19).

Heavenly Father hears your prayers too! Usually He answers through the Holy Ghost. Pick a story about prayer (see pages 12, 36, or 46) and read it together. How did Heavenly Father answer the prayer in the story? How has He answered you?



Family Hearts

FOR DOCTRINE AND COVENANTS 2, JOSEPH SMITH—HISTORY 1:27–65

🎵 🎵 **Sing** “Family History—I Am Doing It”
(*Children’s Songbook*, 94).

The Lord sent Elijah to turn our hearts to our family members who lived before us (see Doctrine and Covenants 2:2). When we turn our hearts to our families, we remember them and do temple work for them.

Cut out paper hearts. Write a family member’s name on each one. Take turns holding up the hearts and sharing stories about each person. You could ask your parents to tell stories about their parents or grandparents.



Follow the Leader, Follow God

FOR DOCTRINE AND COVENANTS 3–5

🎵 🎵 **Sing** “Keep the Commandments”
(*Children’s Songbook*, 146–47).

Joseph Smith learned that following God’s instructions is more important than doing what other people want (see Doctrine and Covenants 3:5–8).

Now play a game! Pick one person to be the leader. The leader gives each person a task, like walking across the room or clapping three times. Practice doing what the leader asked, instead of what people around you are doing!



Pray and Serve

FOR DOCTRINE AND COVENANTS 6–9

🎵 🎵 **Sing** “Search, Ponder, and Pray”
(*Children’s Songbook*, 109).

When we want to do good things, Heavenly Father will help us. We can ask Him who we can help, and He will answer (see Doctrine and Covenants 6:5, 8).

Read “The Bread Loaf Prayer” on page 16. Then pray to know who you can help, and do something kind for them! ●

Just One Ta

By Jessica Sebastian

(Based on a true story)

"I always have a happy feeling when I go to church"

(Children's Songbook, 157).

This story takes place in Cantabria, Spain.

"How are we going to make it to church today?" Ellie's little sister, Peppa, asked. "There's so much rain!" "Don't worry," Ellie said. "We're brave!" Ellie helped Peppa button her coat. Then she pulled on her own rain boots.

Ellie and Peppa walked outside with Mami and Papi. It was raining harder than ever. The wind turned their umbrella inside out. Ellie didn't feel quite so brave anymore.

"What should we do?" Ellie asked. It was too stormy to walk to the bus.

"We'll take a taxi instead," Papi said.

"Good idea," Mami said.

"Let's go!"



They walked down the flooded street. No taxis or cars drove past them. Even the *panadería* (bakery) was closed.

Finally they saw the area where taxis parked to pick people up. But the first taxi space was empty.

"Oh no!" Peppa said.

"*Está bien*. It's OK," said Ellie. "There could be one. We just can't see it yet."

They walked closer. The next parking space was empty too.

"Now what?" asked Peppa.

"I know," said Ellie. "Let's pray."

The girls whispered a prayer. "*Nuestro Padre Celestial*, please help us find just one taxi so that we can make it to church today. We're trying to choose the right, and this rain is making it hard. *En el nombre de Jesucristo, amén.*" Ellie was still learning Spanish, so she mixed English and Spanish together.

They walked a little more. The next parking spot was empty too.

"Maybe we should turn around and go home," Papi shouted over the wind.

"Our feet are soaked!" said Mami.

"Let's just go a little bit farther," said Ellie. "We just need one taxi."

Now they could see the last parking spot.

There, with its green light on, was a taxi!

Ellie and Peppa hopped in the taxi. Mami helped them smooth down their hair. "We're sorry to get your seats wet," Papi told the driver.

They arrived at the chapel and greeted their friends with *besos* and *abrazos* (kisses and hugs).

"I can't believe we found a taxi," Mami said. "*¡Que suerte!*"

"It wasn't luck," Ellie said. "Peppa and I prayed that Heavenly Father would help us get to church. And He listened!" ●

The author lives in North Carolina, USA.



Each month, learn about the history of the Restoration! Cut out the cards, fold on the dotted line, and tape them closed.



EMMA HALE SMITH

1804–1879

“We are going to do something extraordinary.”

Minutes of the Female Relief Society of Nauvoo, 17 Mar. 1842.

- Emma married Joseph Smith, and she went with Joseph to get the plates from the Hill Cumorah.
- When Joseph translated the plates, she was the first one to help write down the words.
- God called her to make a hymnbook for the Church.
- She was the first Relief Society President.

“I knew it, and I knew that God knew it, and I could not deny it.”

Joseph Smith—History 1:25

- When Joseph was 14, he prayed to know which church was true. Heavenly Father and Jesus appeared to him.
- He helped restore Jesus Christ’s Church.
- He translated the gold plates so we can read the Book of Mormon today.
- God gave him revelations (messages). They are written in the Doctrine and Covenants.

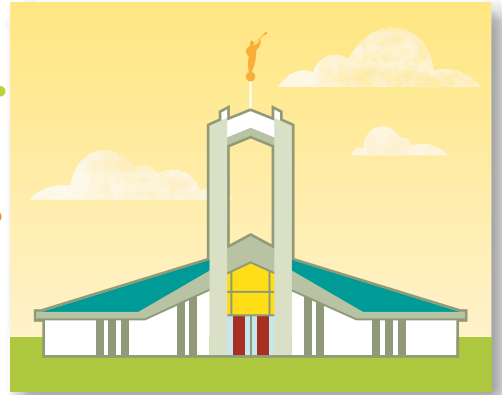
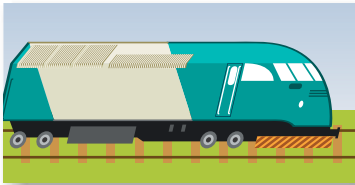
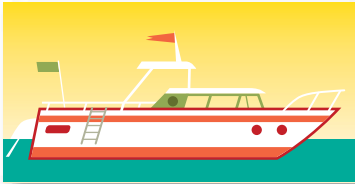


JOSEPH SMITH

1805–1844

Traveling to the Temple

All over the world, people travel to the temple in different ways. Some people can reach a temple in a few minutes. Others must travel for days! Can you help these families visit their nearest temples?



Freiberg Germany Temple

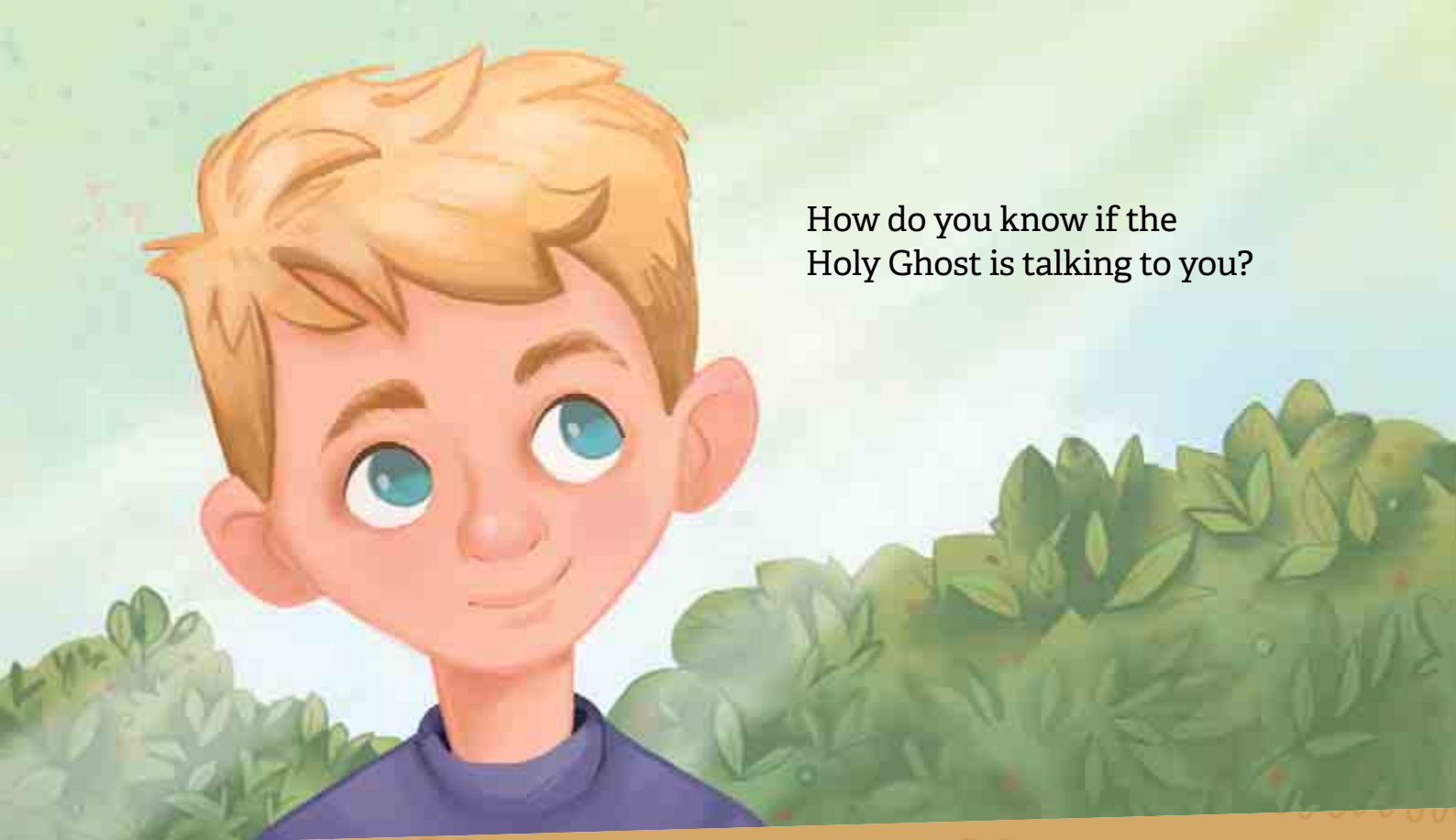


Manhattan New York Temple



Manila Philippines Temple

Where is your nearest temple? When you are old enough to go inside, how will you travel there?



How do you know if the
Holy Ghost is talking to you?

The Bread Loaf Prayer

By Annelise Gardiner
(Based on a true story)

"Put your trust in that Spirit which leadeth to do good"
(Doctrine and Covenants 11:12).

"How do you know when the Holy Ghost is talking to you?" Carver looked up from his scriptures.

Dad smiled and put down his *Come, Follow Me* book. "The Holy Ghost can talk to you in lots of ways. Sometimes it's a feeling, or an idea that pops into your head."

Carver frowned. "But how do you know it's the Holy Ghost?"

"Maybe we can say a prayer to help us find the answer," Mom said.

One of Carver's sisters said the prayer. Then they headed off to school. Carver thought about his question all day.

When he got home, the house smelled delicious. "Bread!" Carver shouted.

"That's right," Mom said. "I made some bread for us to share with others."

Carver looked at his sisters. Eva scrunched up her nose. Jane raised her eyebrows. "You mean we don't get to eat it?" Jane asked.

"We wanted to practice listening to the Holy Ghost," Dad said. "So Mom came up with an idea."



They would each pray to ask Heavenly Father who might need to feel loved today. Then they would give that person some bread.

Carver knelt by his bed. He wanted to hear the Holy Ghost, but what did the Holy Ghost sound like? He took a deep breath and closed his eyes.

"Heavenly Father, who needs bread today?"

Carver tried to listen for the Holy Ghost, but he didn't hear anything. Then he remembered passing Sister Smith's house on the way home from school. She always waved at him. Maybe she liked bread. Perfect!

Mom handed out cards to write notes for the people they were going to visit. Carver wrote, "Dear Sister Smith, I said a prayer to see which person I should give this bread to. I waited for a prompting, and *POP!* You came into my head. Love, Carver."

When Mom drove up to Sister Smith's house, Carver grabbed his loaf and walked to the front door. He felt nervous. What if Sister Smith didn't like bread? What if visiting her was just his brain's idea and not the Holy Ghost?

Then Carver remembered something else Mom had said. She said that if it's a good or kind idea, you don't need to worry about whether it's just your own thought. Nice things are always good to do! Carver took a deep breath and rang the doorbell.

Sister Smith opened the door. "Hello, Carver! What brings you here?"

Carver handed her his loaf. He looked at his shoes,

then back at Sister Smith. "Do you like homemade bread?"

"It's my favorite!" She smiled. "Thank you very much."

Carver smiled too. "You're welcome!" Then more words popped into his head. He followed the prompting right away. "Heavenly Father knows it's your favorite. He loves you a lot!"

Sister Smith's eyes started to look shiny. "I'm glad He can count on you to hear Him."

Carver felt as light as a balloon. He waved to Sister Smith and walked back to the car. Now he knew that giving Sister Smith the bread was a prompting from the Holy Ghost. He was excited to listen to the Holy Ghost again! ●

The author lives in Utah, USA.



What did Carver and his family do to practice hearing the Holy Ghost?

● See *Come, Follow Me* for Joseph Smith—History 1:1–26.



PRESIDENT BALLARD

Visits Canada

The Apostles travel around the world to minister and teach people about Jesus Christ.



President Ballard traveled to Ontario, Canada. He met with people he knew from his mission long ago. They were so happy to see him!



He also met with missionaries serving there now. He told them they were teaching God's children.

“Radiate the love that you have for the Lord Jesus Christ.”*



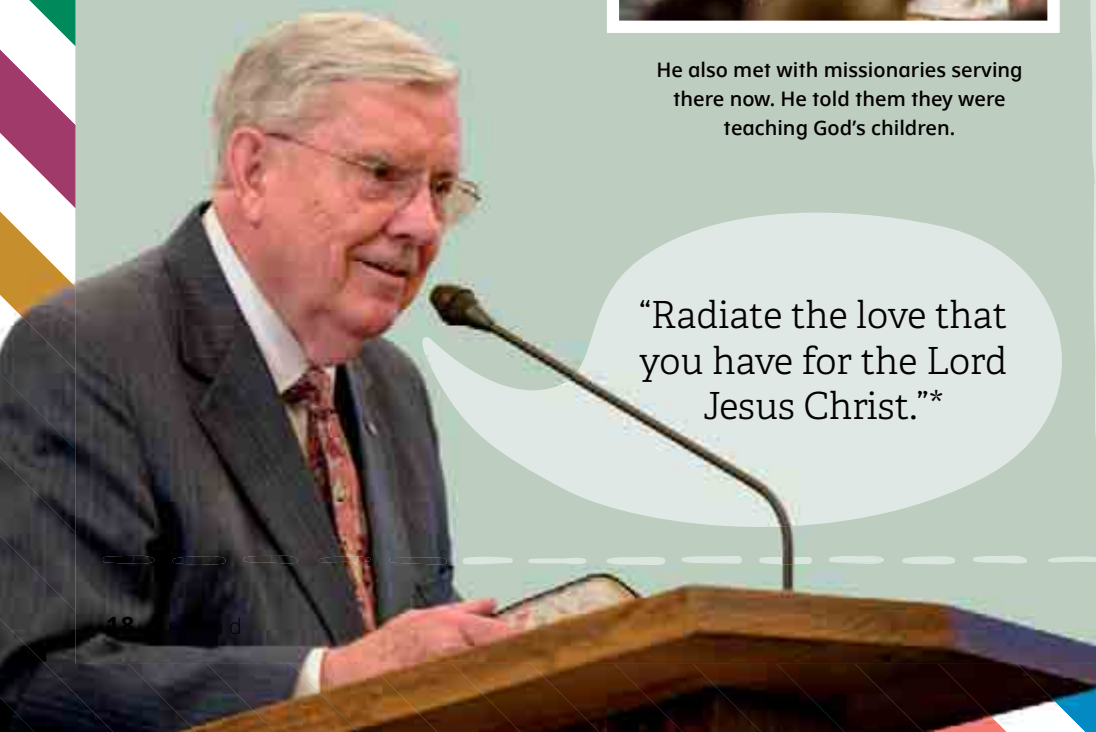
Here is a picture of the Ballard family when they lived in Canada.



President Ballard was mission president in Ontario Canada 46 years ago!

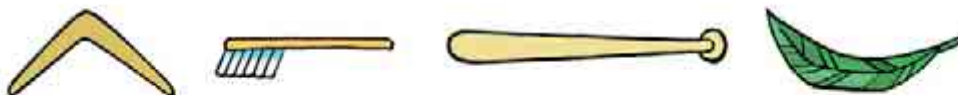
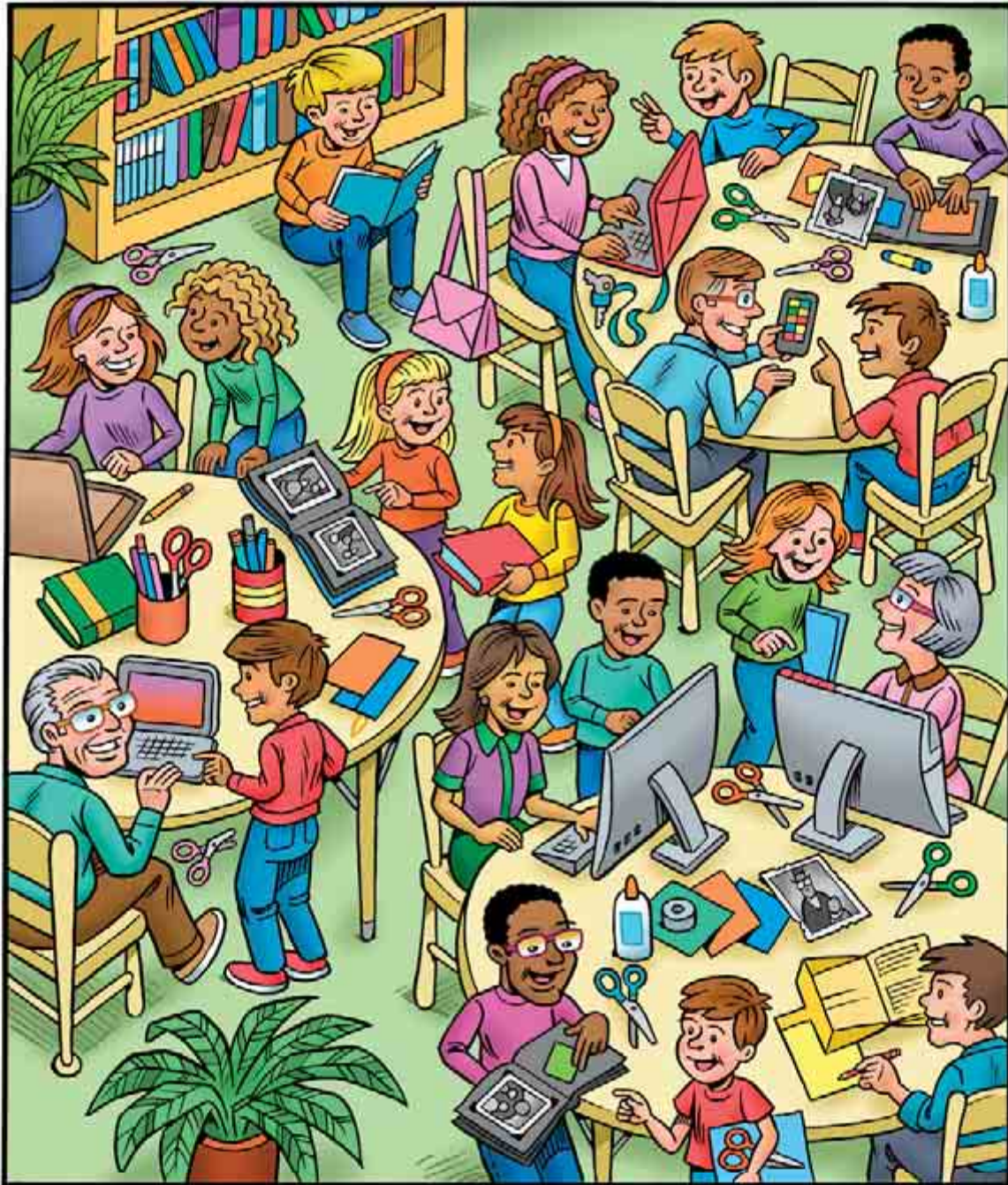


Today Ontario has more than 50,000 members of the Church. There is also a beautiful temple there!



Find It!

These Primary children in Germany had a family history day! Find 5 old photos and 10 pairs of scissors. Then find the other hidden objects.



Missing Grandma and Grandpa

How could Zoe miss someone she'd never met?

By Jane McBride

(Based on a true story)

"The hearts of the children shall turn to their fathers" (Doctrine and Covenants 2:2).

Zoe took a bite of her cookie. "Yummm."

"These are just like Grandma's famous cookies," Zoe's older brother Zach said. "She made the best cookies ever!"

Dad's parents had died before Zoe was born. Her older brothers and sisters and cousins talked about Grandma and Grandpa all the time.

"Your grandma was a great cook," Dad said as he picked up another cookie. "I miss those dinners she and Grandpa had every Sunday. They always invited the whole family."

What would it have been like to know Grandma and Grandpa? Zoe wondered.



Zoe listened to her family tell more stories about her grandparents. She loved hearing about them, but she felt a little left out too. She didn't have any memories to share.

A few days later she was at her older cousin Lily's house. On Lily's bed was a cloth doll.

"She's so pretty!" Zoe said. She softly touched the doll's dress.

"Grandma gave her to me," Lily said.

"She always did nice things like that. I really

miss her."

"I miss her too," Zoe said. Then she frowned. How could she miss someone she'd never met?

Over the next week Zoe kept thinking about her grandparents. Every time someone talked about them, she felt an empty place in her heart.

"I never even met Grandma and Grandpa," Zoe told Dad one night. "Why am I so sad that they're gone?"

Dad smiled. He let out a soft sigh. "Your grandparents loved their family more than anything." His voice got kind of scratchy. "I know that didn't change after they died. They love you very much. And they're cheering for you as you grow up."

Dad snapped his fingers. "Hey, I have an idea. Maybe we should have a special family lesson to help you get to know your grandparents better."

"That sounds nice," Zoe said.

Dad smiled again. "You can learn all sorts of fun things, like how Grandma used to write silly songs for her grandchildren."

Zoe wished she had a song written by her grandma.

The next night, the family gathered to share more favorite stories about Grandma and Grandpa. They even shared some of the silly songs Grandma wrote!

At the end of the lesson, Mom turned to Zoe. "I know you've been thinking a lot about your grandparents," she said. "Someday you'll get to meet them. Until then, Dad and I thought this might help you feel closer to them." Dad handed Zoe a picture of Grandma and Grandpa.

Zoe felt happy as she looked at the picture of her grandparents. Someday she would finally get to meet them! ●

The author lives in Colorado, USA.



I love learning about my family. I want to know my family and know the history of my ancestors. I am glad other people can help me to know more about my family.

Enzo R., age 9, Rio Grande do Sul, Brazil





By President
Russell M.
Nelson

I Love You

President Nelson met with some Primary children in a log house in Palmyra, New York, USA. It looks like the house where Joseph Smith lived when he had the First Vision. Here are some of the things President Nelson shared with the children.



All Children of God

It doesn't matter where you were born or what flag you wave or what language you speak. We are all Heavenly Father's children, and we'll grow up to be like Him.

Effort and Rewards

Being a prophet takes a lot of work and a lot of study. Everything to do with becoming more like the Savior takes effort. When God wanted to give the Ten Commandments to Moses, where did He tell Moses to go? Up on top of Mount Sinai. So Moses had to walk all the way to the top of that mountain to get the Ten Commandments. The Lord loves effort because effort brings rewards that can't come without it.



The Prophet's Family

We are parents of ten children, nine beautiful daughters and one son. Two of them live in heaven now. They had a short time on earth, and they cheer for us in heaven. We're united in temple marriage, which means that we'll be together forever after we've all had our little turn on earth.



A Recipe for Happiness

The scriptures are like a cookbook. If you don't have a cookbook, and you just start mixing flour and milk and eggs, you may not have a good cake. God has given us a recipe for happiness, and it's called the commandments.

The word *commandment* sounds like it's an order,

like we're being told what to do. But it's really a short-cut to learning. For example, He's commanded us not to drink alcohol or to smoke tobacco and other harmful substances. Why? So that you'll live longer and be happier. Do you think I'd live to be 95 years old if I'd been smoking and drinking? No. And I'm happy. And I can ski with my grandchildren.

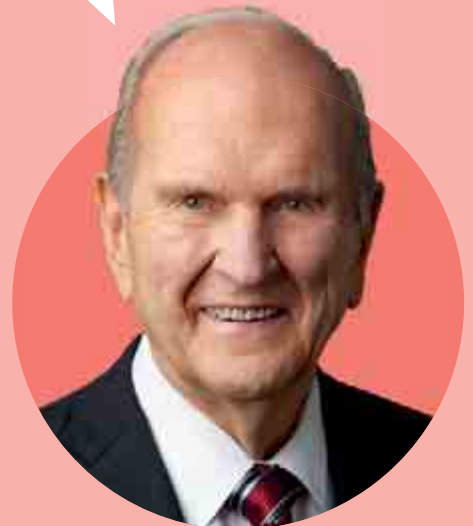


Something Wonderful

Repentance means that every day, we try a little harder and do a little more to become like the Lord Jesus Christ. I'm still repenting. Every day I'm trying to learn more and be more like the Lord would have me be. And that's not a punishment. That's a joyous opportunity. Every day, I bounce out of the bed in the morning and say, "Oh, something wonderful is going to happen today! I'm going to be more like Jesus." ●

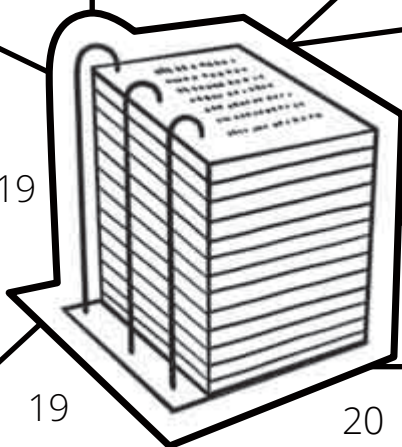


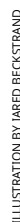
"I love you, and I love your moms and dads and your families. And I pray for the blessings of the Lord to be with each one of you now and forever."



Hear Him

This year you can hear the voice of Jesus Christ as you read about how He restored His Church! Read the verses on page 26 for each week. Then color in the matching spaces on this reading chart.





Doctrine and Covenants Reading Chart

These verses go along with the *Come, Follow Me* lessons for each week in 2021. Read the verses from sections of the Doctrine and Covenants and other scriptures and then color in the matching spaces on pages 24–25.

1. Section 1:37–38	28. Section 76:19–24, 40–41
2. Joseph Smith—History 1:15–17	29. Section 78:17–19
3. Joseph Smith—History 1:30–34	30. Section 81:5–6
4. Section 4:1–7	31. Section 84:46–47, 62, 88
5. Section 6:34–37	32. Sections 86:11; 87:8
6. Section 10:5, 69	33. Section 88:123–125
7. Joseph Smith—History 1:68–71	34. Section 89:1, 18–21
8. Section 14:5–7	35. Section 93:24, 28, 36
9. Section 18:10–13	36. Section 97:15–16, 21
10. Section 20:75–79	37. Section 101:16, 32, 36
11. Section 25:10–13	38. Section 105:39–41
12. Section 27:15–18	39. Section 107:6, 8, 13
13. Section 29:1–6	40. Section 110:1–10
14. Section 19:16–19, 23–24	41. Section 112:10–11
15. Section 33:12–16	42. Section 119:4, 6–7
16. Section 39:20–23	43. Section 121:7–9, 45
17. Section 42:12–14, 17	44. Section 124:40–43
18. Section 45:7–9	45. Section 128:22–23
19. Section 46:10–12, 32–33	46. Section 130:20–22
20. Section 50:40–46	47. Section 133:25, 32–33
21. Section 51:13, 19	48. Section 135:3
22. Section 59:9–12	49. Section 137:7–10
23. Sections 61:36–37; 62:3	50. The Articles of Faith
24. Section 63:8–10	51. “The Family: A Proclamation to the World,” paragraphs 1–2, 7
25. Section 64:33–34	
26. Section 68:5–6	52. “The Living Christ,” paragraphs 1, 12–13
27. Section 75:5, 16	



My Shepherd

Words and music by Blaine J. Garner

Thoughtfully ♩ = 48-55

1. Long a - go in Ga - li - lee Je - sus walked a - long the sea And told the fish - er - men To
 2. Je - sus showed us long a - go How to help the sick, the cold, To love and care for those Who

fol - low Him. Like the faith - ful long a - go, I will choose to fol - low, For
 need us the most. I will com - fort those in need. I will streng - then fee - ble knees And

Chorus

Je - sus love is call - ing of me. I will fol - low where my
 show the love in - side of me.

Sa - vior leads. I will lis - ten when He calls to me. I will live what I be -

lieve. And when I'm in need, He will car - ry me. He's my Shep - herd, and I'm His

1. sheep. 2. sheep.

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This song may be copied for incidental, noncommercial church or home use.

This notice must appear on each copy made.

Watch a music
 video for this song at
children.ChurchOfJesusChrist.org.
 Click on "Videos."

SHOW and TELL



When there were wildfires in Australia, I fasted for the animals in danger. We prayed each night for the firemen so the Lord would protect them. I felt so happy when Mum told me the fires were going away. I know Heavenly Father hears us when we fast and pray.

Lincoln B., age 9, Victoria, Australia



Anna L., age 9, California, USA



Liam A., age 9, Indiana, USA

Carson and Clark S., ages 6 and 4, New South Wales, Australia



I have many friends at school, and we have a lot of fun. One day I saw a girl alone, and I wanted to be her friend. I knew it was the right thing because the worth of souls is great in the sight of God.

Tatiana L., age 6, Sacatepéquez, Guatemala



I went on a litter-picking walk with my dad and collected 322 pieces of litter! It felt good to make our neighbour-

hood cleaner and tidier for other people to enjoy.

Sam D., age 8, Suffolk, England



I was swimming with my family and noticed a boy who was struggling in the water. I went over and helped him. His older brother told me that I was a star for helping. After, I felt the Holy Ghost.

Christian M., age 9, Utah, USA



Hello from our Primary in **Dakar, Senegal!**



Emma S., age 8, Anzoátegui, Venezuela



My baptism helps me remember the important covenants I made with Heavenly Father. I try to follow His commandments and be a good daughter and disciple.

Demmi E., age 9, Mexico City, Mexico

This Primary in **Texas, USA**, created a bulletin board of Christ appearing, with everyone in Primary standing around Him. It helps everyone feel closer to Him.

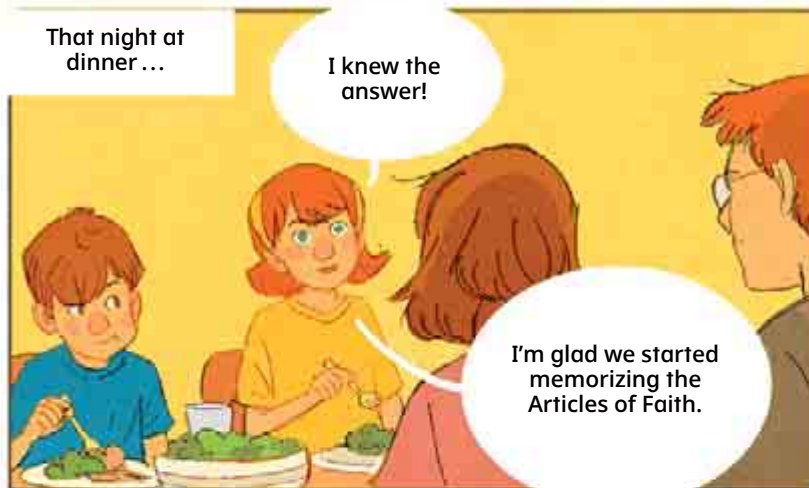
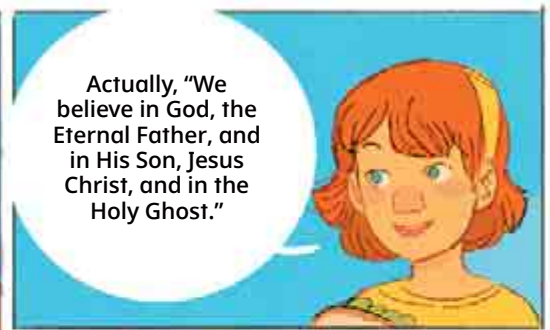


Dallin P., age 8, Huancavelica, Peru



Send in your own art and stories! Go to the back cover to see how.

Matt and Mandy



For Older Kids



Family History Corner

Make a family story book! Write down a story about your family and draw pictures for each page. Staple or tie the pages together to make a book.

**This section has stories and activities especially for older kids!
Can you find these pictures on the following pages?**



GÉOFFROY KOUSSEMOU

FIRST MISSIONARY FROM BENIN



Benin has 4,018 members of the Church.



The first young missionaries were assigned to Benin in 2003.



Benin is a small country on the west coast of Africa.

By Sydney Squires

Church Magazines
(Based on a true story)

Géoffroy walked out of class with his friend Théodore. Both boys were 16, and they lived in Benin, a country in Africa. They were going to a new school to learn about farming. It was their first time living away from their families. They had to study and work for long hours every day.

Géoffroy pulled his backpack up on his shoulder. "I think I might drop out. These classes are so hard."

"No!" Théodore said. "Don't drop out. You need to rely on God. If you do, you will succeed."

Théodore's words stayed with Géoffroy for the rest of the day. Géoffroy had been raised as a Christian, but he had never tried to rely on God. He knelt on the floor but didn't start to pray yet. He was nervous. But if he didn't get help from somewhere, he would never be able to pass his classes. Slowly Géoffroy bowed his head.

"Father in Heaven," he said, "please show me how to rely on you. Will you please help me pass my classes? I promise to serve you the best I can for the rest of my life."

From that time on, Géoffroy felt braver and more determined. Classes were still difficult, but he knew that God was willing to help him if he did his part. Géoffroy put aside his fears and worked hard.

He did well in school. Eighteen months later, he was finally ready to graduate. He had done it!

After he left school, Géoffroy kept working hard. Soon he had a farm of his own.

Then one day he saw a friend who was a member of The Church of Jesus Christ of Latter-day Saints. His friend gave him a Book of Mormon. Géoffroy read the Book of Mormon and prayed. He felt



Géoffroy learned to rely on God through prayer during his school years.

19

Géoffroy was baptized at age 19.



Géoffroy sold the farm he bought to pay for his mission.



Géoffroy knew that God was willing to help him if he did his part.

warm and peaceful inside and knew for sure that the Church is true.

He already knew what to do next. He worked, prayed, and relied on God. First he got baptized. Then he shared his testimony with those around him. Some of his friends got baptized too. What started as a small group of members soon grew into a branch. He was helping the Church grow in Benin!

Géoffroy wanted to go on a mission. He didn't have enough money, so he sold his farm. A few months later, he received a mission call to the Ivory Coast. He was the first missionary from Benin to get a mission call!

His dedication helped him for years. Because of his faith, and that of other members, many more people were baptized. His branch became a ward. That ward is now part of the first stake in Benin!

Géoffroy Koussemou continues to work hard and rely on God. He knows that great things can happen with God's help. ●

Our Book of Mormon Goal



By Mattea W., age 11, Idaho, USA

Last Christmas, my mom's whole family came to our house.

We all wrote down things that we were going to give Christ for the next year. Then we went around and said what we had decided to give.

My grandma said she was going to read the Book of Mormon in four months. My grandma has not gone to church since she was nine and has only read parts of the Bible. We were all surprised. She said she wanted to read it because all of her kids and most of her grandkids had read it. She wanted to know why it was so important to us.

All of my aunts, uncles, and most of my cousins decided to read the Book of Mormon with her. I wasn't sure if she was going to do it, but she is now starting the book of Alma. She really likes it. I feel happy when I read the Book of Mormon and know that my grandma is reading it as well. ●



Send us your stories of how you choose the right and help others! See the back cover to find out how.

Goals and Growing Up

Growing up is exciting! Write about what you've already learned.
Then set a new goal for the future.

How did you learn to do something that you couldn't do when you were younger?

What is something you'd like to be able to do by next year?

Who can help you with this goal?

Draw a picture of you accomplishing your goal!

The Party Problem

*Part of Luz just wanted to go to the party.
But she still felt uneasy.*

By Carolina Marín
(Based on a true story)

*“Study it out in your mind; then . . . ask me if it be right”
(Doctrine and Covenants 9:8).*

This story takes place in Corrientes, Argentina.

Luz felt happy. The school year was ending, and so many exciting things were happening. Soon she would graduate from sixth grade. Next year, she’d be in secondary school!

It surprised her how much she had grown up. She was taller, and she wasn’t a little kid anymore. Those changes were exciting, but she also felt a little nervous.

She decided to talk about it with her parents.

“This is a wonderful time in your life, Luz,” Papá said. “It’s a time for you to learn, do your best, and reach goals that will help you become the person God knows you can be.”

“But life comes just one day at a time,” Mamá said. “You’ll grow and become that person with each small, good choice you make.”

That helped Luz feel better. She was glad that she didn’t have to grow up all at once.

One day at school, Luz’s friends told her they were going to have a graduation party. They were super excited. There would be dinner, music, lights, and even a dance!

But as Luz listened to her friends talk about the party, she started to feel uncomfortable. It didn’t sound like the kind of party where she’d be able to feel the Holy Ghost.

“You’re going to come, right, Luz?” one of her friends asked.

“You *have* to come!” another friend said. “I’ll tell my parents to talk to your parents. Then they’ll let you come.”

“Maybe.” Luz’s stomach was doing flip-flops. “I . . . I’ll let you know.”

Luz spent the rest of the weekend thinking about the party. She thought about it while she practiced the piano. She thought about it while she played with her baby brother. No matter what she did, it was on her mind.

Part of her just wanted to go to the party. But she still felt uneasy. The





nervous feeling in her stomach wouldn't go away.

"Are you OK, *hija*?" Mamá asked on Sunday afternoon. She combed her fingers through Luz's long, dark hair.

"Well . . .," Luz said.

"Are you still thinking about the party?"

"I don't know what to do," said Luz. "I want to go. But I know I won't have a good feeling there."

Mamá smiled. "I know you'll make a good choice," she said. "Think about it, make your choice, and tell Heavenly Father what you've decided. He'll help you know if it's right. You'll feel it in your heart."

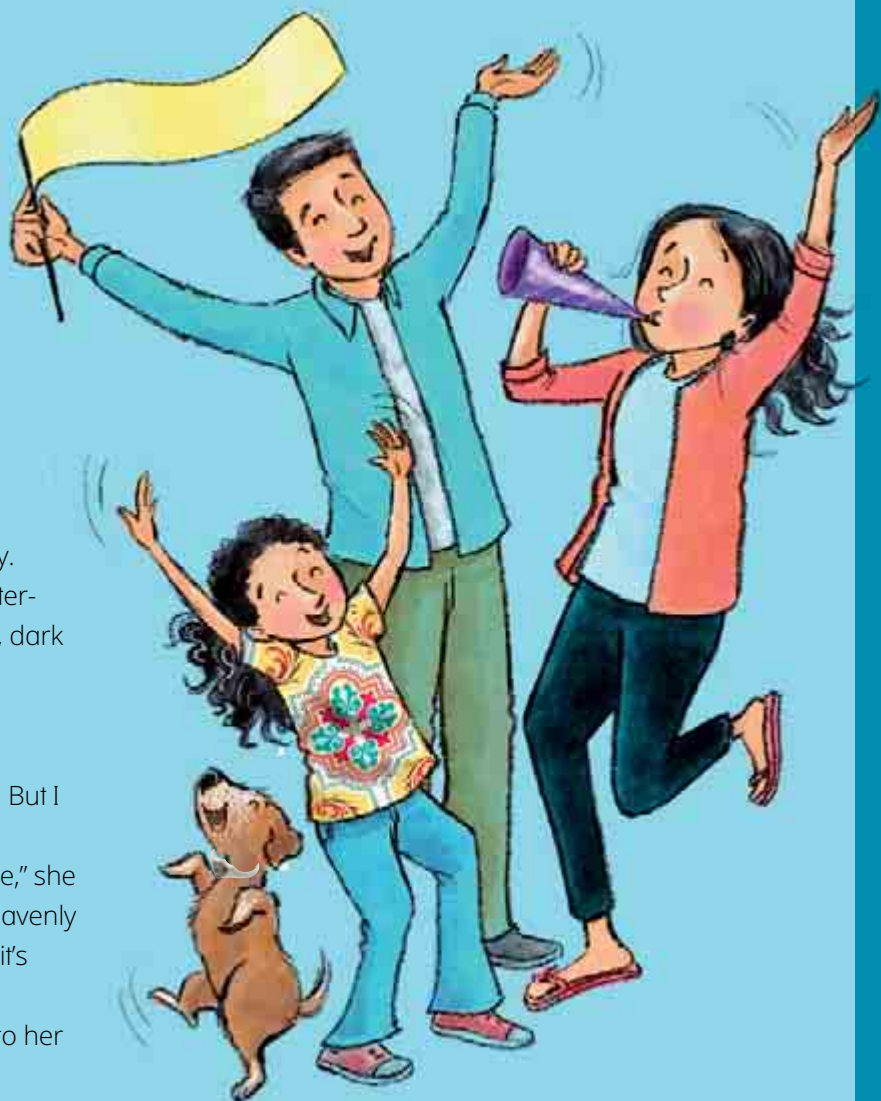
Luz nodded. She took a deep breath and went to her room to pray.

"Heavenly Father," Luz whispered. "My friends invited me to a party, but I don't feel good about it. I'm going to tell them that I can't come. Is this the right thing to do?"

A wave of warmth came over Luz. She didn't feel confused anymore. She felt like she was full of light! She knew she was making the right choice.

When Luz walked out of her room, she gave Mamá a big hug.

"I decided not to go," Luz told her.



"I'm proud of you," said Mamá.

Papá gave Luz a hug too. "I have an idea," he said. "Let's have our own graduation party. We can have ice cream and celebrate as a family!"

Luz smiled. She loved ice cream! And she loved knowing that she could do the right thing, even when it was hard. With every small, good choice she made, she could grow up to be the person God knew she could become. ●

The author lives in Corrientes, Argentina.

● See *Come, Follow Me* for Joseph Smith—History 1:1–26.

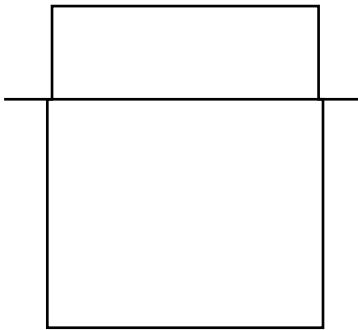
Your Children's Guidebook can help you set goals to help you as you grow.



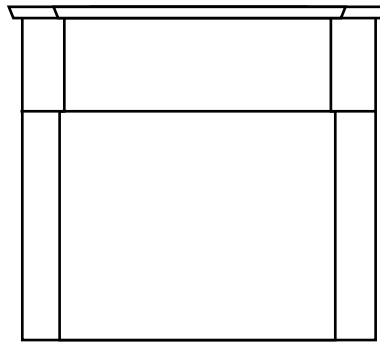
Learn to Draw!

Follow the steps below to draw the Hong Kong China Temple.

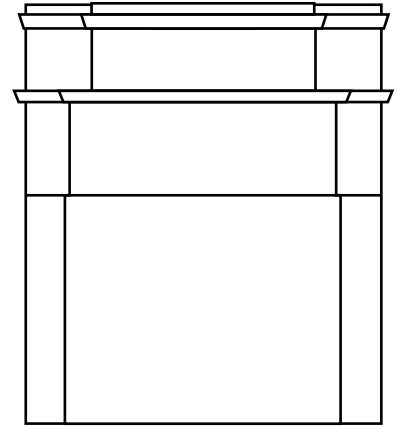
First draw this



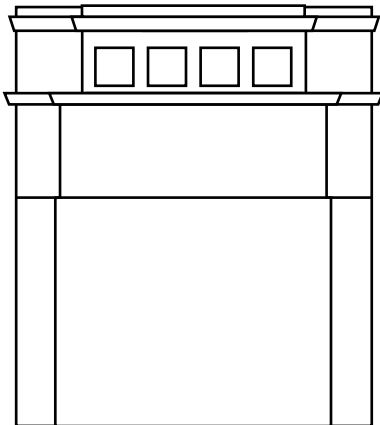
Then this



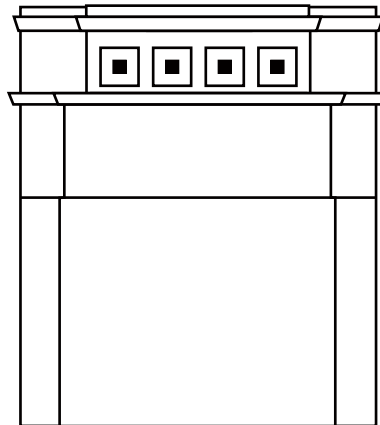
Add the top floor



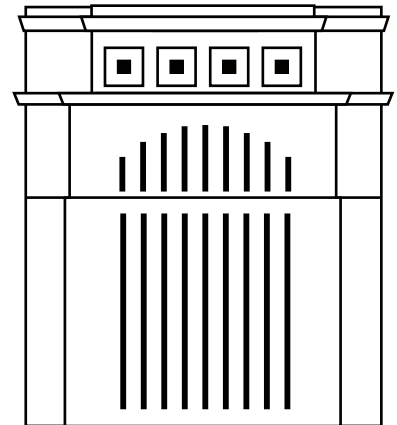
Add the small squares



Add black square inside squares



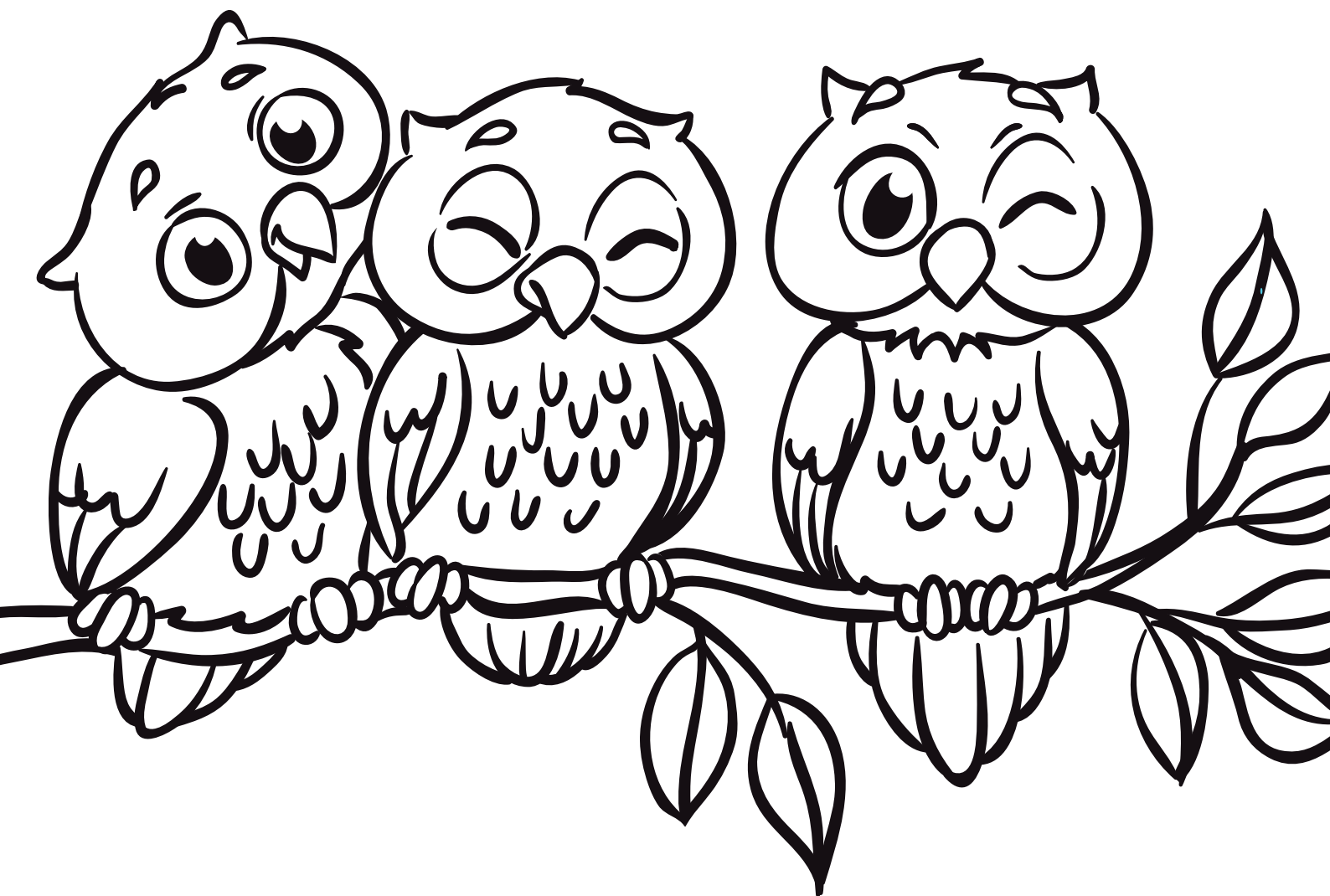
Finish with the thick verticle lines



Brook P., age 11, Utah, USA, made a goal to draw temples. Here's her drawing of the St. George Utah Temple. She loves how different and beautiful all temples are!



for little friends



These pages are just for **you!**

Can you find these things in the following pages?



Family Story Time



María loves to learn about her family!



Every night Mamá tells her a family story.



María learns about when Mamá was a little girl in Mexico.



She learns about when Grandpa met the missionaries.



She even learns about Grandpa's grandpa!



Family stories are the best!

Find It!

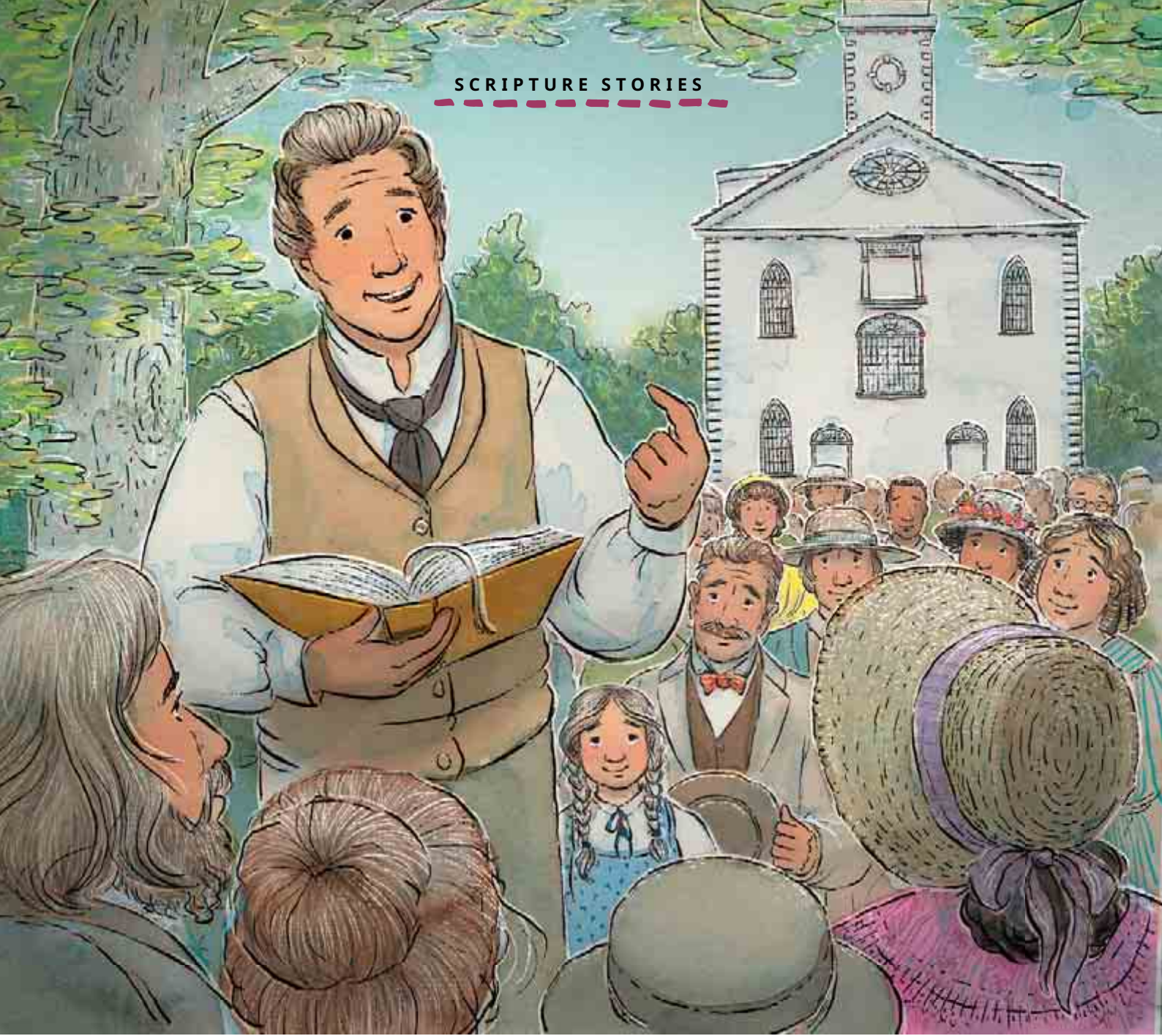
María and her brother are giving a home evening lesson about their family history. Can you find a globe, a ribbon, a comb, eyeglasses, a pencil, a key, and a cat?



FOR PARENTS

Telling family stories can help strengthen your children. Here are some ideas for stories you can tell!

- How did you get your testimony?
- What is your favorite memory with your parents or grandparents?
- When did you have to make a hard choice?



Joseph Smith and the Gold Plates

Joseph Smith was a prophet. He helped Jesus bring His Church back to the world.

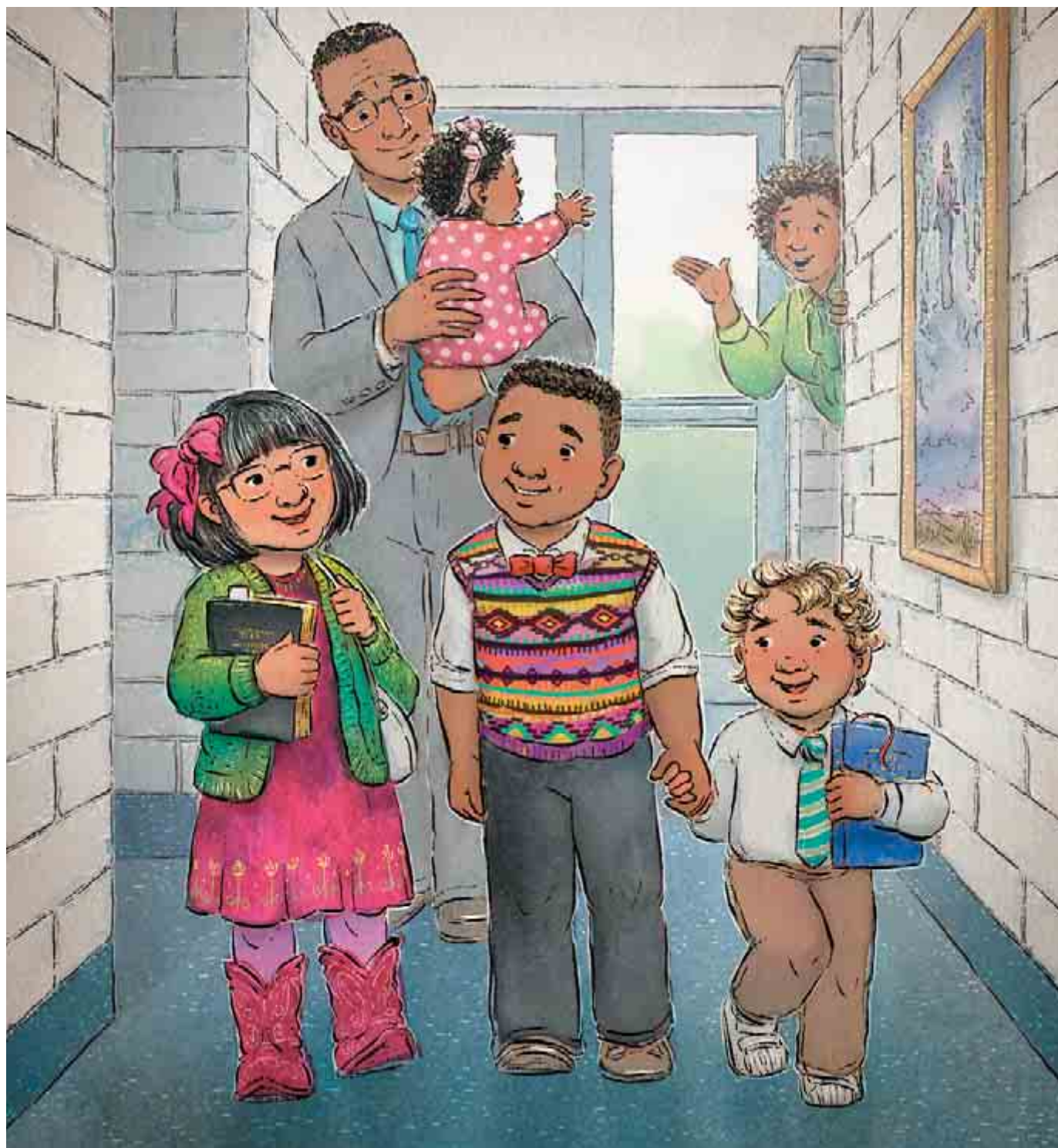


Joseph prayed to find out which church he should go to. Jesus said not to go to any of the churches. None of them were His Church.

The angel Moroni visited Joseph. Moroni told him about a special book written on gold plates. It was buried in a hill nearby.



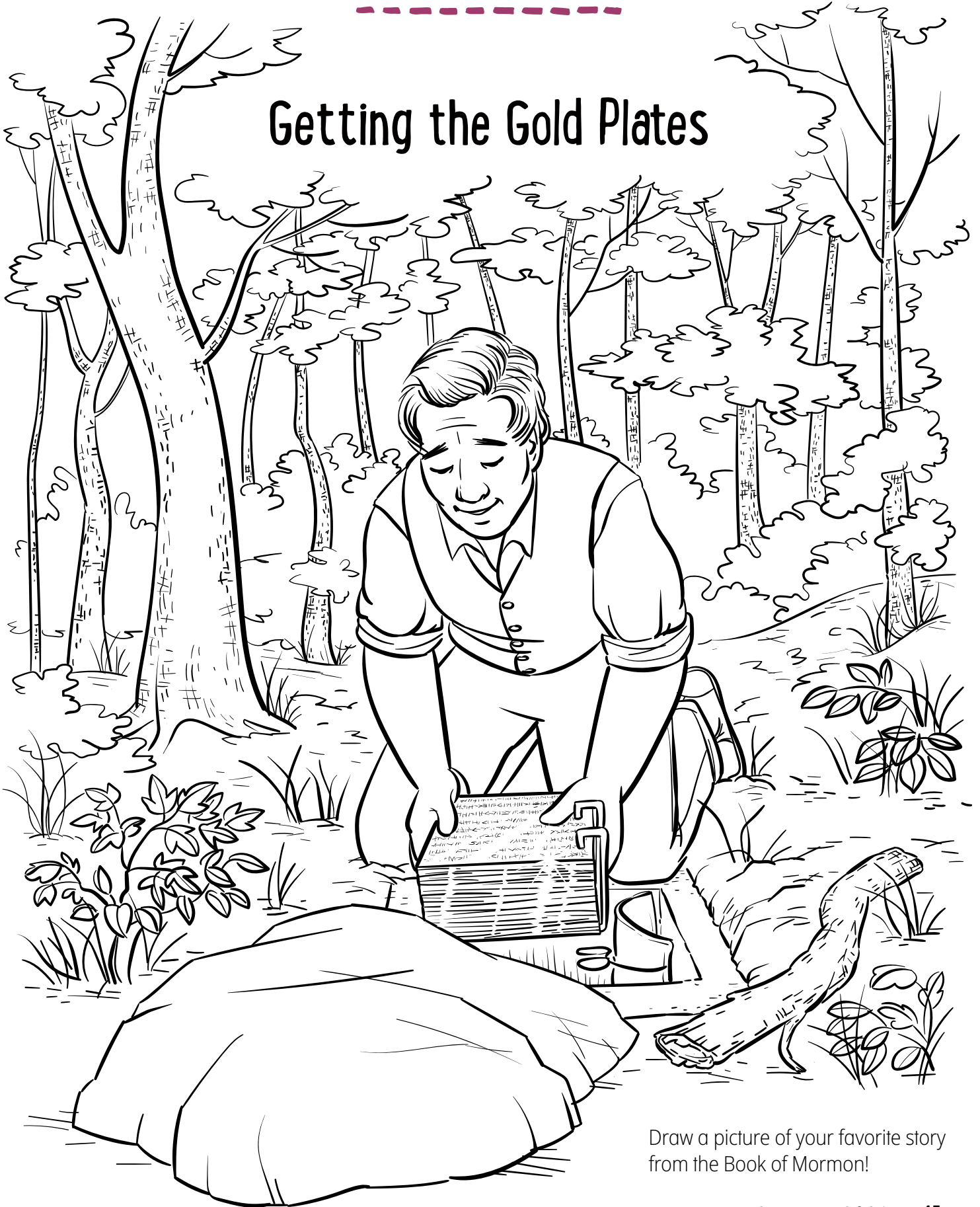
With Heavenly Father's help, Joseph translated the writing on the plates. These writings became the Book of Mormon!



Now we can read the Book of Mormon. And we can go to Jesus Christ's Church! ●

● See *Come, Follow Me* for Joseph Smith—History 1.

Getting the Gold Plates



Draw a picture of your favorite story from the Book of Mormon!

“Ahhhhh!” Oliver cried. He jumped into Mom and Dad’s bed. “A monster is after me!”

“You had a bad dream,” Mom said. “The monster isn’t real.” She put her arm around him. They snuggled tight.

Oliver shivered. “It was really tall. It had yellow eyes and green teeth,” he said. “I said a prayer. But I could still see it coming!”

“I’m glad you asked Heavenly Father for help,” Dad said. “What else can you do?”

“What do you mean?” Oliver said.

“Remember when you gave a talk in Primary? You prayed for help. But is that all you did?”

“I practiced,” Oliver said. “I stood in front of the mirror. I said my talk over and over.”

“And you gave a great talk!” Dad said.

“And remember when you lost your toy car?” Mom said. “You prayed to

Oliver the BRAVE

By Nita Smart Facer
(Based on a true story)





find it. Then did you just stay on your knees?"

"No. I searched and searched. I looked under my bed. Then I looked behind the couch."

"And there it was!" Mom said.

"So," Dad said, "how can you get rid of the monster?"

Oliver imagined himself in a suit of armor.

"First," he said, "pray."

"Good. And then?"

"I can take some deep breaths. And then I can sing 'I Am a Child of God.'"

"That's a great plan!" Mom said. "Now back to bed."

The next morning Oliver ran to talk to Mom and Dad.

"I had another dream about the monster," he said. "But I said a prayer and followed my plan. And the monster went away!"

"I'm so glad the monster went away," Dad said. "Heavenly Father really does hear your prayers." ●

The author lives in California, USA.

● See *Come, Follow Me* for Joseph Smith—History 1:1–26.

Who did Oliver talk to when he was scared? Who can you talk to?

Talking to My Heavenly Father

By Jordan Monson Wright



I don't talk
to Him on a
telephone . . .



Or on a computer
screen.



I simply say a prayer
and know that I am
heard and seen.



He cares about my
life on Earth.



He guides me
from above.



And when I talk to Him
in prayer, I always feel
His love.



SCRIPTURE TIME FUN for Little Ones

You can use these ideas to help teach from Come, Follow Me—for Individuals and Families each week.

For Doctrine and Covenants 2, Joseph Smith—History 1:27–65:

Help your little ones say, “I love my family.” Hold up a family photo and help your child point to each person and say their name.



For Doctrine and Covenants 1:

Help your little ones say, “Joseph Smith was a prophet.” Then go to children.ChurchofJesusChrist.org and click on “Music” to find a song to sing about Joseph Smith.



For Doctrine and Covenants 3–5: Help your little ones say, “I can follow God.” Play a game of follow-the-leader and give your child instructions, one at a time. Clap together when your child gets it right.



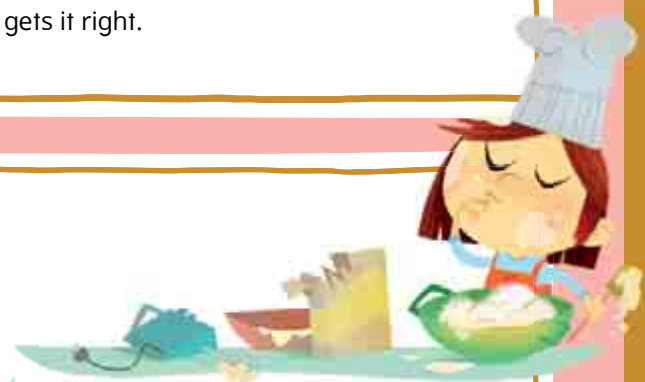
For Joseph Smith—History 1:1–26:

Help your little ones say, “Heavenly Father hears my prayers.” Then use this poem to teach your children how to pray:

“I close my eyes. I bow my head. I fold my arms while the prayer is said.”



For Doctrine and Covenants 6–9: Help your little ones say, “I can do good.” Then help them make a card or treat to bring to a neighbor, or find another fun way to serve. ●





DEAR PARENTS,

Starting now, the *Friend* will reach a global audience, and it will have more stories and activities than ever for readers around the world. Here are some fun things to share with your family this year.

- Join in a worldwide effort to help others, like Jesus did (pages 2–7).
- Follow along with the Doctrine and Covenants reading chart (page 24–26).
- Use Scripture Time Fun (page 10) and the scripture story (page 42) to help with *Come, Follow Me*.

Happy New Year!

The *Friend*

P.S. How many countries are in this issue? Do the flag search (inside the front cover) with your children to find them all!



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Or email: friend@ChurchofJesusChrist.org

The following information and permission must be included:

First and last name

Age

Boy / Girl

State / Province / Region, Country

I give my permission to The Church of Jesus Christ of Latter-day Saints to use my child's submission and photo on the Church websites and social media platforms as well as for Church reports, print products, video, publications, and training materials.

Signature of parent or legal guardian

Date

Email of parent or legal guardian

May the *Friend* contact you with a survey?



YES



NO

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ENGLISH