

THE *Friend*



**Learn about
My Gospel
Standards**

See pages 4–5

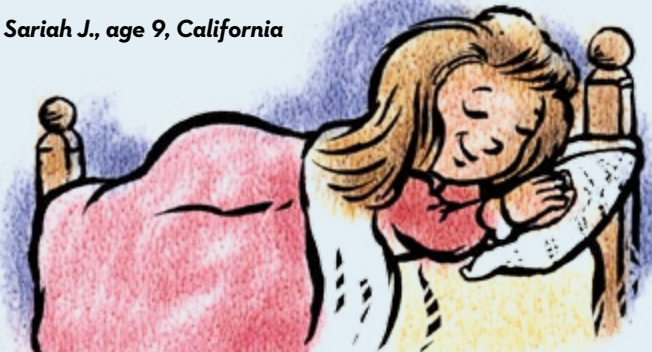


My Best Friend



The *Friend* is my best friend. One day I was reading the *Friend* and I read a story about a girl who had a bad dream. She decided to ask her mom about how to get rid of them. Her mom told her to pray and ask Heavenly Father to bless her to not have any more bad dreams. After I read the story, I thought I should try to do the same thing, so I did. Now I never have bad dreams.

Sariah J., age 9, California



How We Read the *Friend*



Before I go to bed my dad always reads me the *Friend*. I like to learn about Jesus Christ and prophets and hear all the good stories.

Michael B., age 5, Arizona

My Compliments to the *Friend*



I would like to compliment the *Friend* on the stories you tell. They have taught me to think before I act, to tell the truth, and to be kind to and look out for others. The stories make learning interesting and help me think about what is really important. I still have a ways to go to be the best I can be, but the *Friend* has definitely helped me on the way. The stories that affect me the most are the ones that relate to my struggles. Thank you, *Friend*!

Ashton A., age 12, Utah

Dear Friends,

We hope you enjoy this month's issue. We filled it with stories and activities about My Gospel Standards.

Did you learn something new from one of the stories or activities? Or have you had an experience where one of the gospel standards helped you? We'd love to hear from you!

Stay strong!
The *Friend*

Was there a letter or a story in this month's issue that helped you? Tell us about it. Turn to page 48 to find out how.

Volume 42 Number 4
April 2012

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To subscribe: By phone: Call 1-800-537-5971 to order using Visa, MasterCard, Discover Card, or American Express.

Online: Go to store.lds.org.

By mail: Send \$8 U.S. check or money order to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368.

To change address: Send old and new address information to Distribution Services at the above address, or change the address by phone at the number listed above. Please allow 60 days for changes to take effect.

Submit manuscripts or art to:

Friend Editorial, 50 E. North Temple St. Rm. 2432, Salt Lake City, UT 84150-0024, United States of America. Unsolicited material is welcome, but no responsibility is assumed. For return, include self-addressed, stamped envelope. Children's submissions will not be returned. E-mail: friend@ldschurch.org.

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POSTMASTER: Send address changes to Distribution Services, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

Canada Post Information: Publication Agreement #40017431.

THE *Friend*

See the
Guide to the *Friend*
on page 48 for
family home
evening ideas.



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

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Cover by Brad Teare



Learn to
play the
Primary song
"Hosanna"
on page 24.



We celebrate Easter
because of Jesus's
Resurrection.



Following the SAVIOR'S Path

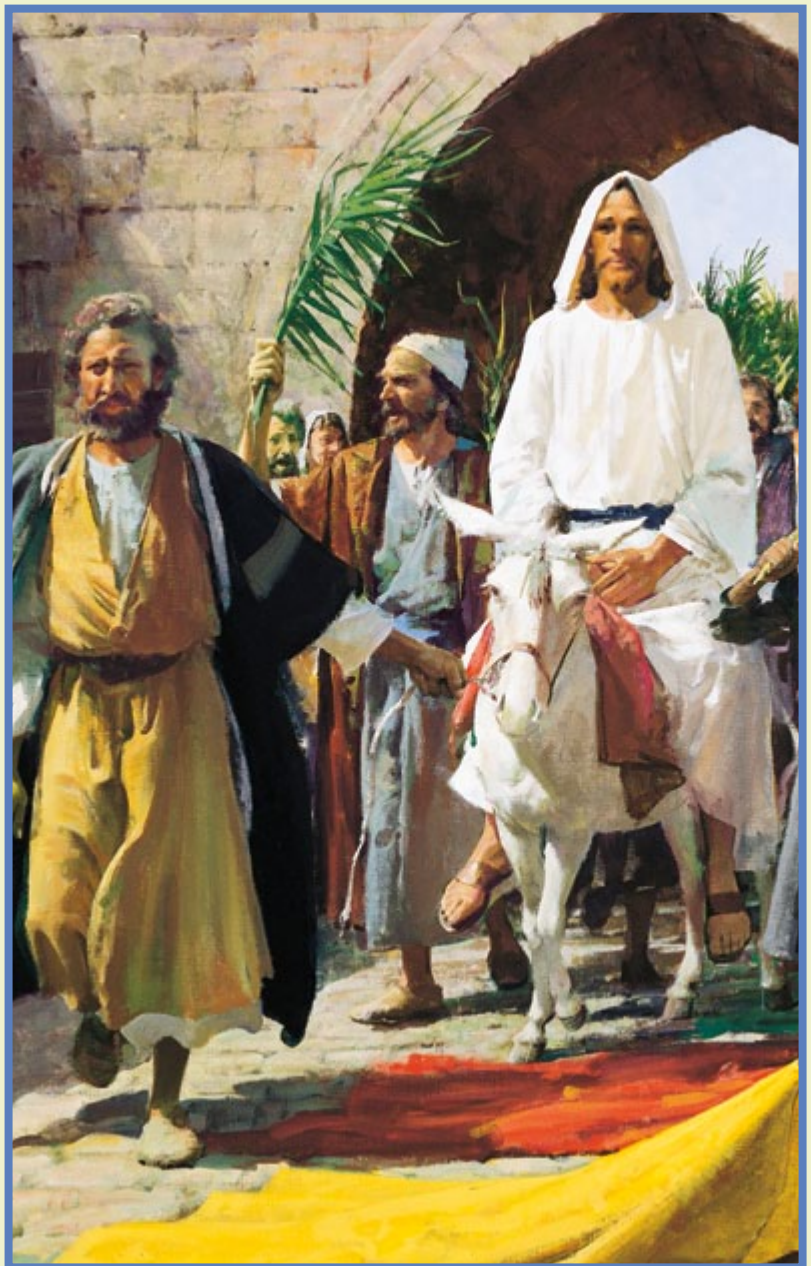
By President Dieter F. Uchtdorf
Second Counselor in the First Presidency

The Sunday before Easter is Palm Sunday. On that Sunday nearly 2,000 years ago Jesus Christ entered the city of Jerusalem during the final week of His mortal life.¹ He rode in on a donkey, and as He did so, a great multitude came out to greet the Master and carpeted the path before Him with palm leaves, flowering branches, and even their own garments. As He approached, they cried, “Blessed be the King that cometh in the name of the Lord”² and “Hosanna to the Son of David.”³

During the week from Palm Sunday to Easter morning we turn our thoughts to Jesus Christ. The gospel is the good news of Christ. It is the revelation that the Son of God came to earth, lived a perfect life, atoned for our sins, and conquered death. It is the path of salvation, the way of hope and joy.

The gospel is the way of discipleship. As we walk in that way, we can experience confidence and joy. You and I can walk in the path of discipleship today. Now is the time.

I bear my solemn witness that Jesus the Christ lives. He is the Savior and Redeemer of the world. He is the promised Messiah. He lived a perfect life and atoned for our sins. He will ever be at our side. He will fight our battles. He is our hope; He is our salvation; He is the way. Of this I testify.



NOTES

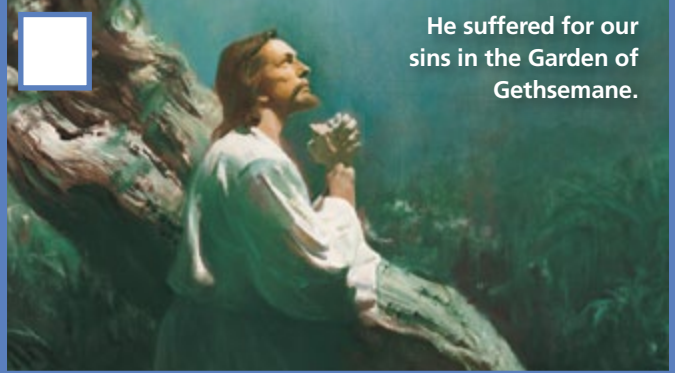
1. See Matthew 21:6–11.
2. Luke 19:38.
3. Matthew 21:9.

From an April 2009 general conference address.

Hosanna!

When Jesus Christ rode into Jerusalem on a donkey, the people showed they honored Him by placing palm leaves on the dusty path. They used the word *Hosanna*, a joyful word that means “save us now.”

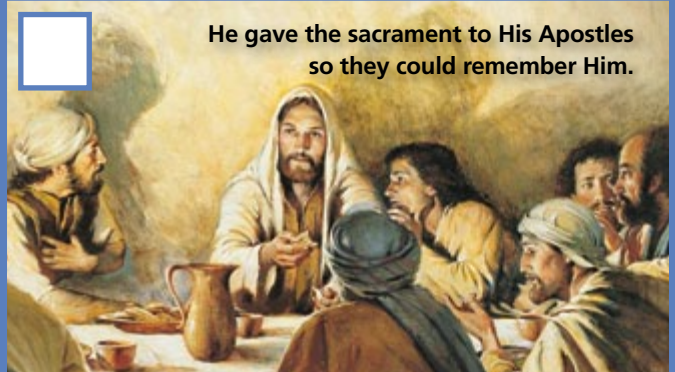
Number the pictures to show the order of events after Jesus arrived in Jerusalem.



He suffered for our sins in the Garden of Gethsemane.



He was resurrected on Easter morning.



He gave the sacrament to His Apostles so they could remember Him.



He will come again.



He showed Himself to His Apostles.



He returned to heaven.



He died on the cross and lay in a tomb.

How to Follow Jesus Christ

How can you follow Jesus Christ? Following Him begins with learning about Him, having faith in Him, and trying to do what He taught. My Gospel Standards can help you follow His path and be a good example to people around you.

Turn the page to find out about some special stories and activities in this issue that will help you stay on the Savior's path.

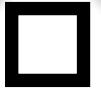
FOLLOW THE PATH

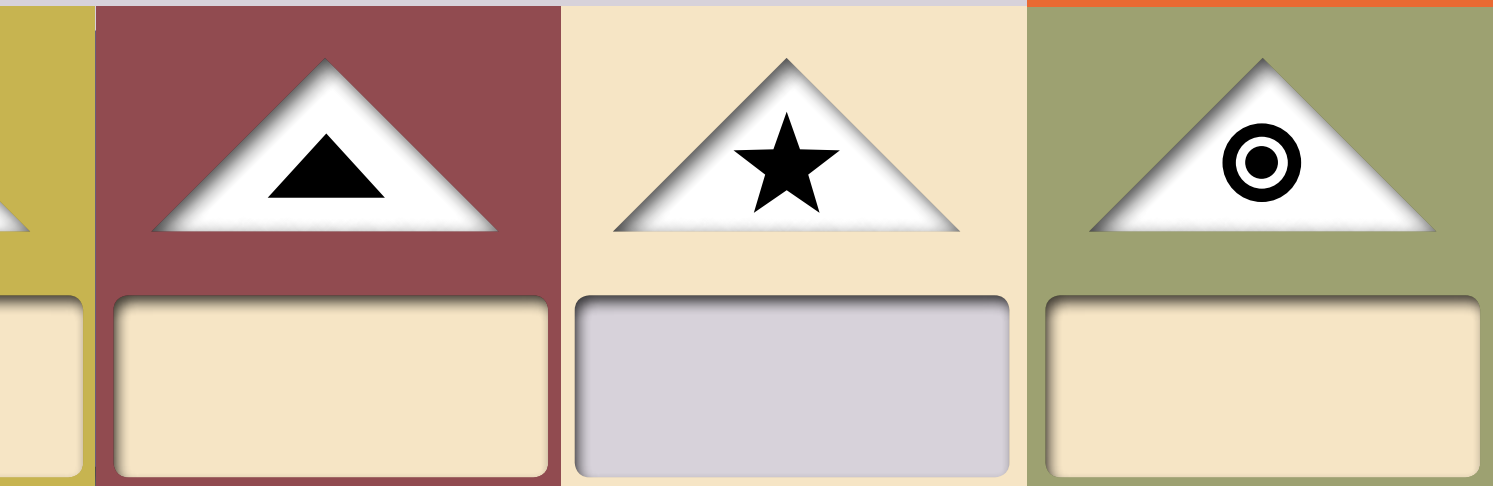
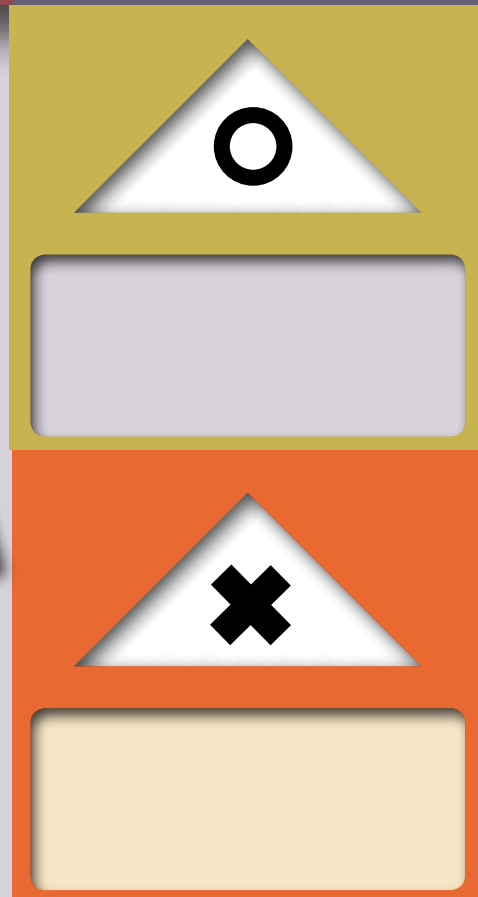
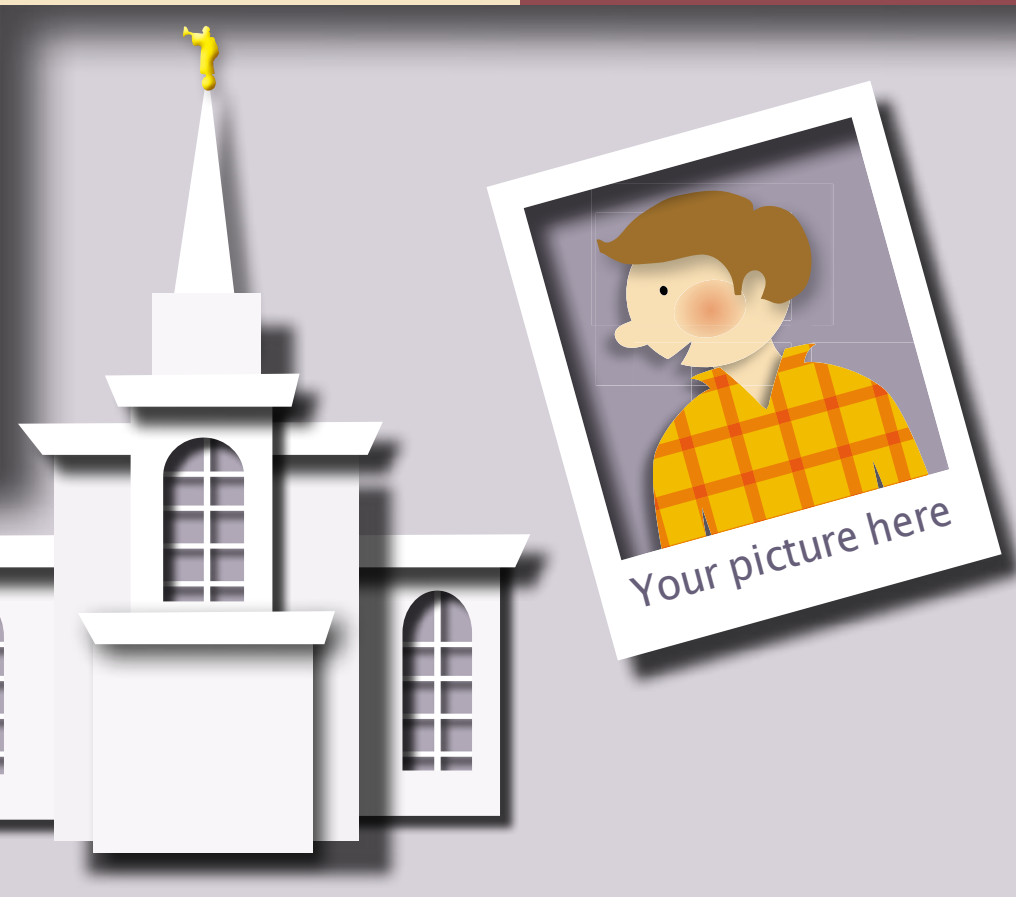
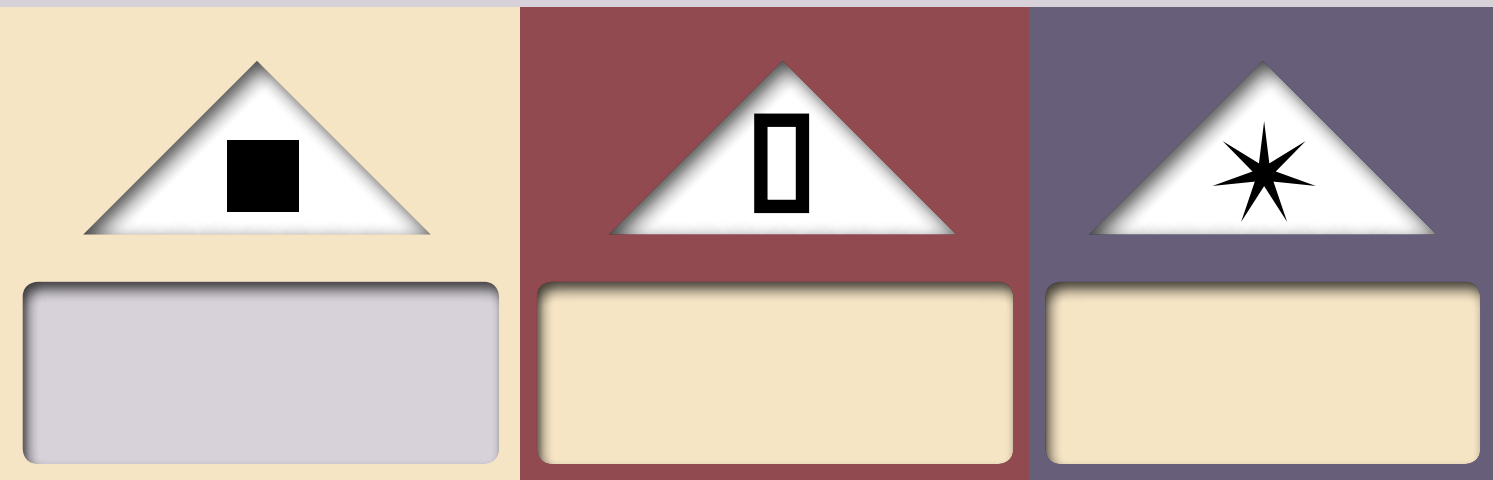
The standards in My Gospel Standards will help you follow Jesus Christ and stay on the path that will take you to the temple.

Here's how to play:

1. Each step on the path has a black-and-white symbol that stands for one of the gospel standards.
2. Look through the magazine for matching symbols. When you find one, read the story or do the activity on that page. Then cut out the symbol and glue or tape it on the path.
3. Write the gospel standard in the blank space under the symbol (see the My Gospel Standards poster on page 6).
4. When you reach your goal, add a picture of yourself to the space by the temple. You can either draw a picture of yourself or cut out a picture of yourself and tape or glue it in the space.
5. Print more copies of this activity at lds.org/friend.

START





MY GOSPEL STANDARDS

I will follow Heavenly Father's plan for me.

I will remember my baptismal covenant
and listen to the Holy Ghost.

I will choose the right.
I know I can repent when I make a mistake.

I will be honest with Heavenly Father, others, and myself.

I will use the names of Heavenly Father and Jesus Christ
reverently. I will not swear or use crude words.

I will do those things on the Sabbath that will help me feel
close to Heavenly Father and Jesus Christ.

I will honor my parents
and do my part to strengthen my family.

I will keep my mind and body sacred and pure, and
I will not partake of things that are harmful to me.

I will dress modestly to show respect for
Heavenly Father and myself.

I will only read and watch things that are
pleasing to Heavenly Father.

I will only listen to music that is pleasing to Heavenly Father.

I will seek good friends and treat others kindly.

I will live now to be worthy to go to the temple
and do my part to have an eternal family.

I AM A CHILD OF GOD

I know Heavenly Father loves me, and I love Him.

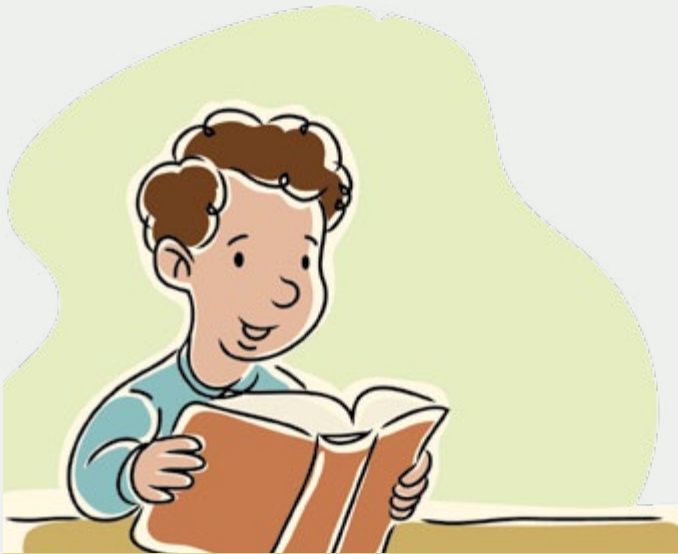
I can pray to Heavenly Father anytime, anywhere.

I am trying to remember and follow Jesus Christ.

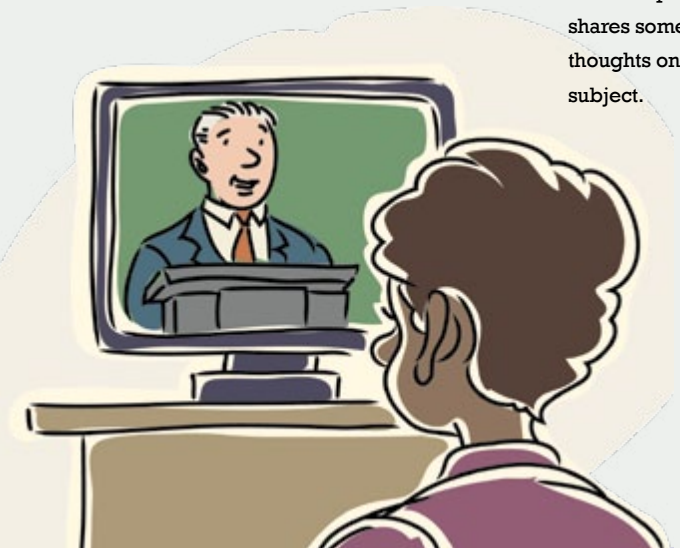
What can I do to follow **HEAVENLY FATHER'S** plan for me?



Elder Richard G. Scott of the Quorum of the Twelve Apostles shares some thoughts on this subject.



Learn about the great plan of happiness by studying the scriptures.



Listen to the voice of current and past prophets.



Obey the inner feelings that come as promptings from the Holy Ghost.



When needed, seek counsel and guidance from parents and your priesthood leaders.

From "The Joy of Living the Great Plan of Happiness," Ensign, Nov. 1996, 75.



Talk Time

I will honor my parents and do my part to strengthen my family (My Gospel Standards).



By Hilary Watkins Lemon

(Based on a true story)

All right, everyone. Let's have talk time," Mom called. Josie had been looking forward to talk time all day. Every evening, Josie and her two little brothers, Ben and Wes, gathered in the living room with Mom and Dad to talk about what was going on in their lives.

Tonight Dad had said he would help Josie practice her script for the morning announcements. Reading the morning announcements was a special privilege at Josie's school. Tomorrow Josie would play a small part of her favorite song over the school's speakers and use the microphone to announce the day's activities and lunch menu.

Josie ran to the living room, excited to rehearse her script.

"There's our famous announcer!" Dad said when Josie hopped on the couch next to him. "How are you feeling about tomorrow?"

"I'm excited but a little nervous. I'm afraid I'll mess something up in front of the whole school," Josie said.

"That's why we practice," Dad said. "Go ahead and read through your script, and I will listen for places you can improve."

"Thanks, Dad," Josie said.

She and Dad reviewed the script so many times

that Josie lost count. Then Josie stood and performed her script one last time for her family. Mom and Dad cheered. Ben gave her a high five, and Wes smiled and clapped his hands.

Josie went to bed happy and confident.

The next day everything went smoothly. Even though she was nervous, Josie smiled when she heard her music play on the school's speakers. She was glad she had practiced the script with Dad, and she read it slowly and clearly without any mistakes.

"You did an excellent job," Mrs. Blake, the assistant principal, said.

At the end of the school day, Josie stood in line for the bus. An older boy turned around and asked, "Are you the girl who read the announcements today?"

Josie smiled. "Yes," she said.

"Why did you pick that song?" the boy asked.

"It was a dumb song. You really ruined morning





announcements.” Then he called her a mean name and laughed with his friends.

Josie sat alone in the front seat of the bus. She felt sick to her stomach.

When Josie got home, she found Mom playing with Wes.

“Mom, I know it’s not talk time yet, but I was wondering if we could still talk right now,” Josie said.

“Of course, Josie,” Mom said. “What happened? Did something go wrong with the morning announcements?”

“No,” Josie said. “Everything was perfect. At least I thought so, until a boy told me I picked a dumb song. He called me a really mean name too.”

Mom patted the floor next to her. Josie walked over and sat down. Mom gave her a big hug. Josie and Mom talked about everything that happened that day, including Mrs. Blake’s compliment.

“Nothing is more important to the relationship between family members than open, honest communication.”¹

Elder M. Russell Ballard of the Quorum of the Twelve Apostles



“I’m sorry that boy and his friends were rude to you,” Mom said. “But it sounds like other people you respect, like Mrs. Blake, were very pleased with the way you read the announcements. Dad and I are so proud of you. You worked very hard, and it paid off!”

Josie hugged Mom again. “Thanks, Mom,” Josie said. “I feel a lot better.” Josie was glad that any time could be talk time.





TALKING TOGETHER

Here are some suggestions for having your own family “talk time”:

- Ask your parents about setting aside a few minutes each day for your family to talk together.
- It could be during a meal or at a certain time of day.
- Make sure everyone takes turns talking and listening. Include everyone!
- Be respectful of the opinions of your family members. Make sure everyone feels that what he or she says is important.



CONVERSATION GAMES

Need some ideas for talk time? Try these games:

Beanbag Toss: If your family is large or has a hard time taking turns, use a beanbag to show whose turn it is to talk. After the person with the beanbag says what he or she would like to say, toss the beanbag to another family member to take a turn to talk.

Interviewer: Split into groups of two and take turns pretending to be interviewers. Think of a few questions for your partner and then ask him or her questions. You can even use a real microphone or sound recorder for your interviews.

What Would You Do? Take turns asking your family different questions that begin with “What would you do . . . ?” Some examples are “What would you do if you got lost?” and “What would you do if you could go anywhere in the world?”

HELP FOR PARENTS: ONE-ON-ONE TIME

As fun as it is to talk as a family, it is also important for parents and children to spend one-on-one time together. Take advantage of moments during the day to visit with your children individually. Invite one child at a time to help you complete a household chore, accompany you on an errand, or chat with you in your room for a few minutes. Just a few short moments can lead to meaningful conversations.

Find more ideas for talking together in “Taking Time to Talk and Listen” by Primary general president Sister Rosemary M. Wixom on page 10 of this month’s Ensign.





The earth shook, and two angels came down and rolled away the stone. Mary, Mary Magdalene, and other women went to visit the tomb. The angels told them Jesus had been resurrected. As the women ran to tell Jesus's disciples the wonderful news, they saw Jesus. The women knelt at His feet and worshipped Him. Death is not final. Jesus really does live again, and so will we!

Scripture: Matthew 28:1-10, 16-20
Song: "Did Jesus Really Live Again?"
(Children's Songbook, 64)

④ Trim here; then staple booklet

③ Fold here

He Sent His Son

The Story of Easter



Jesus walked to Bethany to stay with His friends Mary, Martha, and Lazarus. Mary showed her love for Jesus by putting oil on His tired feet.

Scripture: John 12:1-3
Song: "Jesus Said Love Everyone"
(Children's Songbook, 61)

ILLUSTRATIONS BY SCOTT JARRARD

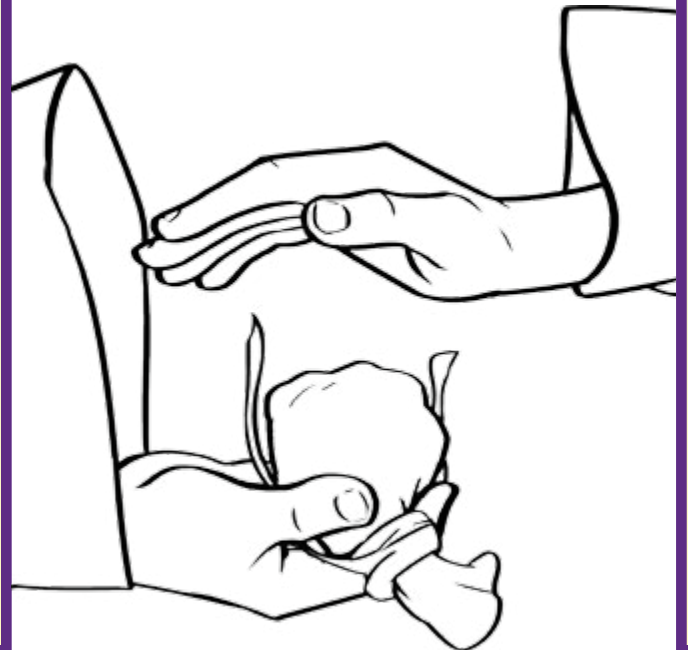
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Jesus was almost finished with His mission on earth. He loved us so much that He was willing to give His life for us. We show we love Him by always remembering Him and trying to do what He taught us.

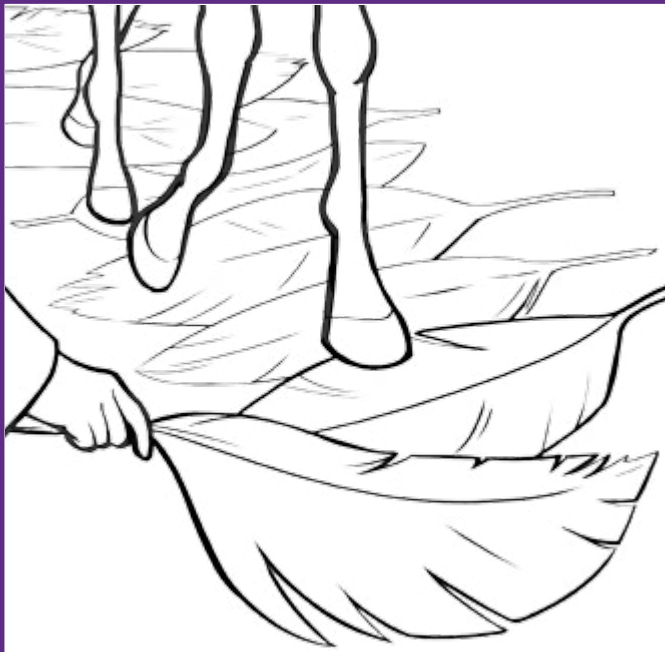
Scripture: John 3:16; Moroni 7:48
Song: "Help Us, O God, to Understand"
(Children's Songbook, 73)

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Jesus taught people in the temple and on the Mount of Olives. A group of leaders plotted to kill Him. They paid one of His disciples 30 silver coins to turn Him over to them.

Scripture: Matthew 25:31-46; 26:14-16
Song: "He Sent His Son" (Children's Songbook, 34-35)

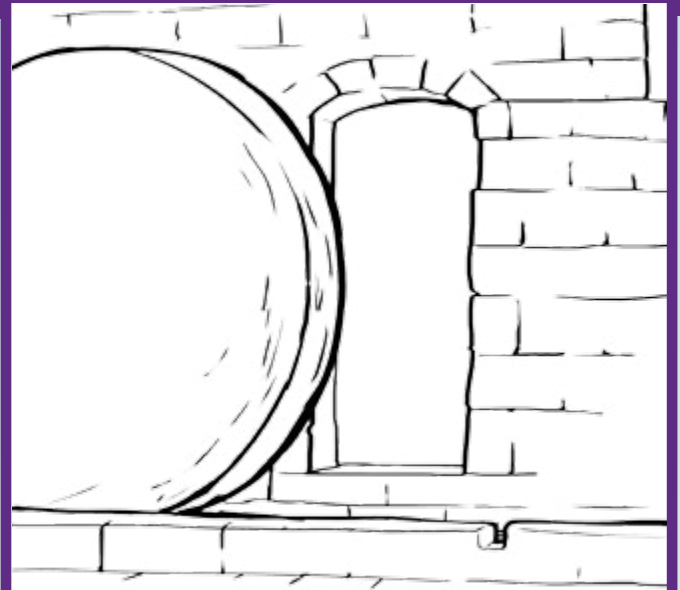


*Jesus rode into the city of Jerusalem on a donkey.
The people praised Him and laid palm leaves
on the ground.*

Scripture: Mark 11:1-11

Song: "Hosanna"

(Children's Songbook, 66-67)



*Caiaphas, the high priest, and Pilate, the governor,
condemned Jesus to die. After Jesus suffered
and died on the cross, He was laid in a tomb, and
a large stone was put in front of the entrance.*

*Scripture: Matthew 26:57, 59-60; 27:1-2, 11,
22, 27-35, 57-60*

*Song: "He Died That We Might Live Again"
(Children's Songbook, 65)*

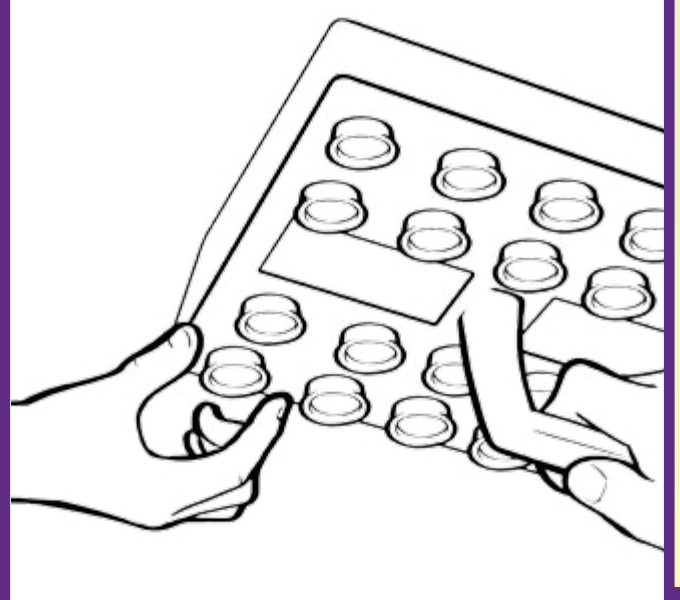


*Jesus visited the temple. He made people leave who
were buying and selling things there. Then He healed
people who were lame and blind. The jealous priests
were angry with Him.*

Scripture: Mark 11:15-18

Song: "Tell Me the Stories of Jesus"

(Children's Songbook, 57)



*Jesus ate the Passover meal with His disciples. He gave
them the sacrament to help them remember Him.*

*Then He went to Gethsemane to pray to Heavenly
Father and to suffer for our sins. People with swords
came and arrested Him. His disciples ran away in fear.*

Scripture: Matthew 26:17-29, 36-56

Song: "The Sacrament"

(Children's Songbook, 72)

Easter Activities

Easter Bouquet

White Easter lilies remind us of the Resurrection. They are buried in the ground as bulbs. In springtime they bloom as beautiful, sweet-smelling flowers. This reminds us of how Jesus was laid in the tomb and then came forth on Easter morning.

To make your own Easter lilies, you will need white construction paper, a pencil or crayon, scissors, tape, and one yellow and one green pipe cleaner for each lily.

1. Use the pencil or crayon to trace your hand on the white paper. Cut out the shape.
2. Roll the handprint into a cone shape, and tape it along the side.
3. Roll each finger down the outside to form the curls of the bloom.
4. Cut a three-inch piece of the yellow pipe cleaner and form it into a U shape. Curl the ends to form the center of the lily.
5. Wrap one end of the green pipe cleaner around the middle of the yellow pipe cleaner.
6. Place the other end of the green pipe cleaner into the curly end of the lily and pull it through.

Make a whole bouquet for an Easter centerpiece!



Bird Nest Snacks

6 ounces (170 g) chocolate chips

3 cups fiber cereal

jelly beans or other small candies

1. Line a cookie sheet with waxed paper.
2. Place the cereal in a large bowl.
3. Put the chocolate chips in a medium bowl and microwave for 30 seconds. Remove bowl, stir, and microwave for another 30 seconds. Repeat until the chocolate is melted and smooth.
4. Pour the chocolate over the cereal and stir until all the cereal is coated.
5. Use a spoon to scoop the mixture onto the waxed paper.
6. While the scoops are still warm but not hot, shape them into nests.
7. Decorate each nest with a few candies.



Bulletin Board

JOURNAL JUNCTION

Each month this year you can write a little bit of your own history in your journal. This month write about your baptism. How old were you? Were you baptized in a church building or another place, like a swimming pool or a lake? Who was at your baptism? If you haven't been baptized yet, you can write what you can do to prepare for baptism.

Book of Mormon Numbers

Last year, the 150 millionth copy of the Book of Mormon was printed. If you put that many copies of the Book of Mormon end to end, the line would stretch almost all the way around the world!



Sabbath-day Activities

I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ (My Gospel Standards).

When Sunday comes around, do you sometimes think too much about the things you *can't* do? Well, there are lots of things you *can* do to enjoy the Sabbath and still keep it holy. We asked Church magazine readers what they do on the Sabbath, and here are some of their answers.

- Make assignments for that week's family home evening. We also plan the week's activities, including giving service.
- Read old *Friend* magazines.
- Take a walk as a family.
- Play family games.
- Visit or call family, or write letters or e-mails.
- Work on Faith in God or Cub Scout achievements that are appropriate for the Sabbath.
- Visit people who are alone. Make a craft for them or sing them a song.
- Chose an ancestor and research and write down their life events. Spend the day getting to know your ancestors!
- Find someone to serve. Ask the nurses at a hospital which patients don't get visitors, then visit those people.
- Have a journal club. Get together with journals and pens and write and talk about the past week.
- Pick a prophet for the day and discover interesting facts about him.
- Have church music playing throughout your house.
- Read out loud from the life stories of your ancestors.

FHE Assignment





Enos REPENTS

By Diane L. Mangum

From 2 Nephi 10:3; Jacob 4:4–5; Enos 1.



One day Enos went into the forest to hunt. Walking alone through the trees, he started thinking about what his father had taught him.

All his life Enos had heard his father, Jacob, teach about Jesus Christ. Jacob was a prophet to the Nephites. He had seen a vision of Jesus Christ, who would be born about 500 years later.

Enos had not always done what his father taught him. As he hunted, he thought about his sins. He began to feel hungry—not hungry for food, but hungry to be forgiven for his wrongdoings.

Enos stopped hunting. He knelt and began to pray. Hour after hour, all day long, he prayed for forgiveness. When the night came, he was still raising his voice to heaven in prayer.



At last, a voice came to him saying, “Enos, thy sins are forgiven thee, and thou shalt be blessed.” Enos knew that God could not lie. His guilty feelings were swept away, and he knew Heavenly Father had forgiven him. Heavenly Father said the reason Enos could be forgiven was that he had faith in Christ.

Filled with joy and faith, Enos started thinking about his people, the Nephites. He prayed for them and asked God to bless them. The Lord’s voice came into his mind, telling him that the Nephites would be blessed as they kept the commandments.

Now Enos had more faith than ever. He began praying for the Lamanites. The Lamanites and the Nephites

Nephites and Lamanites

The Nephites and Lamanites were both descendants of Lehi, who left Jerusalem before Enos lived. In the New World, Lehi’s sons Laman and Lemuel and their families became the Lamanites. The families of Lehi’s sons Sam, Nephi, Jacob, Joseph, and their sisters became the Nephites.

were enemies, and many times they had fought terrible battles. Still, Enos prayed for the Lamanites.

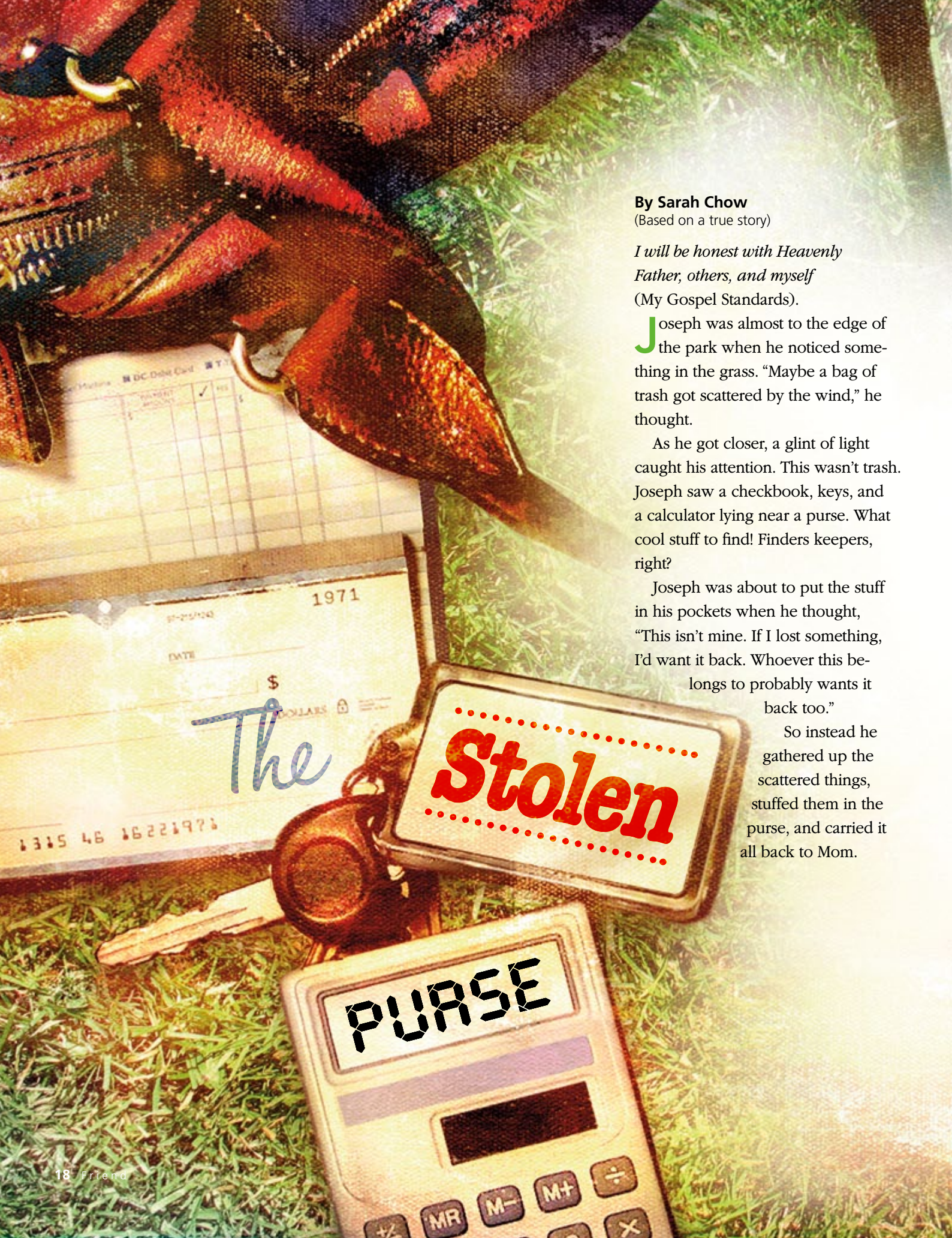
Enos asked that if the Nephites were destroyed that the sacred records written on plates would be preserved. He wanted the Lamanites to someday read those records and know about God. The Lord told Enos that the plates would be saved.

Enos spent the rest of his life teaching the people about faith in Jesus Christ.



Plates

Ancient people often wrote their history on metal plates of gold or brass. The plates were actually thin pages of a book. The words were written by pushing a sharp tool into the metal.



By Sarah Chow
(Based on a true story)

*I will be honest with Heavenly
Father, others, and myself*
(My Gospel Standards).

Joseph was almost to the edge of the park when he noticed something in the grass. “Maybe a bag of trash got scattered by the wind,” he thought.

As he got closer, a glint of light caught his attention. This wasn’t trash. Joseph saw a checkbook, keys, and a calculator lying near a purse. What cool stuff to find! Finders keepers, right?

Joseph was about to put the stuff in his pockets when he thought, “This isn’t mine. If I lost something, I’d want it back. Whoever this belongs to probably wants it back too.”

So instead he gathered up the scattered things, stuffed them in the purse, and carried it all back to Mom.

The

Stolen

PURSE



“Oh, dear,” Mom said, “It looks like someone’s been robbed.”

Together she and Joseph looked through the things until they found a phone number. Mom called the number while Joseph watched. When she hung up Joseph asked, “Who was it? What did they say?”

“The lady who answered was very excited when I told her what you found,” Mom said. “Her purse was stolen yesterday at the mall. We’re going to go there now to take everything back to her.”

When they walked into the mall, a woman hurried up to them. “Thank you, thank you!” she said. “Young man, you’ve answered my prayers!”

Joseph smiled and handed her the purse. “I’m sorry you got robbed,” he said.

The lady handed Joseph a 20-dollar bill. “This is a reward for your honesty,” she said.

Joseph shook his head. “I don’t need to be paid to be honest. I’m honest because I try to follow Jesus.”

“Then use this money for Jesus,” the woman whispered. Joseph could see tears in her eyes.

As Joseph took the money he looked at Mom. “Do we have a pass-along card?” he asked.

“We sure do,” Mom said, and she pulled one out of her purse.

Joseph gave the card to the lady. “If you call the phone number on this card, you can get a movie about Jesus,” he said.

“Thank you,” the lady said as she shook Joseph’s hand. “I’m very glad to have met you.”

As Joseph got back in the car, Mom asked, “What will you do with the money?”

“The lady told me to use it for Jesus. I guess that means using it for His Church,” Joseph said. “I’ll give two dollars for tithing, some for the Perpetual Education Fund, some for the Humanitarian Aid Fund, and the rest for my mission fund.”

As he told mom his plans, Joseph had a warm feeling in his chest. It felt good to be honest and to use his reward money for a worthy cause.



One day at recess the playground aid found a teddy-bear keychain and asked whose it was. It was cute and I wanted it, so I said it was mine. That night I felt so bad about it I couldn’t sleep. I got out of bed and told my mom, and we talked about what I should do. The next day I put the keychain in the lost and found at school. I was happy and knew I had done the right thing. I am glad I have the Holy Ghost to help me know what to do, and I’m glad I can repent.

Mary D., age 8, Arizona

Sisters in Name *and* Faith

By Heather Wrigley

Church Magazines

Maria and Diana D. are not just sisters; they are best friends too. Diana is 10 years old, and Maria recently turned 12. They live in Romania, where there are about 3,000 members of the Church. They keep their faith in Jesus Christ strong by going to church, reading the scriptures, and praying.

“In church I’ve learned to have faith in God,” Maria says. One day she had a test, so she prayed to Heavenly Father in the name of Jesus Christ for help. When she got a good grade, she felt like Heavenly Father had helped her.

Diana says the Book of Mormon helps her have faith. “Every day that I read the Book of Mormon, I have a good day,” she says. Her favorite scripture story is the story of Joseph Smith. “He prayed, and God and Jesus Christ helped him,” she says.



CHOCOLATE

Both sisters' favorite dessert is chocolate: Maria likes brownies, and Diana likes chocolate cake.





FAVORITE SONG

Maria and Diana both play the piano. Maria's favorite song is "Love One Another." It is about Jesus's commandment to love other people. Diana can almost play it perfectly, but the end is the hardest part, she says.



I LOVE TO SEE THE TEMPLE

Maria and Diana both want to be married in the temple one day. They live in the Kyiv Ukraine Temple District. When Diana is older, she will go to the Kyiv Ukraine Temple to do baptisms for the dead. Maria is now old enough to go. The temple is about 500 miles (805 km) away.

FAMILY FIRST

Maria and Diana love their parents. "Mom makes us feel better when we're sick," Maria says. "Dad takes us to school," Diana says.

HYMNS

Diana's favorite hymn is "Far, Far Away on Judea's Plains," which tells about when Jesus Christ was born. Members in Romania use the Church's green hymnbook. "Imnuri" means "hymns" in Romanian.

PHOTOGRAPH OF SISTERS BY ADAM C. OLSON;
ILLUSTRATION OF CAKE AND BROWNIE BY THOMAS S. CHILD



He Broke the **BANDS OF DEATH**

From an interview with Elder Patrick Kearon of the Seventy; by Hilary Watkins Lemon

They have eternal life through Christ, who has broken the bands of death (Mosiah 15:23).

One night when our children were younger, we were having family scripture time. We read about the Savior and talked about how He never made any mistakes.

Later that night my wife tucked our three-year-old daughter, Susie, into bed. Susie looked up at her mother and said, “Mummy, Jesus did make a mistake.”

“What do you mean?” her mother asked.

“He broke something,” Susie said.

Somewhat puzzled, her mother asked,

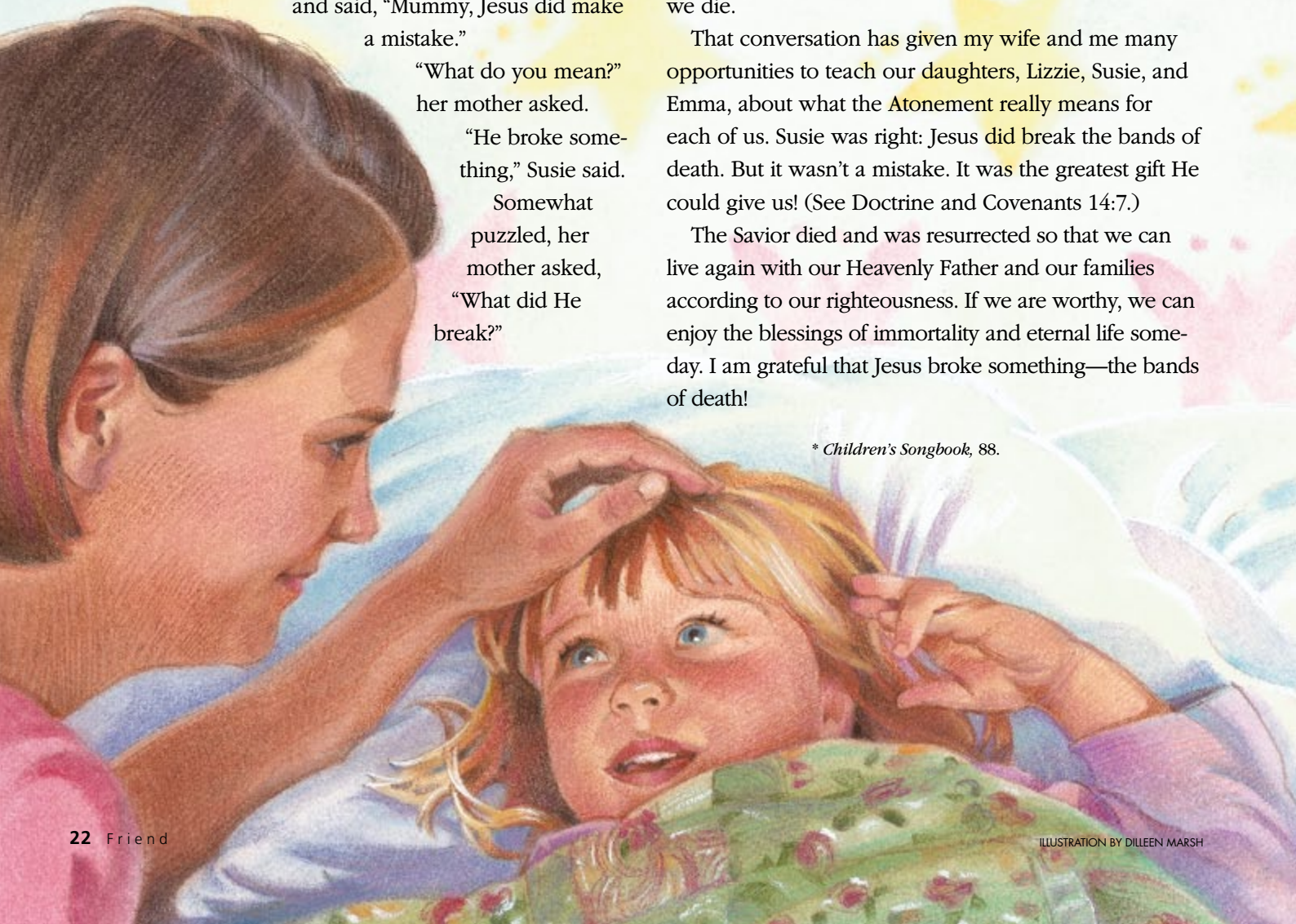
“What did He break?”

“Jesus broke the bands of death,” Susie answered. My wife realized that she and Susie had sung the Primary song “On a Golden Springtime” many times, and Susie had learned the words “On a golden springtime, Jesus Christ awoke and left the tomb where He had lain; the bands of death He broke.”* Susie’s mother explained that breaking the bands of death means that Jesus was resurrected so that we can all live again after we die.

That conversation has given my wife and me many opportunities to teach our daughters, Lizzie, Susie, and Emma, about what the Atonement really means for each of us. Susie was right: Jesus did break the bands of death. But it wasn’t a mistake. It was the greatest gift He could give us! (See Doctrine and Covenants 14:7.)

The Savior died and was resurrected so that we can live again with our Heavenly Father and our families according to our righteousness. If we are worthy, we can enjoy the blessings of immortality and eternal life someday. I am grateful that Jesus broke something—the bands of death!

* *Children’s Songbook*, 88.





Remembering **MODESTY**



**Clean,
neat hair**

**No
earrings
for boys**

**Covered
stomach**

**Shorts
a modest
length**



When you dress modestly you are showing Heavenly Father that you respect and care for the body He has given you.

Whether you are a boy or a girl, take a minute to look in the mirror when you get dressed every day. Ask yourself, "If I were with Jesus Christ, would I feel comfortable with how I look?" Here are some modesty reminders. You can find these standards and more in the *For the Strength of Youth* booklet.

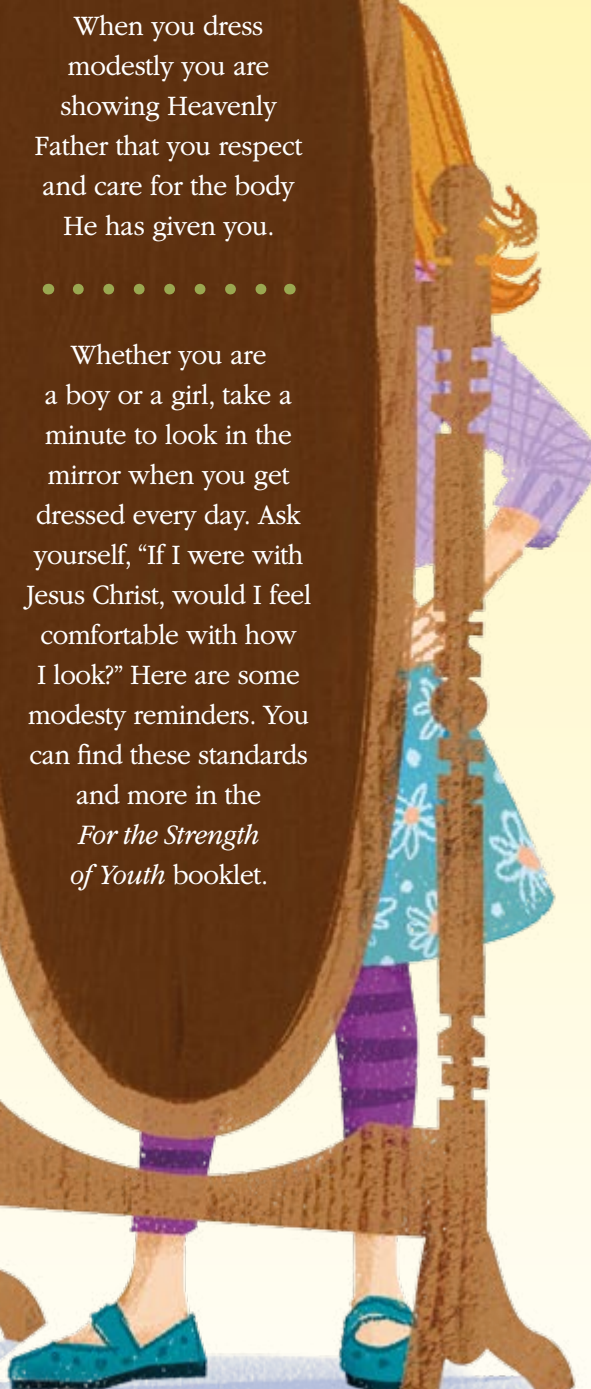
**No sloppy
or torn clothes
to fit in with
a style**

**Covered
shoulders**



**No rude
or offensive
sayings**

**Dresses
or skirts
a modest
length**





Hosa

(Simplified)

(Duet Part 1)

Majestically ♩ = 100-112

Words and music by Rita S. Robinson

mf Ho - san - na! Let our voic - es ring With prais - es to our

heav'n - ly King; Let ev - 'ry liv - ing crea - ture sing To Him who life did

bring! *f* Ho - san - na! *f* Ho - san - na!

f All hail, tri - um - phant King! _____

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anna



ed Duet)

(Duet Part 2)

Play an octave higher

Musical staff 1: Treble clef, key signature of one sharp (F#), 4/4 time signature. The staff contains a sequence of notes: a quarter rest, a quarter note G4, a quarter note F#4, a quarter note E4, a quarter note D4, a quarter note C4, and a quarter note B3. The notes G4, F#4, and E4 are marked with a '4' below them, and the notes D4 and C4 are marked with a '1' below them. The lyrics 'Ding, dong, ding! Ding, dong,' are written below the staff.

Musical staff 2: Treble clef, key signature of one sharp (F#). The staff contains a sequence of notes: a quarter note G4, a quarter note F#4, a quarter note E4, a quarter note D4, a quarter note C4, and a quarter note B3. The notes G4, F#4, and E4 are marked with a '4' below them, and the notes D4 and C4 are marked with a '1' below them. The lyrics 'ding! Ding, dong, ding! Ding, dong,' are written below the staff.

Musical staff 3: Treble clef, key signature of one sharp (F#). The staff contains a sequence of notes: a quarter note G4, a quarter note F#4, a quarter note E4, a quarter note D4, a quarter note C4, and a quarter note B3. The notes G4, F#4, and E4 are marked with a '4' below them, and the notes D4 and C4 are marked with a '1' below them. The lyrics 'ding! *p* (echo) Ho - san - na! *p* (echo) Ho -' are written below the staff.

Musical staff 4: Treble clef, key signature of one sharp (F#). The staff contains a sequence of notes: a quarter note G4, a quarter note F#4, a quarter note E4, a quarter note D4, a quarter note C4, and a quarter note B3. The notes G4, F#4, and E4 are marked with a '4' below them, and the notes D4 and C4 are marked with a '1' below them. The lyrics 'san - na! *f* All hail, tri - um - phant King!' are written below the staff.



Practice tips: Something “majestic” is grand, noble, or magnificent. Read the words to this song and think about what it means to play majestically.

You can listen to this song at lds.org/friend.

Choose the Right Media

I will only read and watch things that are pleasing to Heavenly Father (My Gospel Standards).

Every day you have choices.

What Should I Read?



What Should I Watch?



What Should I Listen To?



Go!

- It is uplifting and helps me feel good inside.
- It helps me feel safe.
- It's interesting; it's teaching me good things.
- It helps me want to obey Heavenly Father's commandments.
- It gives me good ideas and inspires me to do good things.
- I wouldn't mind if my parents or siblings were reading, watching, or listening to it.
- I know it's appropriate.
- I feel it's pleasing to Heavenly Father.

What Should I Play?



Stop!

- It has swearing or crude words.
- It shows or talks about violence.
- It shows or talks about breaking Heavenly Father's commandments.
- It makes me feel dull, tired, or like I'm wasting my time.
- It makes me think it would be OK to do wrong things.
- It makes me feel uncomfortable, nervous, scared, or mad.
- I'm not sure if it's something I should read, watch, or listen to.
- I wouldn't want my parents or siblings to know I'm reading, watching, or listening to it.

So how do you decide?

- * Pay attention to your feelings.
- * Listen to the Holy Ghost.
- * Put this checklist by your TV, computer, or MP3 player. If you have any checks on the Stop! list, it's time to turn it off, put it down, and walk away.



Turning It Off

One day, I was playing a good, fun game on the Internet. Then I noticed that the website I was on was advertising games with blood and gore. I had an uncomfortable feeling, so I exited the website. Later I found the same game on a different website that did not advertise bad games. I felt better after I turned off the website advertising bad games. I am glad I have the gift of the Holy Ghost so I can be protected and comforted. I am glad the Holy Ghost helps me make good choices.

Renton O., age 10, Utah

A Special Scripture

“For behold, the Spirit of Christ is given to every man, that he may know good from evil; wherefore, I show unto you the way to judge; for every thing which inviteth to do good, and to persuade to believe in Christ, is sent forth by the power and gift of Christ; wherefore ye may know with a perfect knowledge it is of God” (Moroni 7:16).



Sometimes you can make a bad media choice, either by accident or because you were unwise. When this happens, don't panic. Here are some things you can do:

1. Say a prayer asking Heavenly Father to forgive you if you did it on purpose, and help you feel better.
2. Tell a parent about what happened and ask for help.
3. You can also:
 - * Listen to, play, or sing a favorite Primary song.
 - * Read a story from the *Friend* or from the scriptures.
 - * Change the scene—go play outside or do something helpful for a friend or family member.

Standing Up for Values



While I was at my friend's birthday party, we were voting on movies to watch. There were two out of the five that I knew I shouldn't watch. I told my friend that I didn't want to watch those two movies. She wasn't very happy about that, but she did respect my values. We ended up watching a movie that I felt was appropriate. I am glad I have the gospel standard to follow: "I will only read and watch things that are pleasing to Heavenly Father."

Kaitlyn M., age 11, Washington

Some Great Choices

- * Listen to or watch scripture stories at scripturestories.lds.org.
- * Watch videos and listen to music at lds.org/friend and lds.org/youth.
- * Download music from lds.org/youth.
- * And, of course, read the *Friend*!



By Elyssa J. Kirkham
(Based on a true story)

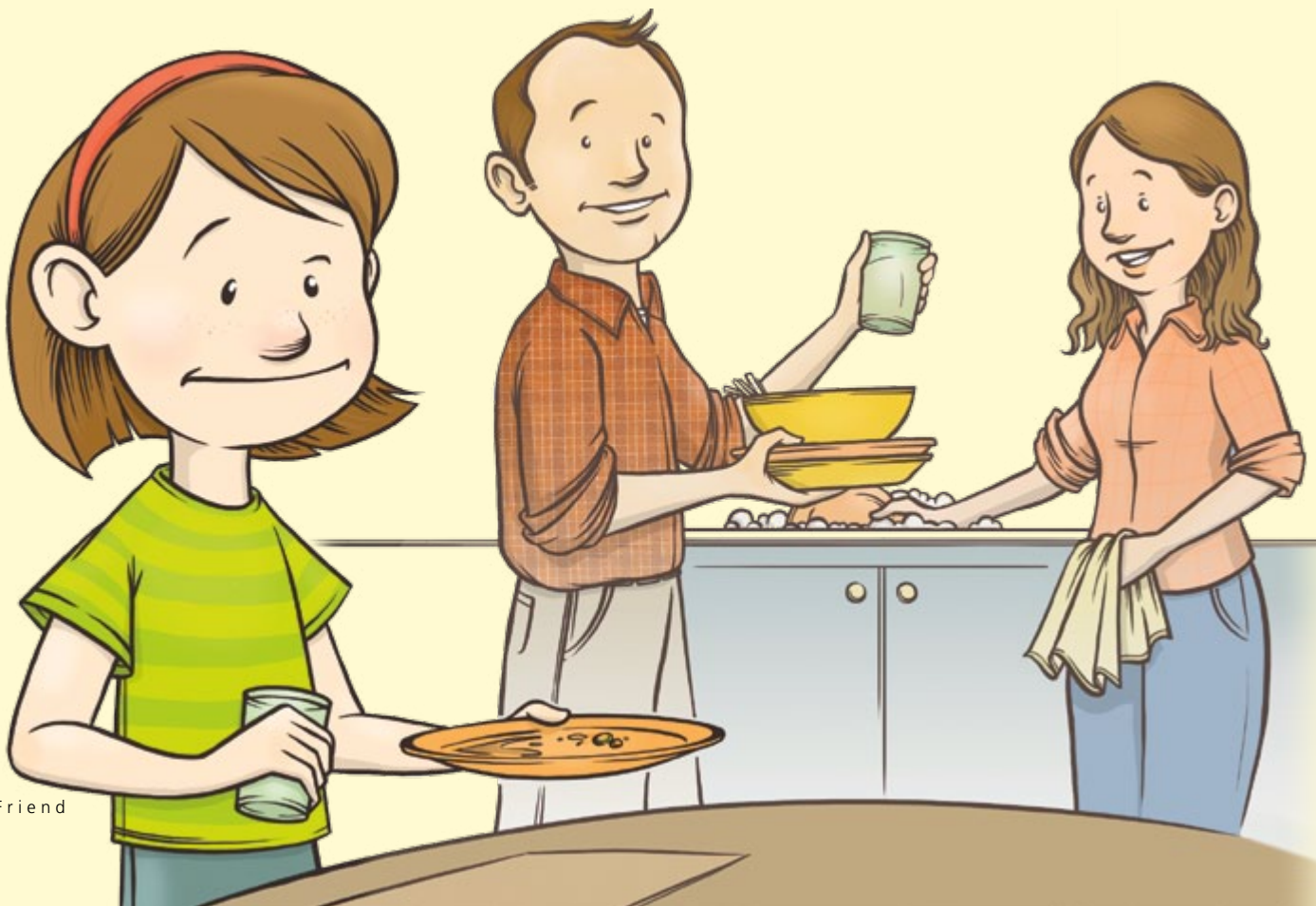
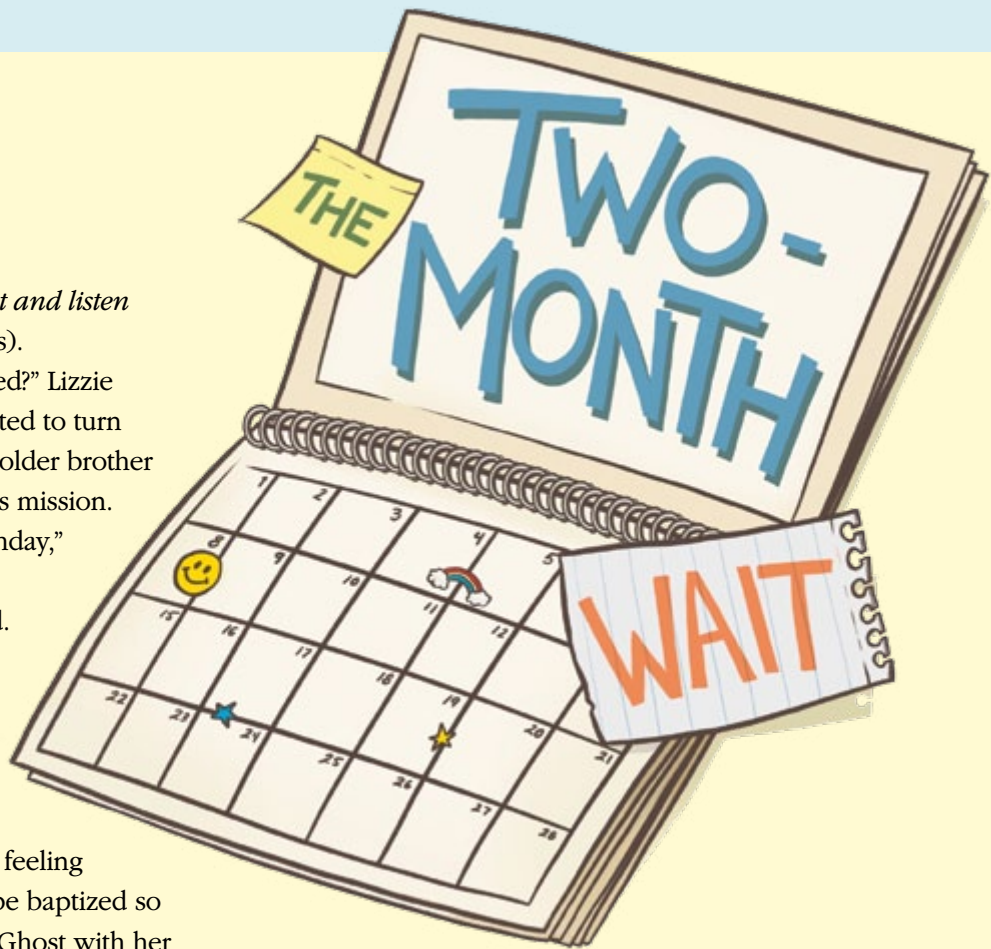
I will remember my baptismal covenant and listen to the Holy Ghost (My Gospel Standards).

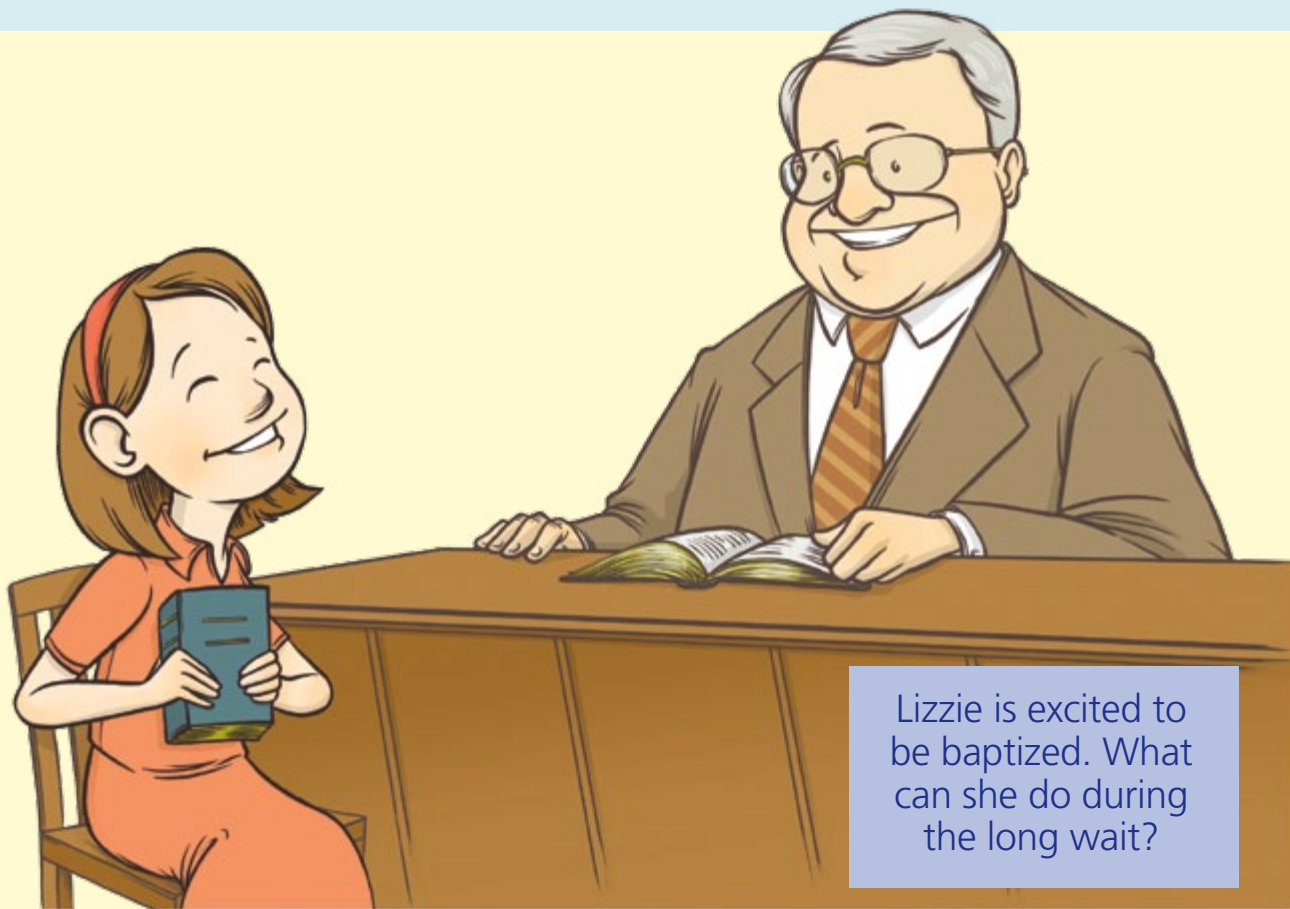
How long is it until I can get baptized?" Lizzie asked during dinner. She was excited to turn eight soon. She had already asked her older brother Jake to baptize her before he left on his mission.

"In two months, right after your birthday," Mom said.

"That seems so far away!" Lizzie said. She stared at her plate, trying not to seem disappointed.

Lizzie wanted to be baptized so badly. She liked the safe, happy feeling she felt at church, almost like a hug around her heart. Mom said that feeling was the Holy Ghost. Lizzie wanted to be baptized so she could be clean and have the Holy Ghost with her all the time.





Lizzie is excited to be baptized. What can she do during the long wait?

“I know it’s hard to wait,” Dad said. “Maybe it would help if you think about the promises you’ll be making when you’re baptized and practice keeping them now.”

Lizzie thought about that as she cleared the table after dinner. “Dad’s right,” she thought. “Two months isn’t so long. And when the day comes, I want to be ready to promise to be good and choose the right.”

Lizzie felt that safe feeling inside again, and she smiled as she offered to help wash the dishes.

As the days passed, Lizzie tried to be more reverent and listen to the lessons at church. She especially loved hearing about Jesus. She put a picture of Him by her bed to remind her to think about Him more.

Lizzie also tried harder to do what was right. She was friendly to a new boy in her class. She was more patient with her sister Whitney and even let her be the princess when they played. Lizzie tried to be helpful and obedient to her parents. And when she did something unkind or wrong, Lizzie said she was sorry.

Finally, the week came when Lizzie would be baptized. Bishop Cohen interviewed her to see if she was ready. He asked if she believed in Heavenly Father and Jesus Christ.

Lizzie thought back to the lessons she had had in the past weeks. “Yes, I believe,” she said. She was glad she had been paying more attention in Primary and family home evening.

Then Bishop Cohen asked her some questions about keeping the commandments. Lizzie remembered how she had been trying hard to do what was right, and it felt good to be able to tell that to Bishop Cohen.

When her baptism day arrived, Lizzie put on her white dress. As she stepped down into the baptismal font, the water swirled around her legs, just warm enough. Lizzie felt her heart being hugged.

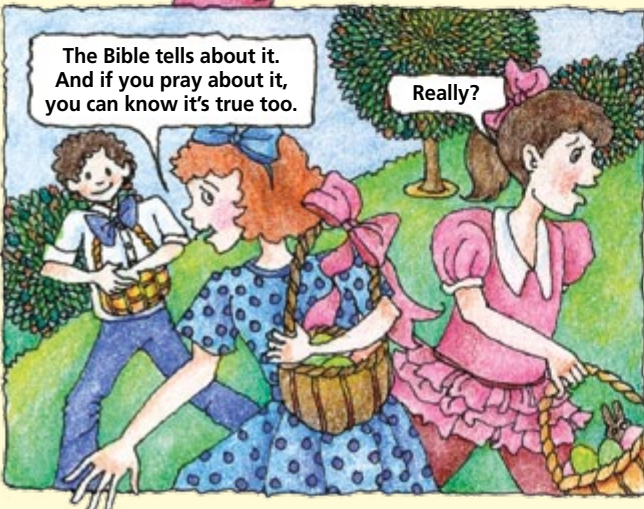
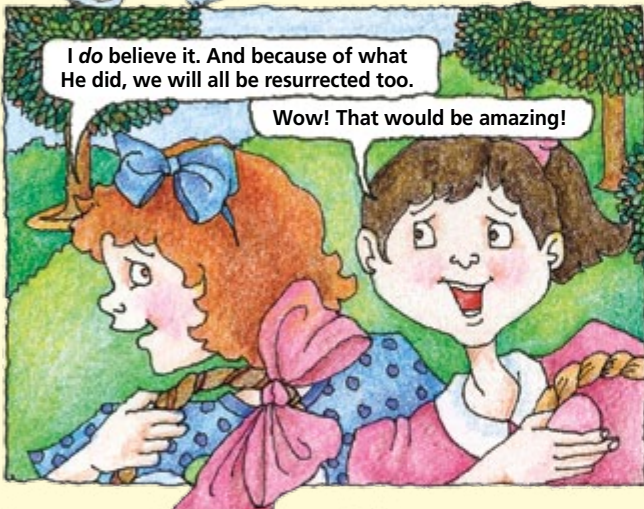
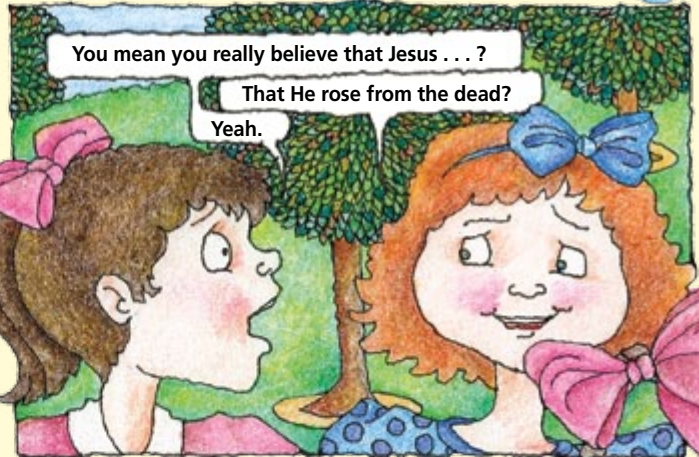
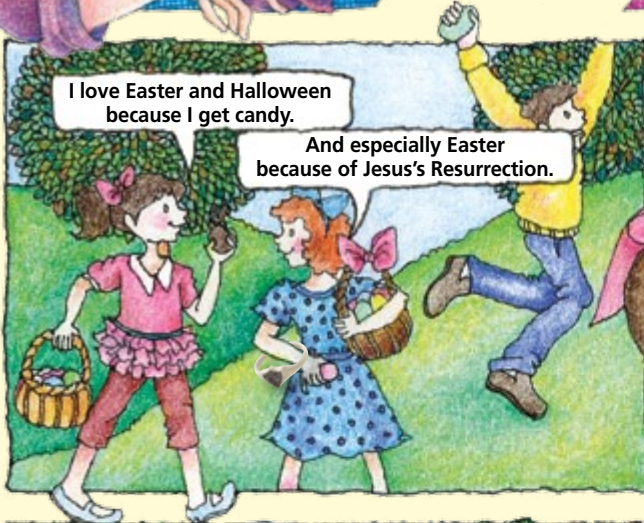
Jake smiled at Lizzie and took her hand. She was glad that he was there to baptize her, and she felt peaceful and calm knowing that she was ready.



When I got baptized I was really excited! When I got in the water my dad asked if I thought the water was cold. I said it was. After coming out of the water I felt cold on the outside but warm on the inside. I knew that the Holy Ghost was with me. He still is.

Hannah K., age 8, Maryland

MATT AND MANDY





Making Things Right

By Michelle S. Kurns

(Based on a true story)

I will choose the right. I know I can repent when I make a mistake (My Gospel Standards).

I need to tell you something, Mom,” Melissa said, looking at the floor. She took a deep breath and started to cry.

“My teacher is really mad because someone wrote on the bathroom wall,” Melissa said. “I know I shouldn’t have done it, but someone else started writing and I thought it was funny, so I did too. I feel so bad inside. What can I do?”

Mom gave Melissa a hug and pointed to a picture on the shelf. It was taken on the day Melissa was baptized. “Do remember what Uncle Brett talked about at your baptism?”

Sniffling, Melissa nodded. “That the Holy Ghost can help us know what is right and wrong,” she said. “He said if I did something wrong I would get a bad feeling. Is this what he was talking about?”

“Yes,” Mom said. “What else did he say?”

Melissa thought for a moment. “When we mess up we can repent by asking for forgiveness and fixing what we did wrong,” she said. “And promising to never do it again.”

As Melissa said those words, she knew what she needed to do.

Before the school bell rang the next morning, Melissa was at her teacher’s desk.

“Mrs. O’Dell, I wrote on the bathroom wall,” Melissa said, her heart pounding. “I’m really sorry, and I will clean it up.”

Mrs. O’Dell looked at Melissa for a moment. “You’ll have to stay after school to clean it,” she said. “And you need to tell your mother what you have done.”

“I know, I already told her. I promise to never do anything like this again,” Melissa said.

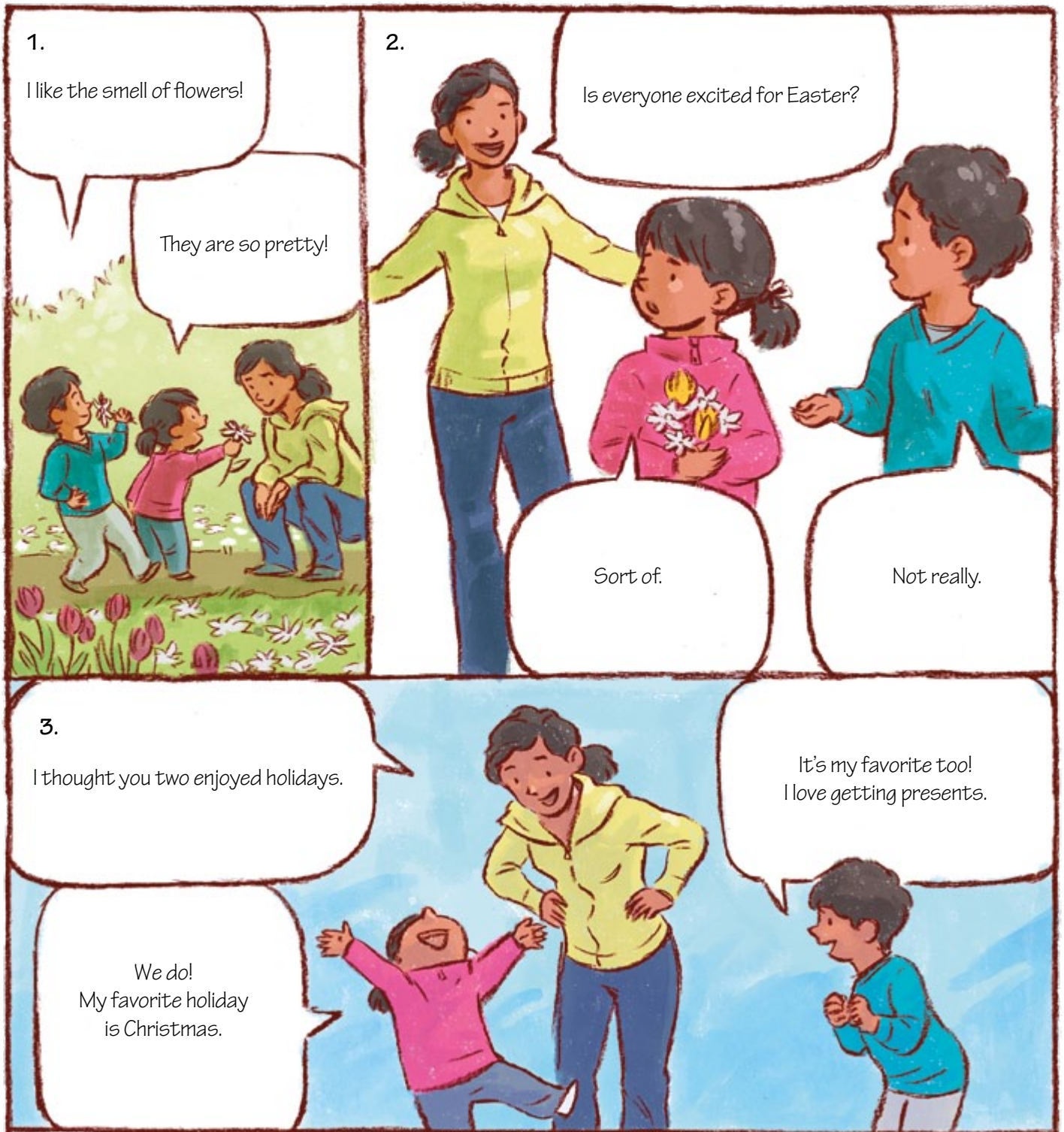
Melissa smiled as she walked to her desk. The bad feeling she had yesterday was gone.

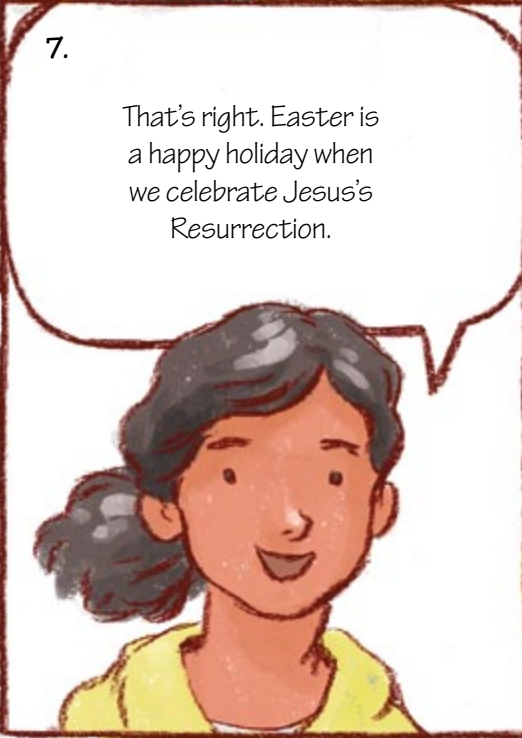
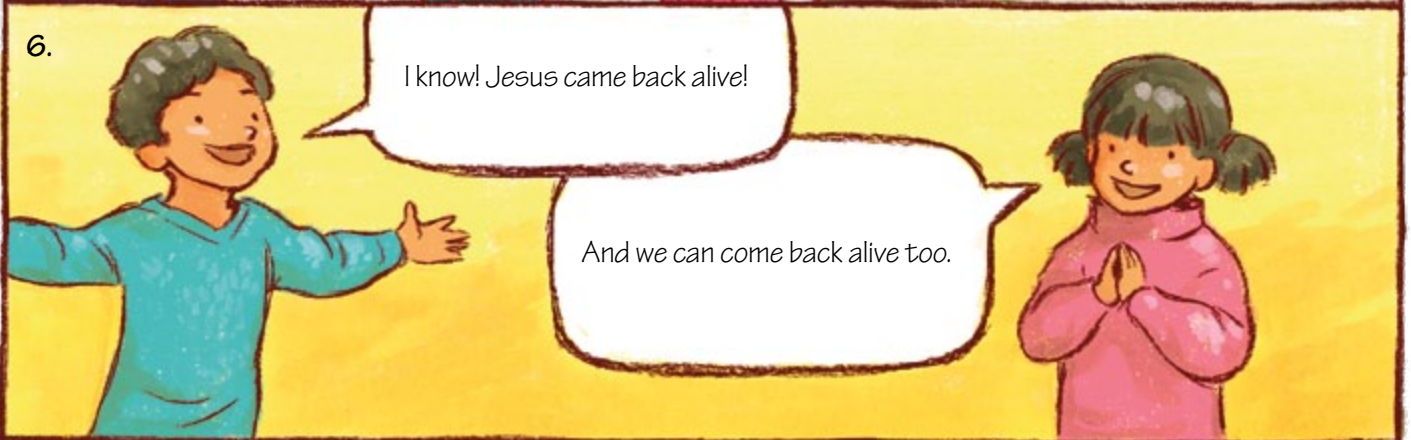
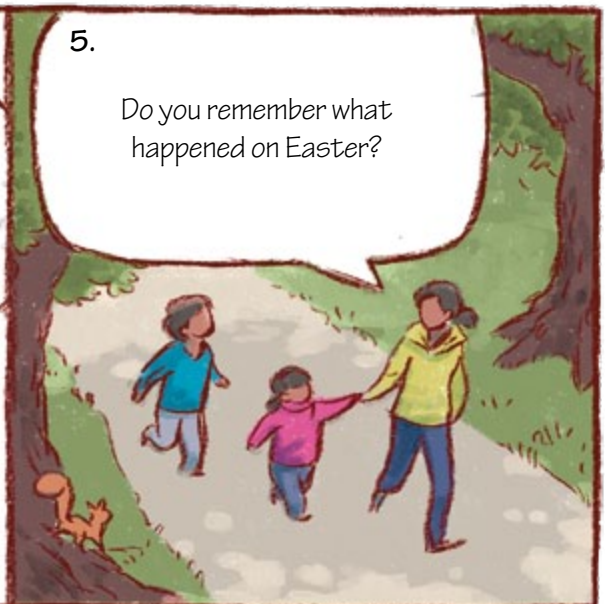
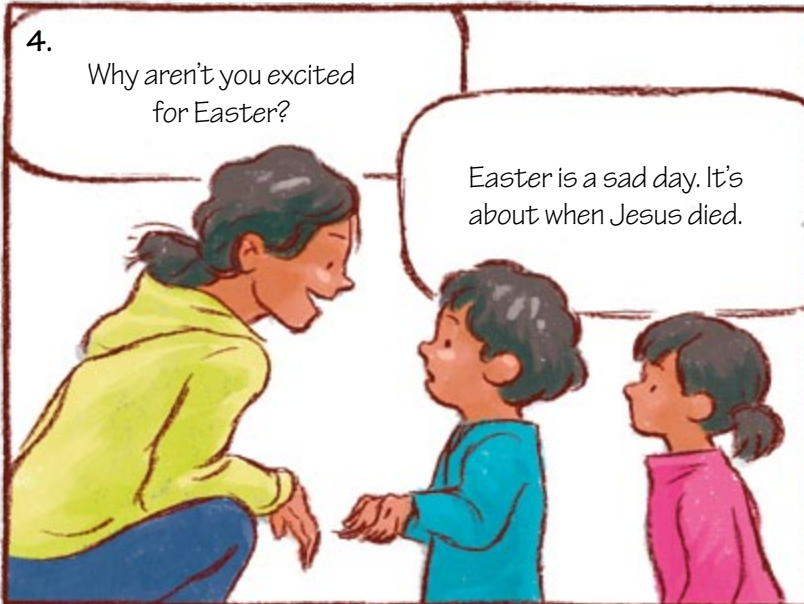
One day in school we had a spelling test. Some people cheated, but I didn’t because I know cheating isn’t right. It made me sad to see other kids in my class cheating. I’m in grade 1. Because I’m not cheating in grade 1, it will help me not cheat in grades 2 and 3 and the rest of my life. When I choose to be honest, I feel happy. By choosing the right we become like Jesus. And being honest helps me become more like Him.

Tegan B., age 6, Queensland, Australia

Seeing the Joy of Easter

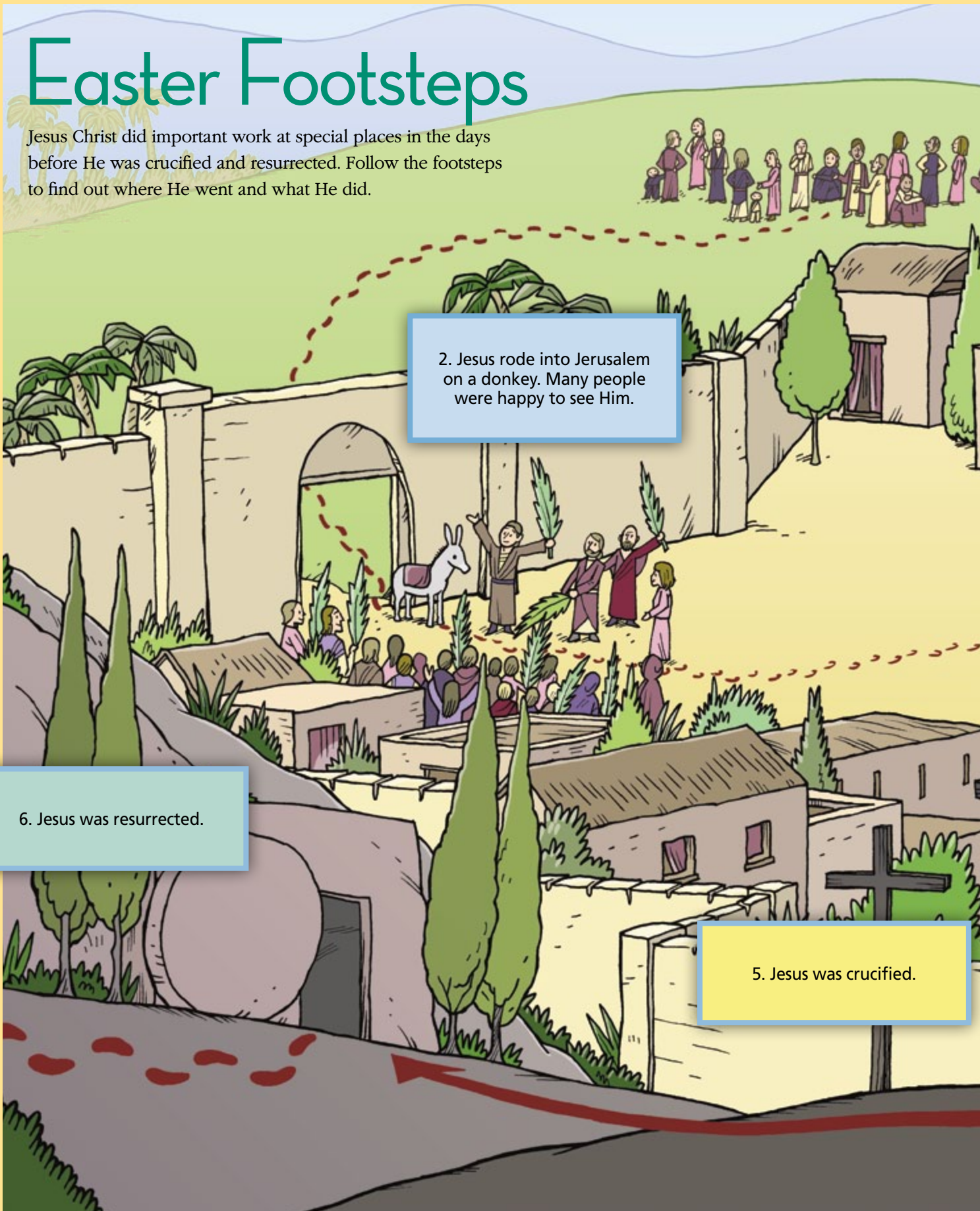
By Hilary Watkins Lemon
(Based on a true story)





Easter Footsteps

Jesus Christ did important work at special places in the days before He was crucified and resurrected. Follow the footsteps to find out where He went and what He did.



2. Jesus rode into Jerusalem on a donkey. Many people were happy to see Him.

6. Jesus was resurrected.

5. Jesus was crucified.

1. Jesus taught people on a hill called the Mount of Olives.

3. Jesus healed sick people at the temple.

4. In the Garden of Gethsemane, Jesus prayed to Heavenly Father and suffered for our sins.

By Jane McBride Choate

(Based on a true story)

I will seek good friends and treat others kindly

(My Gospel Standards).

Joel stopped by Brandon's house on the way home from school. Brandon had been diagnosed with cancer a year ago, and now he had home school because his treatments made him weak. Brandon also had to stop playing on their baseball team. School and baseball practice just weren't the same without him.

Brandon's mom answered the door. "Thank you for coming, Joel," she said. "Some of Brandon's friends don't visit anymore. I think they feel uncomfortable."

Joel looked down at his feet. He hadn't visited Brandon for a few weeks. Then he ducked into Brandon's room.

Brandon's face brightened when he saw Joel. "Thanks for coming," he said.

"No problem," Joel said. "How are you feeling?"

"Not too bad. The chemotherapy makes me tired, but the worst thing is having to wear this hat all the

time." Brandon pulled off his baseball cap to reveal his bald head.

"Did the chemotherapy do that?" Joel asked.

Brandon nodded.

"That's rough."

Brandon rubbed his head. "Actually, it's pretty smooth."

Joel grinned. Brandon had a great sense of humor. He'd even kept it through his sickness and all the hard treatments.

Joel stayed until he could tell Brandon was getting tired. As he walked home, Joel thought about how he could help his friend feel better. He took off his baseball cap and looked at it. He remembered how excited he and Brandon had been when they'd gotten their team hats. Now Brandon wore his all the time to cover his head.

Joel had an idea. He smiled as he hurried home to share it with his mom.

"Are you sure?" Mom asked when Joel told her his plan.

Joel nodded. "That way Brandon won't feel so alone,"

Joel wants to help his sick friend. How can he bring his baseball team together to do it?

BALD

HEADS

and



he said. "I need to talk with the rest of the team."

The next day Joel and his teammates went to Brandon's house.

When they walked into Brandon's room, Joel could tell it had been a bad day for his friend. Brandon's freckles stood out on his pale face.

"Guess what?" Joel asked.

Brandon gave a tired smile. "I'm not really in the mood for guessing games today."

"We're getting our heads shaved."

Brandon stared at the boys. "Why?"

"We thought it'd be cool," Joel said. "And teammates stick together."

On Saturday the team gathered at Brandon's house. Brandon's dad set a stool in the front yard. Joel was first in line. He grinned nervously as Brandon's dad shaved off hunks of hair.

"All done," Brandon's dad said. "Next!"

All the boys on the baseball team had their heads shaved.

"It feels a little funny," Todd said, rubbing his head.

Everyone laughed.

"You guys are the best,"

Brandon said. He was smiling too, even though he had tears in his eyes.

Joel punched Brandon lightly on the shoulder. "Well, you're our best pitcher," he said. "We hope you're back soon, helping us win!"

At school my friends and I were playing on the playground. A boy asked if he could play with us. Everyone said no because there was no room for him. I got out so he could take my spot. The other kids started to leave because they didn't want to play with the boy, but I stayed to play with him. I felt really happy.

**Koa B., age 10,
California**



BUDDIES





Teagan M., age 10, Alberta, Canada

Heavenly Father's Plan

Heavenly Father had a plan
To have a test for all of man.

He needed someone to die for mortals,
So we could enter the heavenly portal.

Jesus stepped up, who wanted us to be free,
But Lucifer didn't want that, for he was as slick
as can be.

God chose Jesus, for His choice was right,
But Lucifer would not see the light.

Lucifer took one-third of the people above,
For he would not see God's love.

And now there is a good plan for the whole
earth.
Now the people can have a rebirth.

Grant H., age 11, Minnesota



Lizzy K., age 11, Colorado

Would you like to send us a poem or drawing? Turn to page 48 to find out how.



Gabriel U., age 6, Utah

He Loves Me

Sometimes I feel angry,
Sometimes I feel mean,
But He loves me.
Even if we choose to be bad,
He will love us all.
His love will never ever end,
For He loves everyone.

Shay C., age 9, Oregon



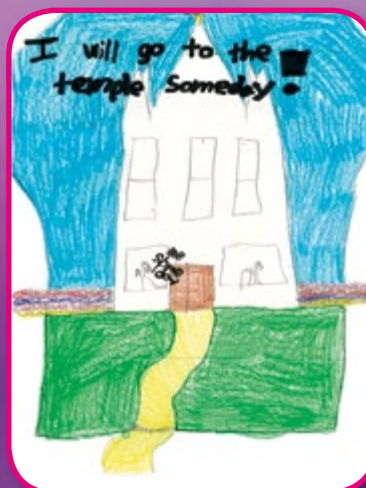
Jacob M., age 12, Arizona



Jackson F., age 7, Utah



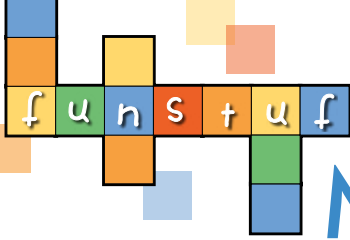
Grace D., age 8, Mexico



Tayauna N., age 11, Nevada



Dallin T., age 7, Indiana



My Gospel Standards Crossword

By Elizabeth Wozniack

My Gospel Standards

I will follow Heavenly Father's (8 across) for me.

I will remember my (4 down) (4 across) and listen to the (5 down) (5 across).

I will choose the right. I know I can (2 down) when I make a mistake.

I will be (7 down) with Heavenly Father, others, and myself.

I will use the names of Heavenly Father and Jesus Christ (9 down). I will not swear or use crude words.

I will do those things on the (12 across) that will help me feel close to Heavenly Father and Jesus Christ.

I will (1 across) my parents and do my part to strengthen my family.

I will keep my mind and body (9 across) and (3 across), and I will not partake of things that are harmful to me.

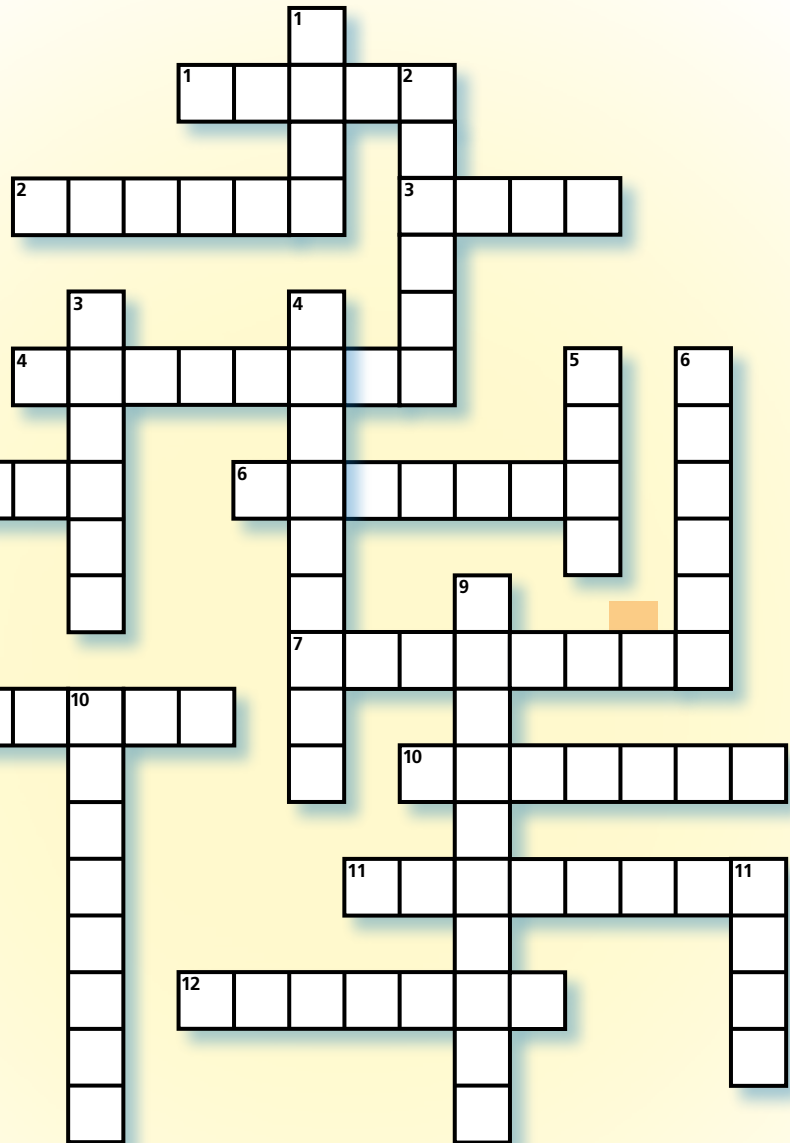
I will dress (7 across) to show (10 across) for Heavenly Father and myself.

I will only read and watch things that are (11 across) to Heavenly Father.

I will only listen to music that is (11 across) to Heavenly Father.

I will seek (11 down) friends and treat others (6 down).

I will live now to be (3 down) to go to the temple and do my part to have an (6 across) family.



I Am a Child of God

I (1 down) Heavenly Father loves me, and I love Him.

I can (8 down) to Heavenly Father anytime, anywhere.

I am trying to (10 down) and (2 across) Jesus Christ.

You can use this lesson and activity to learn more about this month's Primary theme.

JESUS CHRIST

Teaches Me to Choose the Right

For Tanner, Easter would not be the same this year. His grandpa had died, and Tanner was sad he would never share this special time with him again.

But during Primary, Tanner was reminded that the reason we celebrate Easter is because Jesus lives! When He was resurrected, His spirit was forever reunited with His body, never to experience death again. Tanner learned that because Jesus was

resurrected, everyone would be resurrected someday, including his grandpa!

An Easter song filled Tanner with happiness as he sang: "Jesus has risen, Jesus, our friend. Joy fills our hearts; He lives again."* Tanner wanted to share this good news with everyone. He decided that before Easter, he would place on his neighbors' doorsteps small bundles of spring flowers with scriptures about Jesus's Resurrection. He imagined the smiles on their faces when they found his gift on Easter morning.

*"Jesus Has Risen," *Children's Songbook*, 70.



Songs and Scripture

- John 13:15
- Suggested songs from the *Children's Songbook*: "Jesus Has Risen" (70), "Did Jesus Really Live Again?" (64), "He Died That We Might Live Again" (65), "Easter Hosanna" (68–69)

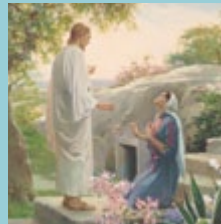
CTR Activity

Where in the World?

After Jesus Christ was resurrected, He visited people not only in the Jerusalem area but also the righteous people in the Americas as well. As a family, draw a line from each picture to the place (Jerusalem or the Americas) where it happened. Take turns reading the scriptures to learn more about what happened in the pictures.



Jesus blesses the children
3 Nephi 17:11–25



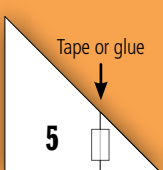
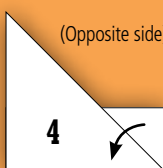
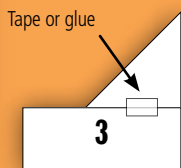
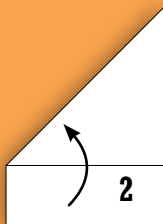
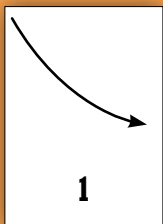
Jesus appears to Mary Magdalene
John 20:14–18



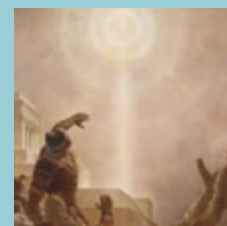
Jesus teaches the Nephites
3 Nephi 11:8–11

Just You

You can make your own Easter bundles like Tanner did. Use a rectangular piece of paper and follow the steps below. Fill the cone with small flowers or treats to surprise a friend or family member!



Jesus ascends into heaven
Acts 1:9–11



Jesus appears to the righteous people
3 Nephi 11:1–8



Jesus shows His wounds to His Apostles
Luke 24:36–40



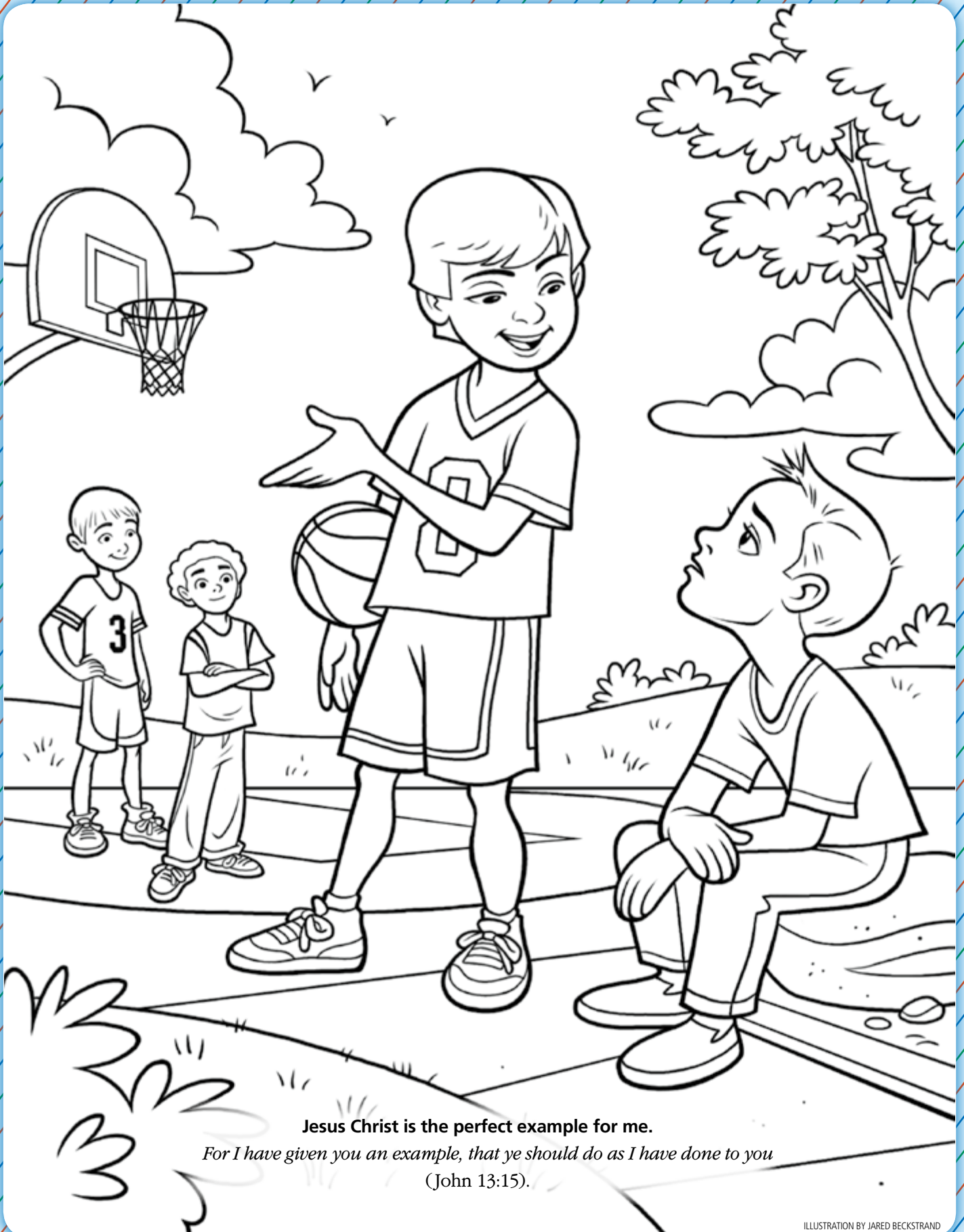
Jesus asks for the Nephite records
3 Nephi 23:7–13



Jesus appears to His Apostles
Matthew 28:16–20



Americas



Jesus Christ is the perfect example for me.

*For I have given you an example, that ye should do as I have done to you
(John 13:15).*

ILLUSTRATION BY JARED BECKSTRAND

Friends in The News



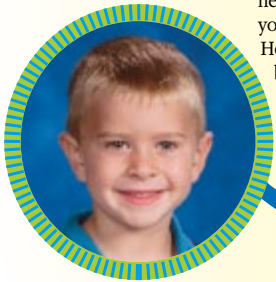
Rachel D., 5, Utah, likes to draw, swim, dance, play with her friends, and go to school. She enjoys spending time with her family and helping take care of her younger brother and sister. Her favorite day is Monday because she gets to help with family home evening.



Jordan A., 7, Utah, is looking forward to his baptism. Jordan tries to be like Jesus by being kind at school and at home, being reverent during sacrament meeting, and helping with family home evening lessons. Jordan enjoys playing basketball and baseball and reading.



Tatiana E., 8, Thailand, enjoys family home evening and playing with her brothers and sisters. She likes soccer, skateboarding, gymnastics, and school. She can recite the Articles of Faith.



Colby M., 6, California, likes reading the *Friend*. He enjoys drawing and expressing himself through art. His favorite part of church is sacrament meeting, where he quietly draws things he is grateful for.

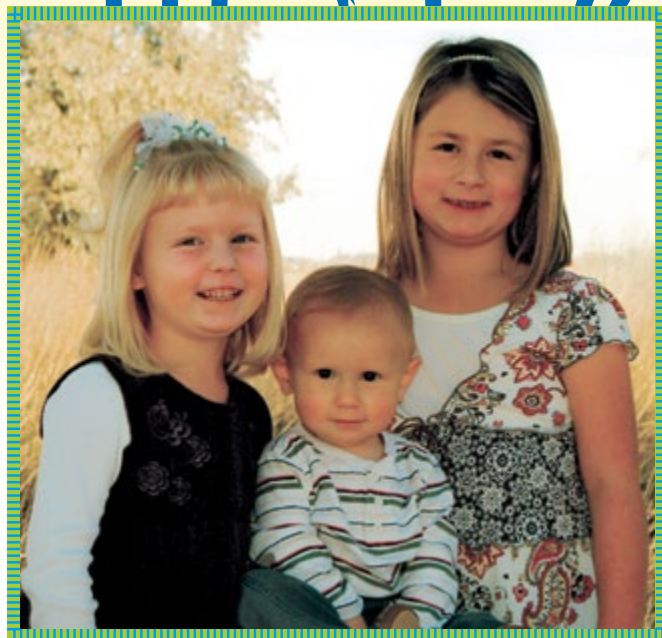
Would you like to be a friend in the news? Turn to page 48 to find out how.



Riker C., 6, Washington, likes to play basketball and baseball. He also enjoys playing with his cousins.



Maizey J., 7, Arizona, enjoys riding her bike, playing with friends, and playing soccer. She likes to help get eggs from the chicken coop. She loves her Primary teachers, spending time with her older sister, and reading the *Friend*.



Emmeline and **Eliza V.**, 5 and 8, Idaho, are named after former general presidents of the Relief Society. They enjoy family home evening, family scripture study, reading, art, math, jumping rope, taking care of their cats, and playing with their younger brother, Hyrum.



It seems like I hear swear words almost everywhere I go. I know these words are not good, but what can I do to keep from hearing them?

You can't control what other people say, but you can let them know when you don't like their choice of words. Standing up for what you know is right might be hard, but other people are probably bothered by the swear words too. By letting people know you don't want to hear bad language, you are not only speaking up for yourself—you might also be speaking up for other people around you.



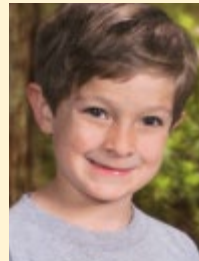
There is a boy at school who found out I don't swear. The day he found out, he made a game out of trying to get me to say bad words. But I didn't swear the whole day at all. Today, it's still kind of a game—and I'm winning! He'll say something to try to get me

to swear, but I'll say something funny back and everybody will laugh. He's not offended, and I'm not swearing. It works for everybody.

Edén S., age 11, New South Wales, Australia

When my friend was playing at my house, he started to say some words that weren't very nice. I told him that we don't say bad words in our home. He stopped saying them.

Micah H., age 6, Utah



When a commercial came on the radio that started saying the Lord's name in vain, my mom turned the station as quickly as she could. It bothered us a lot that they would use the Lord's name in that way. We wrote a letter to the advertiser telling

them we were offended about how they used the Lord's name. They wrote back and apologized. Within a few days, the commercial was changed.

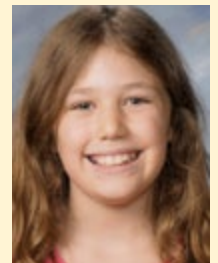
Gavin Z., age 7, California

"I will use the names of Heavenly Father and Jesus Christ reverently. I will not swear or use crude words."

My Gospel Standards

Sometimes other kids on the bus use bad language. I cover my ears and replace the bad words with a Primary song. I know Jesus is happy when I don't listen to bad things.

Raina K., age 9, Texas



Next Question

I feel like everyone in my family is good at something except me. How do I find something I'm good at?

Do you have some advice about this? Send us your answer and photo by April 30, 2012. Find our address on page 48 or e-mail us at friend@ldschurch.org. (Put "Question Corner" in the subject line.) Remember to include a parent's permission!

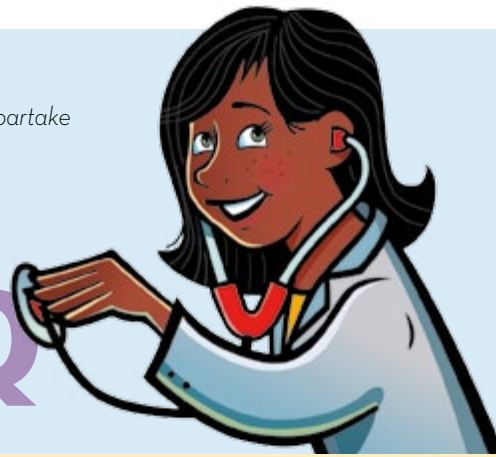
Responses are intended for help and perspective, not as pronouncements of Church doctrine.





I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me (My Gospel Standards).

Test Your Health IQ



Heavenly Father has blessed you with a body, and He wants you to treat it well. Take this quiz to see how well you are taking care of your body!

1. You and a friend are deciding what to do one afternoon. Which do you choose?

- a. Watch TV.
- b. Go do something active outside.



2. You're reading an exciting book before bed, but it's getting late. What do you do?

- a. Put the book away and go to sleep.
- b. Keep reading. Just a few more chapters!



3. Someone at school offers you pills and says they taste like candy. What do you do?

- a. Say no.
- b. Take the pills.

4. Vegetables with dinner—again? You want dessert instead. What do you do?

- a. Try the vegetables. You might like them!
- b. Start with dessert. You can eat vegetables when you're older.



5. Bad scenes from a movie are going through your head. What do you do?

- a. Keep thinking about the movie.
- b. Sing a Primary song, read a book, or play a game.

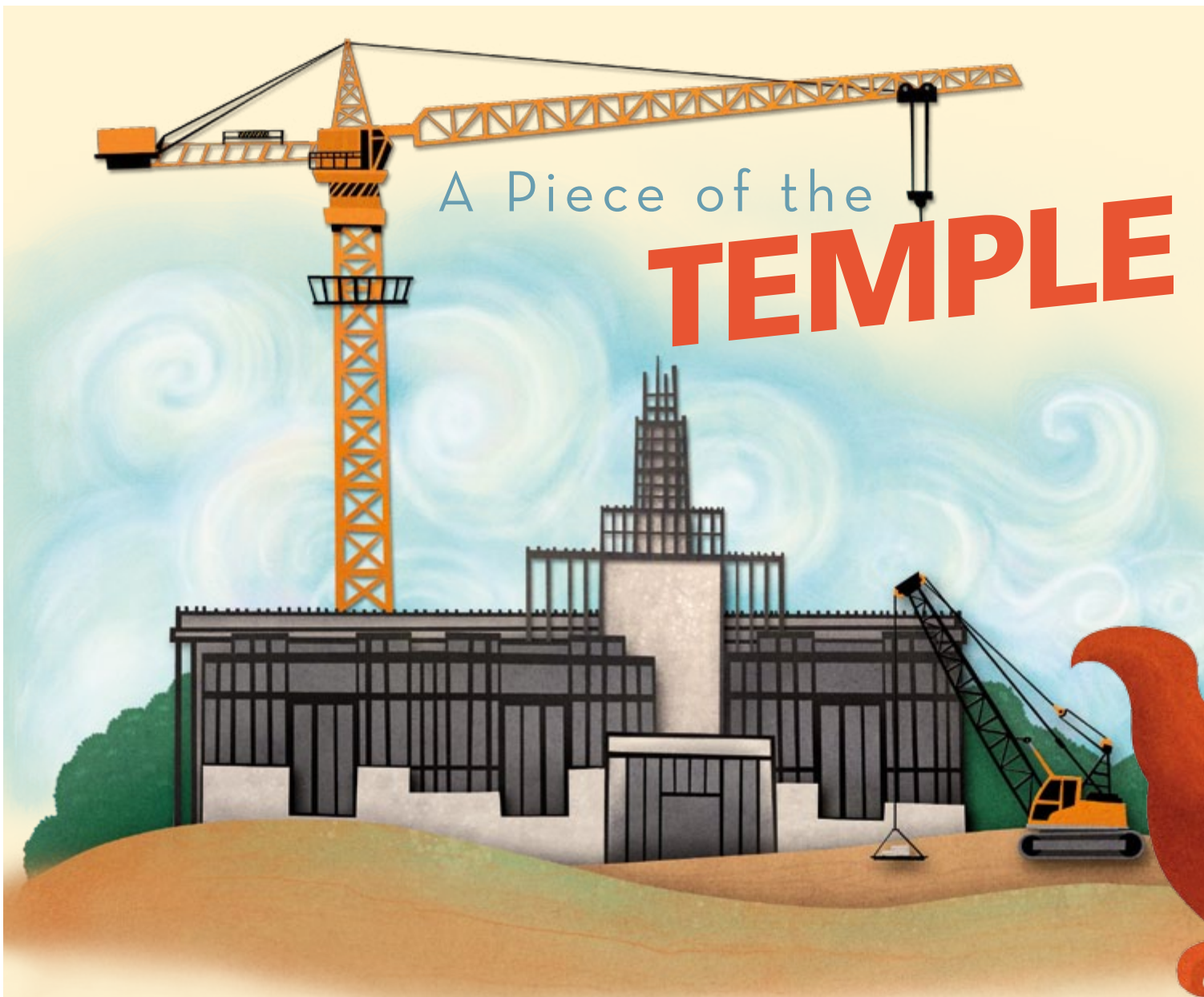
Did you pick these answers?

- 1. **b. Go do something active outside.** One way to take care of your body is by exercising. Exercising gives you energy, and it can be fun! Try jumping, skipping, dancing, or kicking a ball.
- 2. **a. Put the book away and go to sleep.** It might be hard to put the book down, but you need your sleep. Did you know you grow in your sleep? Your body needs rest to recharge for the next day.
- 3. **a. Say no.** Don't take pills or other drugs from someone who is not your parent or doctor. They can be dangerous and harmful to your body. If a person offers them to you, leave quickly and tell an adult immediately.

4. **a. Try the vegetables. You might like them!** Mom is right. Vegetables are good for your growing body. Give them a try! If you don't like them, talk to your parent about finding other healthy foods you can eat.

5. **b. Sing a Primary song, read a book, or play a game.** Having bad thoughts doesn't mean you're a bad person. But sometimes it's hard to get those thoughts out of your head. Focusing on something good will help push them out.

If you picked other answers, make a goal to take good care of your body. When you have a choice to make, choose to do what is best for a healthy body and a clean mind. Remember, your body is a blessing from God!



A Piece of the **TEMPLE**

By Annie Beer

(Based on a true story)

I will live now to be worthy to go to the temple and do my part to have an eternal family (My Gospel Standards).

Are you girls excited to see the temple?" Mom asked as she, Natalie, and Stephanie drove to the Detroit Michigan Temple site.

"Yes!" the sisters said.

"Is it true they're putting the marble on the walls right now?" Natalie asked.

"I think so," Mom said.

"I can't wait until it's done," Stephanie said. "It's going to be so pretty."

The girls were going to a special activity day. They

were visiting the new temple while it was still under construction.

When they got to the temple site they met their group of girls and their leader, Sister Jones.

Walking around the construction site, Sister Jones told stories of the Kirtland and Nauvoo Temples and the early Latter-day Saints.

"They built temples and then were run out of their towns. They had to leave behind the beautiful buildings they had spent so long making," Sister Jones said. "We are blessed to have the temples that we do today, and to now have a temple so close to us."



Natalie looked at the temple and imagined what it would be like to have to leave it after working so hard to build it. It made her sad.

“Do any of you know what blessings the temple gives us?” Sister Jones asked.

Kelsy raised her hand. “My family was sealed in the temple.”

“That’s right! People are married and sealed together in the temple so their families can be together forever. What other blessings are there?”

“Baptisms for the dead,” Natalie said. “That’s when



Every time I visit the temple grounds with my mum and dad I feel the Spirit so much that I can't explain it with words or writing. I have visited two temples—the Preston England Temple and the London England Temple. Even though I don't remember every time I went, my parents tell me stories from when I was a baby. I love the temple.

Thomas H., age 9, Ireland



people are baptized for people who aren't alive anymore so they can choose to be members of the Church if they want.”

“Very good,” Sister Jones said. “Those are just some of the blessings we can receive in the temple.”

Natalie was excited to do baptisms for the dead when she turned 12. On her own baptism day she had felt clean and peaceful, and she wanted to share that feeling with others. Natalie felt important knowing she could do something to help people who had passed away.

“I have a gift for each of you,” Sister Jones said. She opened a bag and pulled out a piece of white stone.

“This is a piece of the same marble they are using to make the temple. I got special permission to give each of you one piece.” Sister Jones handed out the pieces of marble. “I want you to keep your marble in a special place to remind you of the temple and the blessings that the temple gives us. Can you do that?”

“Yes!” the girls said.

“I also want to challenge you to make goals to be worthy to enter the temple to do baptisms when you are 12, and to be married in the temple when you are older. The temple is a special place, and I want each of you to be a part of it,” Sister Jones said.

Natalie wants to be worthy to go to the temple, and something special will help remind her.

Natalie held her piece of marble tightly. It was white and beautiful and reminded her of being clean. She knew she wanted to be worthy to go inside the temple someday.

“I promise to remember the temple. I will go inside someday,” she said to herself. As she held the marble close to her heart, it felt like she was holding a piece of the temple there as well.



Possible Ideas for Family Home Evening

1. Use “Easter Footsteps” (pages 34–35) to learn about the last week of the Savior’s mortal ministry. Then read the account of Christ’s Resurrection in Luke 24:1–9. You can sing “Hosanna” together from pages 24–25 and talk about the importance of the Savior’s Resurrection.
2. Read together what President Dieter F. Uchtdorf said about the Savior’s Atonement (page 2). Take turns sharing your testimony or some of your favorite scriptures about Jesus Christ.
3. Read “Talk Time” (pages 8–9) and try one of the conversation games on page 10.
4. Use the Bringing Primary Home lesson and activity to learn more about this month’s Primary theme (pages 40–41).
5. Take turns reading together “Choose the Right Media” (pages 26–27). Talk about how your family can help protect one another from bad media.

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To subscribe online, go to store.lds.org.



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Or e-mail: friend@ldschurch.org

The following information and permission must be included:

Full name _____

Age _____ State/Province, Country _____

I agree to the terms of the Friend Submission Agreement (lds.org/friend/parentalconsent) and grant permission for the Friend to print my child's submission and photo in print or online.

Signature of parent or legal guardian _____

To send us a letter, drawing, or poem, please fill out this form and include it with your submission. Please also include a school photo or high-quality snapshot. Submissions will not be returned and may be edited for length and clarity. Children whose work is submitted should be at least three years old.



Hidden CTR Ring

Did you find the ring? Look on page 30!

Sidebar References

1. “Like a Flame Unquenchable,” *Ensign*, May 1999, 86–87.

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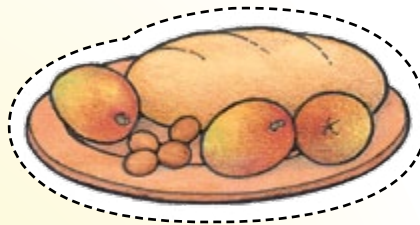
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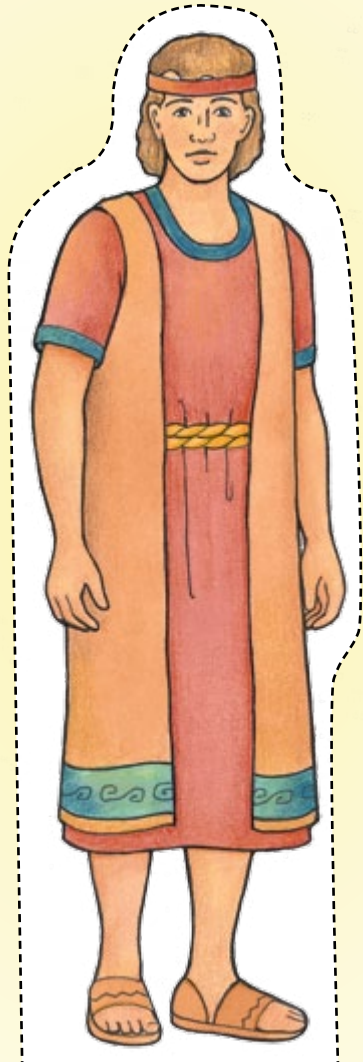
The *Friend* is available each month in Braille, or as a Talking Book, for the visually impaired. For more information, contact Salt Lake Distribution Services, 1999 West 1700 South, Salt Lake City, UT 84104-4233, United States of America.

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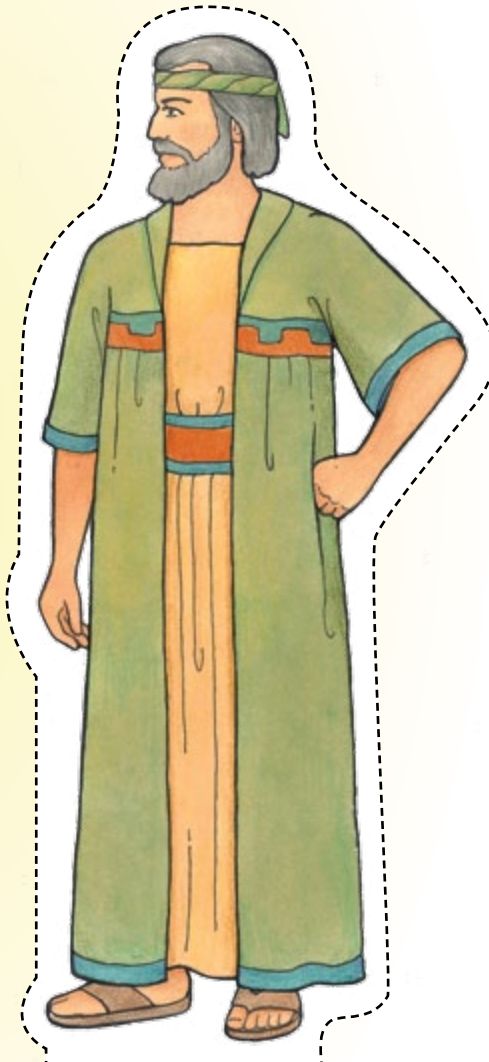
This year 10 issues of the *Friend* will contain Book of Mormon scripture figures. To use, cut them out and glue or tape them to cardboard, heavy paper, small paper sacks, or craft sticks. Store each set in an envelope or bag, along with the label that tells where to find the story in the scriptures.



Alma



Amulek



Zeezrom

Alma and Amulek's
Mission to Ammonihah

Alma 8–14



For Children

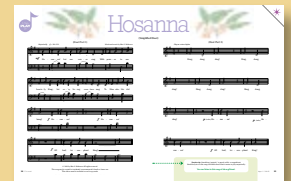


WEBSITE

Have you seen the updated *Friend* website? We've made it easier for you to find your favorite videos, games, and other activities. You'll also find lesson helps for parents and teachers. Visit lds.org/friend to see.

MUSIC

Are you learning how to play the piano? Would you like to know how to play some of your favorite hymns and Primary songs? Visit lds.org/friend to print the music for the "I Can Play It!" songs. You can also download the songs to listen to them.



For Parents



GENERAL CONFERENCE

Wondering when the latest general conference text, video, and audio files will be available? Visit lds.org/general-conference and click on "Availability."

BIBLE VIDEOS

During this Easter season, share inspiring videos about the life of Christ with your family. Visit lds.org/bible-videos.



For Teachers and Leaders



CHILDREN'S LESSON HELPS

This new resource can help you find stories and activities from the *Friend* that you can use in Primary lessons or family home evening. Visit lessonhelps.lds.org to search by Primary lesson or gospel topic.

EASTER SUNDAY ACTIVITY

You can print extra copies of the miniature book "He Sent His Son" found on pages 11–12 of this issue. Visit lds.org/friend and click on "Current Issue" and then "He Sent His Son."

