

THE *Friend*



Easter is
COMING!

See pages 4, 6, 24, and FJ4

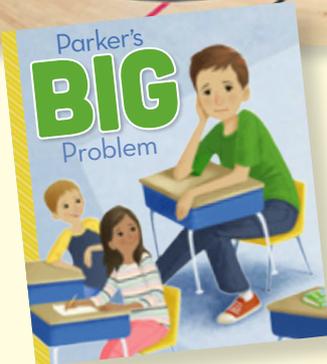
FRIENDS by Mail



S.O.C.K.S. Rock!

We decorated fun socks to remember to be seekers of courage, kindness, and service (Sept. 2015)!

**North Hills Ward,
California, USA**



Parker's Big Problem



Thank you for writing "Parker's Big Problem" (Nov. 2016). Now I feel better about being tall!

**EmmyLou S., age 10, Utah,
USA**



Travels with the Friend

We liked reading the *Friend* on our trip to Grandma's house, where we saw the Cedar City Utah Temple being built!

**Jonah, Joshua, Elora, River, and
Eli G., age 7, 9, 10, 1, and 5, South
Dakota, USA**

How I Read the Friend



Miriam M., age 9, Virginia, USA

Dear Friends,

Happy Easter! Have you ever noticed how many different names the scriptures use for Jesus Christ? Each name reminds us of some of the many ways He blesses us. Learn about some of these names on page 24, and sing a song about them on page 16. You can also use the story and activities on pages 4 and 6 to get ready for Easter.

Jesus Lives!

The *Friend*

P.S. One name for Jesus is the "Prince of Peace." You can watch a video about this at Mormon.org!

Was there a story or activity this month that helped you? Tell us about it! Turn to page 39 to find out how.

◆ **Primary Connection** Find stories and activities to go with this month's sharing time theme and lessons.
Find more at lessonhelps.lds.org.

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Front cover by **Hollie Hibbert**
Back cover by **Apryl Stott**

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Art Director: Mark W. Robison

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Collette Nebeker Aune

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Prepress: Joshua Dennis

Printing Director: Steven T. Lewis

Distribution Director: Troy K. Vellinga

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Hidden CTR Rings

Level 1: Learn about the sacrament.

Level 2: Never vacuum up your ring.

Level 3: Steps to the temple.

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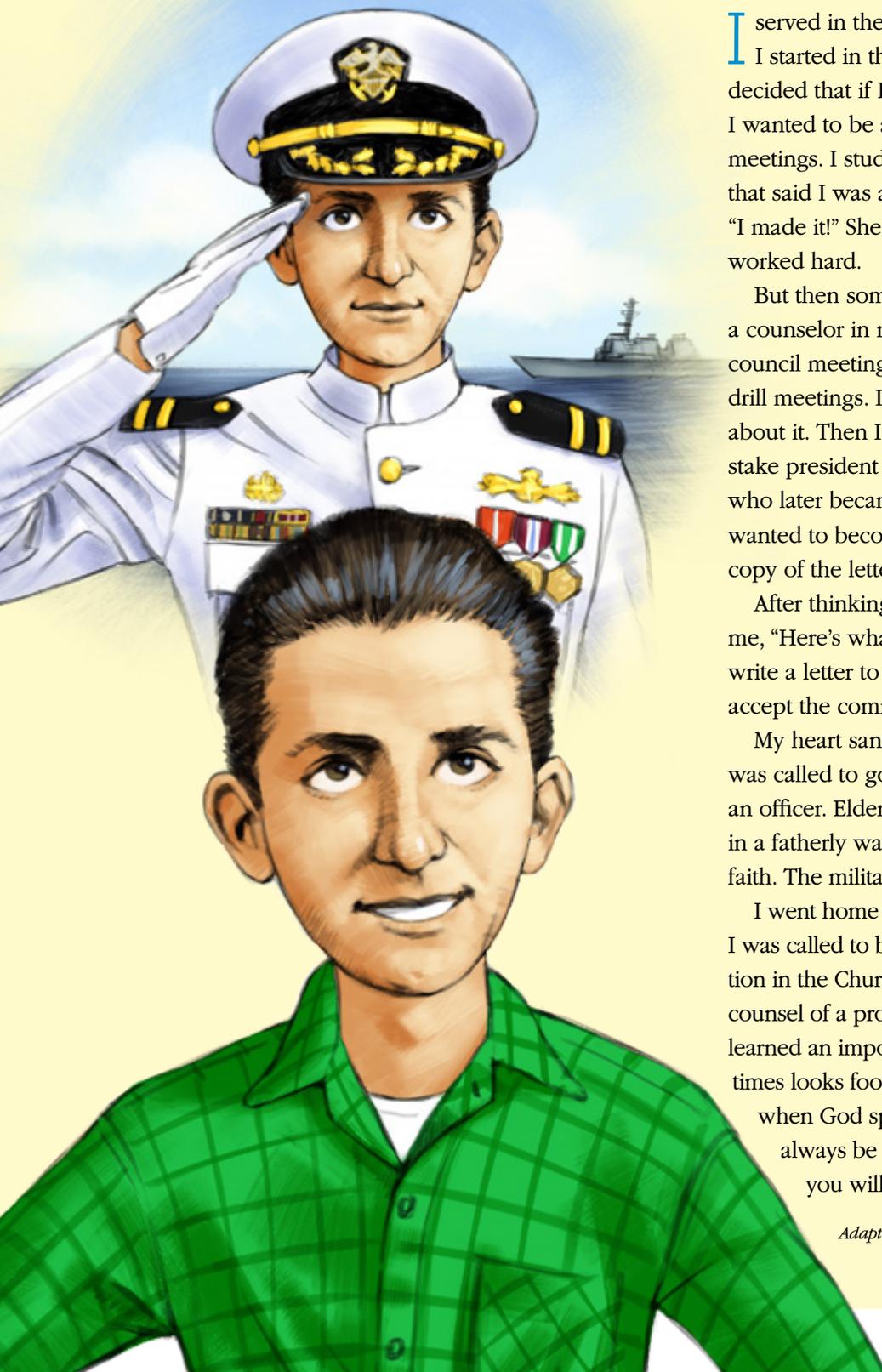
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By President
Thomas S.
Monson

Follow the Prophets of God



I served in the United States Navy during World War II. I started in the lowest ranks. After the war ended, I decided that if I ever had to serve in the military again, I wanted to be an officer instead. So I went to drill meetings. I studied. I took exams. Finally I got a letter that said I was accepted! I showed my wife and said, “I made it!” She gave me a hug and told me I had worked hard.

But then something happened. I was called to be a counselor in my ward bishopric. The bishop’s council meeting was on the same night as my navy drill meetings. I knew that I couldn’t do both. I prayed about it. Then I went to see the man who was my stake president when I was a boy, Elder Harold B. Lee, who later became the prophet. I told him how much I wanted to become an officer. I even showed him the copy of the letter I had received.

After thinking about things for a moment, he said to me, “Here’s what you should do, Brother Monson. You write a letter to the navy and tell them you can’t accept the commission as an officer.”

My heart sank. Another war was starting, and if I was called to go back into the military, I wanted to be an officer. Elder Lee put his hand on my shoulder and in a fatherly way said, “Brother Monson, have more faith. The military is not for you.”

I went home and did what he said. Six weeks later, I was called to be a bishop. I would not hold the position in the Church I hold today if I had not followed the counsel of a prophet and prayed about that decision. I learned an important truth: the wisdom of God sometimes looks foolish to men (see [1 Corinthians 2:14](#)). But when God speaks and His children obey, they will always be right. When you follow the prophets, you will be in safe territory. ♦

Adapted from “Follow the Prophets,” Ensign, Jan. 2015, 4–5.



President Monson

HEAVENLY FATHER

Jesus Christ



President Uchtdorf

Testimony



President Eyring

KINDNESS

Missionary Work



President Nelson

Joseph Smith

PRIESTHOOD



Elder Oaks



Elder Ballard

SABBATH DAY

Music

Faith



Elder Hales



Elder Holland

Blessings

Church

TEMPLES

Holy Ghost



Elder Bednar



Elder Cook

BAPTISM

LOVE



Elder Christofferson

Word of Wisdom



Elder Andersen

FAMILIES



Elder Renlund

TITHING



Elder Rasband

COMMANDMENTS



Elder Stevenson

CONFERENCE CONNECTIONS
 We can hear advice from the prophet and apostles when we listen to general conference. As you listen, draw lines from the picture of the speaker to what they are speaking about. If a topic isn't already on the page, write it in!

A Special EASTER TREAT

By Carmen Durland Cole

(Based on a true story)

“He is not here: for He is risen” (Matthew 28:6).

Kate walked into the kitchen and saw Mom rolling out dough.

“I’m making Easter rolls,” Mom said. “Want to help?”

“Yes!” said Kate. She wondered what Easter rolls would look like. Would they be shaped like bunnies? Or colored eggs? Kate ran to the counter and looked at the bowl of marshmallows Mom had set by the dough. Were they going to decorate the rolls with marshmallows?

Mom showed Kate how to wrap a square of dough around a marshmallow and dip the roll in butter and cinnamon sugar.

Kate picked up her own piece of dough and a marshmallow. It would probably taste

delicious, but what did it have to do with Easter?

“Today is the Friday before Easter,” Mom said as she dipped a wrapped-up marshmallow in the melted butter. “Many people call it Good Friday.”

“Why?” Kate asked.

“Because it’s the day Jesus Christ showed how much He

loves us. He suffered

and died for our

sins. Because

of what He

did, we can

repent and be

forgiven.”

Mom

handed Kate a

marshmallow to

eat. “That’s why

we can live with

Heavenly Father

again someday.

So today really

is a ‘good

Friday,’

don’t you

think?”

Kate

nodded

as she dipped

her last roll in

Kate couldn't wait to break open a roll and look inside!

cinnamon sugar. "Done!"

"Now we have to let these rise," Mom said. She put plastic wrap over the stuffed rolls and slid them into the fridge. "After Jesus died, His body was put in the tomb, and His spirit went to heaven. Do you know what happened then?"

"He visited people in the spirit world?" Kate asked.

"That's right," Mom said. "Then, on Sunday morning after He died . . ."

"He came alive again!" said Kate.

"Yes!" said Mom. "It's called the Resurrection. Women visited Jesus's tomb and found it empty. Angels told them, 'He is not here: for He is risen.' Because of that, all of us will live again after we die."

Kate helped Mom wipe sugar and flour from the counter. "Each of the rolls we made is like a little tomb," Mom said. "And on Easter Sunday, we'll bake them."

Kate wondered how they would turn out. She could hardly wait to eat one!

On Sunday morning Kate woke up to the smell of cinnamon baking. She hurried to the kitchen just in time to see Mom pull a tray of rolls out of the oven.

"Remember how we filled these?" Mom asked as she handed Kate a warm roll. "Break it open and take a look!"

Kate broke open her roll and looked inside. "It's empty!"

"Just like the tomb on Easter morning," Mom said. "Always remember that Jesus lives. And He loves you."

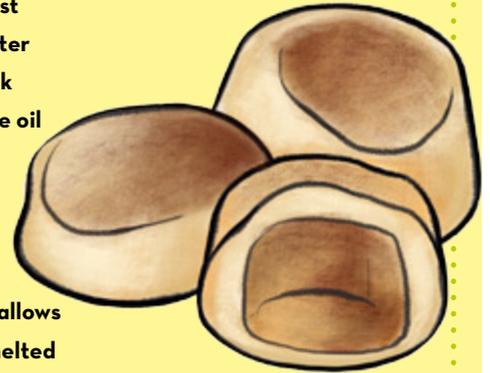
Kate took a big bite out of her roll. She was grateful for Mom and this tasty treat, grateful for Jesus, and grateful for Easter morning! ◆

The author lives in Utah, USA.

Easter Rolls

Be sure to get an adult's help.

- 1 **tablespoon yeast**
- 1/4 **cup warm water**
- 3/4 **cup warm milk**
- 1/4 **cup vegetable oil**
- 1/4 **cup sugar**
- 1 **teaspoon salt**
- 1 **egg, beaten**
- 3 1/2 **cups flour**
- 28 **large marshmallows**
- 1/2 **cup butter, melted**
- 2 **tablespoons cinnamon and 1/2 cup sugar, mixed**



1. Put the yeast in the warm water and set it aside. In a large bowl, mix the milk, oil, sugar, and salt. Add the egg and the yeast mixture to the large bowl and stir. Stir in half the flour. Keep adding flour and stirring until dough forms. Knead lightly.
2. Roll the dough out 1/2 inch (1 cm) thick and cut into 28 squares. Dip marshmallows into butter, then cinnamon sugar. Put a marshmallow on each square.
3. Stretch the dough around the marshmallow and pinch the edges well to seal. Dip the top of the dough in butter, then cinnamon sugar. Place pinched-side down on a greased or foil-lined pan.
4. Cover with plastic wrap and let rise at least 2 hours. If you're going to make rolls on Friday and bake on Sunday, put them in the freezer Friday night so they don't over-rise. Put them back in the fridge Saturday night.
5. Take the rolls out of the fridge 1 hour before baking. Let the rolls rise double in size before baking. Bake at 350°F (180°C) for 15-20 minutes or until light brown. Eat while warm.

Tip: You can also use premade dough and skip steps 1 and 4.

Turn the page for other activities you could do to celebrate Easter!

Family Night FUN

Here are some family home evening ideas from this month's magazine. What other ideas can you come up with?



UNDERSTANDING EASTER

At Easter we remember that Jesus Christ gave His life for us, and we celebrate His Resurrection. Here are some FHE ideas to help you understand why we celebrate.

1. Explain the Atonement with salt, pepper, and a plastic spoon!

- Pour some salt onto a plate. This represents us before we sin.
- Now sprinkle pepper on the salt. The pepper is like sin. It keeps us away from Heavenly Father.
- Rub the spoon on a towel. Then move it slowly above the salt and pepper. The pepper will stick to the spoon. Jesus's Atonement lets us repent and get rid of our sins!

2. Explain resurrection with a glove!

- Put the glove on. Pretend it's your body and your hand is your spirit. Together they can do lots of things.
- Now take it off. When we die, our spirit and body separate. Our body can't live without our spirit.
- Put the glove back on. Resurrection is when our spirits and bodies come back together. We'll have a perfect, glorious body, and we'll never die again. Because of the Savior's Atonement, we'll all be resurrected like He was!

Peanut Butter Easter Eggs

People often use eggs for Easter because they remind us of new life—like the Savior's Resurrection. Make this treat with your family to celebrate the Resurrection!

1/2 cup honey

1/2 cup peanut butter (or other nut butter)

1/2 teaspoon vanilla

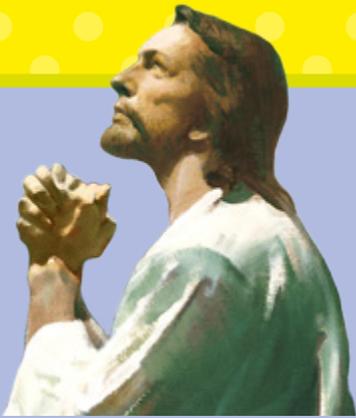
4 cups crispy rice cereal

1. Mix honey, peanut butter, and vanilla in a large saucepan over low heat until the peanut butter is melted.
2. Remove from heat. Stir in crispy rice cereal.
3. Mold mixture into egg shapes and let cool. You can stuff the mixture into plastic Easter eggs to shape it, or just use your hands.

Tip: Want colored eggs? Mix in a few drops of food coloring before you add the cereal. You can also add sprinkles at the end!



Is there a topic you'd like to learn about with your family? Go to lessonhelps.lds.org to find stories, activities, and media.



THE SAVIOR'S ATONEMENT

Here are some of the blessings from the Savior's Atonement:

- Jesus understands us perfectly because He has felt all the pain that we will feel in life.
- Those who die will live again.
- We can repent, and our sins can be forgiven.
- Jesus gives us strength to do hard things.

BONUS TREAT

Try this snack for FHE this month! Be sure to get an adult's help.

Cut 1 can of refrigerated pizza dough into about 10 equal pieces. Place some cheese and toppings like pepperoni, mushrooms, or broccoli in the center of each; then fold and press to close the seam. Brush each roll with butter and bake at 450°F (230°C) for 10-12 minutes. Dip in pizza sauce.



MORE FHE IDEAS

Look for these pictures in the magazine to find the stories and articles they go with! (Find the page numbers below.)



IDEA 1: Read this month's Friend to Friend story. Have everyone draw a picture of the temple to remind them to prepare for the temple every day. How can your family prepare?



IDEA 2: Read "Brock and the Bad Word." Write a list of good ways to use language. What can you do when other people use bad language? See what Brooke B. on Show and Tell does! What can you think to do?



IDEA 3: Do you have a friend or family member who has died? Bring their picture to family night and read "Erika's Dream Park." Explain that you will see them again because of Jesus Christ. You can share your testimony of His Atonement and Resurrection.



Idea 1: 20; Idea 2: 8, 27; Idea 3: 22

BROCK

and the BAD WORD

By Julie C. Donaldson

(Based on a true story)

"I'll try to repent, to do better, to pray"

(Children's Songbook, 98).

"You think you're better than everyone else because you don't swear," Jared said at recess.

"That's not true," said Brock.

"Then why won't you say one swear word? Just one? It's not going to kill you. Everybody else swears."

Brock shrugged. "I just don't want to."

Brock knew swearing is wrong and makes the Holy Ghost leave. Brock wanted the Holy Ghost with him. So he didn't swear.

Brock was new at school, and so far, Jared was the only one in his class who wanted to be his friend. But Jared bugged him about swearing every single day. And every day Brock got a little more tired of saying no. Besides, Brock was

afraid that Jared would stop being his friend, and then he'd really be lonely.

"Just say one swear word," Jared said after school. "Then I'll leave you alone."

Finally Brock was so tired of being bothered that he

said one swear word—one that wasn't *too* bad.

Jared nodded. "Good. Now you're one of us."

After that, Jared's other friends talked to Brock too. They ate lunch with him and played football with him at recess. But





being in Jared's group of friends was like walking into quicksand. The more Brock hung out with them, the more he talked and acted like them. And they all swore. A lot. They laughed at and insulted each other. They said rude things about their teachers. They got mad and acted mean a lot. Slowly Brock started feeling angry more often and found more and more reasons to swear.

One night when Mom and Dad were gone, Brock and his sister Katie got into an argument about what show to watch. Before Brock even thought about it, a swear word jumped out of his mouth.

Katie looked shocked. "I'm telling Mom."

Brock ran to his bedroom and slammed the door. What was wrong with everyone? Why were they making him mad all the time? When his parents came home, Brock cracked open his door and heard Katie say, "Mom, Brock swore at me."

"What?" Mom sounded surprised. "Brock would never swear."

Brock closed the door and slumped down on his bed. He thought about how different he'd become since he started swearing. It had been a long time since he had felt the Holy Ghost.

Brock knelt down by his bed and prayed. "Dear Heavenly Father, I'm so sorry I've been mean and angry. I'm sorry I started swearing. Please help me do better."

As Brock prayed, a warm feeling filled his heart. For the first time since he started swearing, he felt really happy. He knew God loved him, and he could feel the Holy Ghost. He felt forgiven and knew he could change. Heavenly Father would help him.

After his prayer, he told Mom the truth and

apologized to Katie. Brock felt better after that. It felt good to repent.

The next day at school, Brock didn't eat lunch with Jared's group. Instead he sat next to some kids he didn't know. It would take time, but Brock knew he would find friends who were kind and happy and didn't swear. Just like him. ♦

The author lives in Utah, USA.

Print cards at CTR2017.lds.org.

CTR CHALLENGE

"I will use the names of Heavenly Father and Jesus Christ reverently. I will not swear or use crude words" (My Gospel Standards).

- Write or draw on one side of a paper how good words make you feel and, on the other side, how bad words make you feel.
- Read [Leviticus 19:12](#). Why do we respect Heavenly Father and Jesus's names?
- Ask a parent or leader why they use good language.
- I challenge myself to ...



Everybody Needs a Friend!

Hello around the World

One of the easiest ways to be kind is to smile and say “hello.” See if you can match the words for “hello” with the flags of countries where each language is spoken. Answers on page 39.



Germany



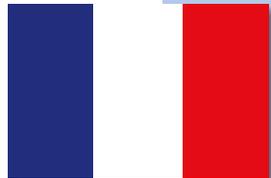
Brazil



Sweden



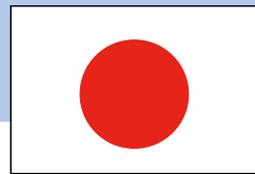
Italy



France



Mexico



Japan

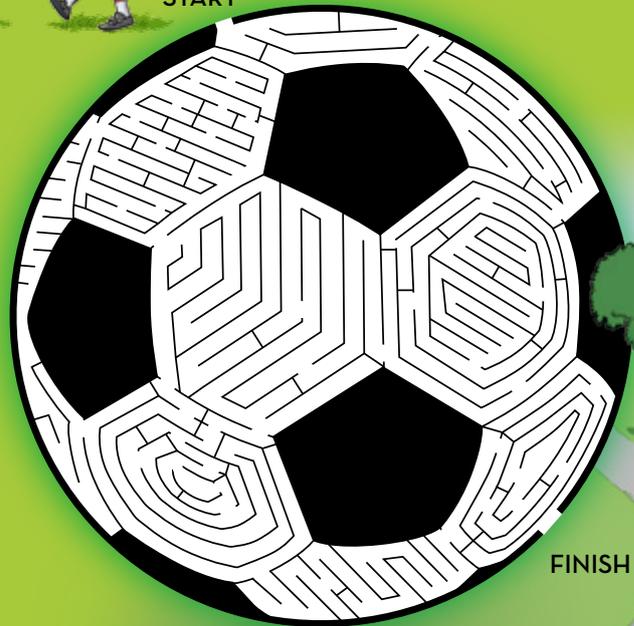


Philippines

- 1. Hallå
- 2. Olá
- 3. Hallo
- 4. Ciao
- 5. Kamusta
- 6. Konnichiwa
- 7. Bonjour
- 8. Hola

Fútbol Fun

Spencer's friend Maria loves to play soccer, called *fútbol* where she's from. Help Spencer and Maria reach the park so they can play!





Cheating Is Poisonous

SPELLING
TEST
TODAY!

$\frac{1}{3}$ $\frac{1}{4}$

$\frac{2}{5}$ $\frac{2}{6}$



**AnnMarie W., age 7,
Washington, USA**

When I was in first grade, I had a spelling test every Friday. One week I practiced really hard, but I still couldn't get the word *poisonous* right. When it was time to take the test, I decided to write the word *poisonous* on the back of the paper I used to cover my test. I quickly put the paper in my desk so that I wouldn't be tempted to cheat, but

I secretly took it out again when it was almost time for the word *poisonous*. As I thought about the word *poisonous*, I had a strong feeling that cheating *was* poison to my spirit. So I put the paper back in my desk for good! I still didn't spell the word *poisonous* right, but I felt great and peaceful inside about not cheating and for choosing the right. ♦



By Elder David A. Bednar
Of the Quorum of the Twelve Apostles

How can I help my family be strong?



Tell your family you love them and show it by how you act.



Bear your testimony of the things you know to be true by the witness of the Holy Ghost. Share your testimony with the people you love the most.



Willingly join with your family in family prayer and scripture study. Be actively involved in family home evening and make it fun.



Be faithful in learning, living, and loving the restored gospel of Jesus Christ.

From "More Diligent and Concerned at Home," Ensign, Nov. 2009, 17–20.

Be Consistent and Keep Trying



When Elder David A. Bednar was growing up, his father was not a member of the Church. His dad was a good man. He went to church with his family and helped them with their activities and goals.

Even though his family did not have family home evening or family prayer together, Elder Bednar prayed and read scriptures with his mother.

Elder Bednar loved his dad and consistently tried to be a good boy and a good example to him. Many years later, his father decided to become a member of the Church, and Elder Bednar was able to baptize him!

When Elder and Sister Bednar were married, they consistently had family prayer, scripture study, and family home evening with their three sons. Sometimes

things did not go well, and Elder and Sister Bednar wondered if their efforts were worthwhile. Now and then during scripture study there were outbursts such as, “He’s touching me!” “Make him stop looking at me!” and “Mom, he’s breathing my air!” Family prayers were sometimes interrupted with giggling and poking. And family home evening lessons were not always calm with three active, noisy boys.

But they kept trying.

Because they were consistent and kept trying, Elder and Sister Bednar’s family and their love for one another grew stronger. Their family learned together and felt the Spirit in their home because of the small things they did that matter so much. ◆

1

Ben's Chariot

Ben comes to church in a big chair on wheels called his chariot. His friends like to help push it. It's a good place to hide objects when his class plays "Hot and Cold."



2

Taking Turns

When it's Ben's turn to read scriptures, his friends take turns reading for him. When the class plays "Simon Says," they help Ben move his feet when they march.

Ben's

Ben was born with multiple disabilities, so he can't walk or talk. But he loves church and likes to play with his Primary friends.



3

A Big Smile

When Ben's happy, he smiles and moves his arms and legs. Everyone likes Ben's favorite treat—chocolate pudding!

4

Praying for Ben

Once Ben had to have an operation. His buddies missed him and prayed for him as a class.

The Push of a Button

Ben uses a special machine to record his part in the Primary program. When it's his turn, he just has to push a button and the recording starts playing!

5



Buddies

From an interview by Carolyn Colton



IDEAS FOR BEING FRIENDS

- Always say hi and use your friend's name.
- Ask your friend any questions you have.
- Make sure your friend gets a turn in games and other activities, even if you have to help.
- Ask your friend's parents what your friend likes to play and if it's OK to help your friend move.



How do you follow Jesus by showing love?

Send us a heart with your story and photo. See page 39.

Go to page 27 to see how many hearts have come in!



Many Names of Jesus

Thoughtfully ♩ = 72-80

Words by Jan Pinborough
Music by Michael F. Moody

C F G7

1. Je - sus said that He would be my Shep - herd. Je - sus said that I would be His
2. Je - sus is my Friend; He's like no oth - er. Je - sus is the Son, the Bread of
3. Je - sus said that He would be my Sav - ior. Je - sus said that He would be my

C F G7 C Am

lamb. He calms my fears with ten - der words of com - fort, So when He
Life. With Him, I'm not a - fraid; He is my Broth - er. He knows my
Light. He made the stars, the o - ceans—my Cre - a - tor, Re - deem - er,
slowing slightly

C F A Dm G

calls, I'll glad - ly fol - low Him. So man - y names of Je - sus, So
heart. He helps me choose the right.
Lord, the Way, the Truth, the Life. *holding back*

C G Am Dm G7 [1, 2. C G7]

man - y ways to know Him, And ev' - ry name means, "I love you."

3. Ab D dim C Dm

you." The Prince of Peace, the King of Kings,

C G7 C

Je - sus Christ sal - va - tion brings. *slowing greatly*

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“And Nephi arose and went forth, and bowed himself before the Lord and did kiss his feet”
(3 Nephi 11:19).

By Michelle Garrett Bulsiewicz

(Based on a true story)

“Help me, dear Father, to truly repent, making things right”

(*Children’s Songbook, 99*).

Sara loved it when her older sister, Melissa, came home from college. Melissa was home all day and could play with her and their little brother, Thomas.

But today Melissa wasn’t playing. Sara sighed. She was so bored!

Sara poked her head into Melissa’s room and saw Melissa lying on her bed, reading a book. She tiptoed in and peeked over the cover of Melissa’s book. “Can we play hide-and-seek?”

“I’m reading,” Melissa said.

“Pleeeeeease?”

Melissa smiled. “OK. Just let me finish this page.”

Thomas came in too. “Whoa, those are cool!” He ran to Melissa’s desk and picked up a pair of sunglasses. They were sky blue with zebra stripes.

“Ooh, they’re pretty!” Sara said. “Can we try them on?”

Melissa said, “Sure, but please be careful. They’re new.”

“We will!”

Sara promised.

Thomas tried on the sunglasses. Sara giggled. “You look like a blue-eyed bug!”

Melissa looked up and laughed. She put down her book and grabbed her phone. “Say cheese!” Thomas grinned while Melissa snapped a picture.

“Let me try them on!” Sara said. Pretty soon she and Thomas were taking turns posing and making funny faces while Melissa took pictures.

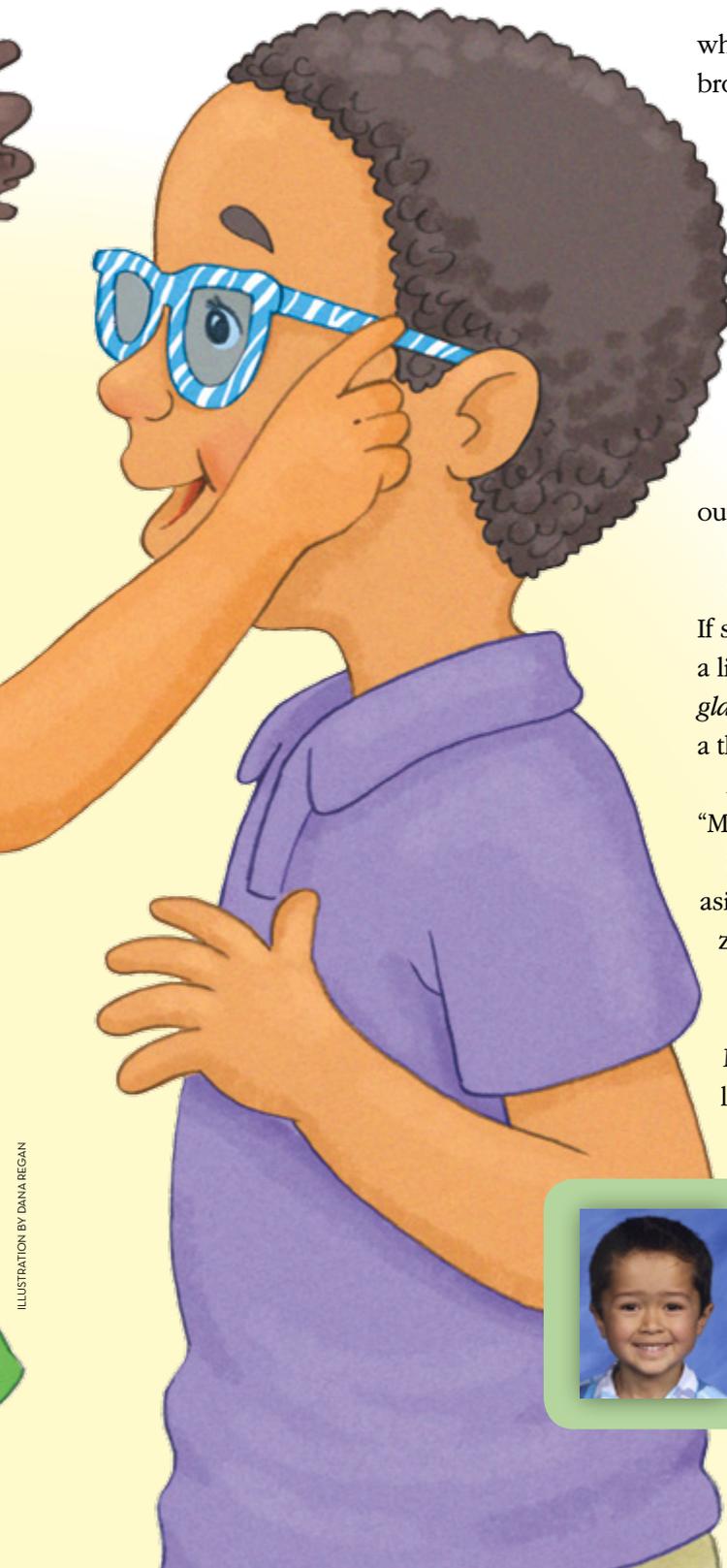
“This is even better than hide-and-seek!” Sara said.

Just then Melissa’s phone rang. “I’ll be right back,” she told them. She went in the hall to answer the phone.

Sara plopped onto the bed with a huff to wait.

“Hey, it’s my turn,” Thomas said. He reached for the sunglasses in Sara’s hand, but Sara put them on the bed next to her. “Melissa said to be careful with them. We should wait for her to get back.”





“Oh yeah?” Thomas grinned and tickled her. Sara giggled and jumped back.

Crack.

“What was that?” Thomas asked.

Sara looked down and gasped. Her heart sank as she saw what was underneath her—the sunglasses, with the ear pieces broken off.

Sara started to panic. “Oh no! What should we do?”

“Melissa’s going to be so mad!” Thomas said.

Just then Melissa walked back into the room. “Wanna see the pictures I took?” she asked.

Sara didn’t answer. She looked down at the floor.

“What’s wrong?” Melissa asked.

All Sara wanted to do was hide under the bed covers.

Slowly she held up the broken sunglasses. “I’m so sorry!”

“We didn’t mean to,” Thomas added.

“I know.” Melissa took the pieces of her sunglasses and let out a heavy sigh.

Sara hung her head and left. Thomas followed.

Sara felt terrible! She wished she could fix Melissa’s sunglasses. If someone had broken her favorite stuff, she’d feel awful. She said a little prayer. *Heavenly Father, I’m so sorry I broke Melissa’s sunglasses. Please help me know what to do to make it up to her.* Then a thought came to her. She spun around. “Thomas! I have an idea.”

A little while later, Sara poked her head into Melissa’s room. “Melissa, we have something to show you.”

Sara led Melissa down to the kitchen table. Thomas stepped aside to reveal the surprise—a pair of sunglasses, sky blue and zebra striped.

Melissa smiled. “You made these for me?”

Sara grinned. She and Thomas—with a little help from Mom—had carefully painted a pair of Dad’s old sunglasses to look like Melissa’s broken pair.

Melissa gave Sara and Thomas a big hug. “You guys are the best!”

Sara felt warm and happy. She was glad she could try to make things better. ◆

The author lives in Utah, USA.



I will be nice to my baby sister because she is a beautiful child of God.

Tony W., age 5, Idaho, USA



By Sister Joy D. Jones
Primary General President

Prepare for the TEMPLE Every Day

When I was nine years old, I had a wonderful Primary teacher named Sister Kohler. I was very shy, and she was so gentle that I loved being with her. One day she gave us each a piece of paper. We all wrote down what we wanted to do when we got older. I wrote: “Go to college and get married in the temple.” I taped my paper above my closet door. At night, light from the street lamp shone in through my window. I looked up at my piece of paper. It reminded me that I wanted to go to the temple.

Back then, there were only 12 temples in the world. I wanted to go to every one.

Whenever my mother and father planned a vacation, they always took our family to the temple. We lived in Oregon, USA. The nearest temple was 600 miles (965 km) away in Cardston, Alberta, Canada. Our car didn’t have air conditioning. My brother and sister and I sat in the back seat. We would hang a wet washcloth outside the car window. Then we put it on our necks to cool off.

It was a thrill when we finally saw the temple. I didn’t know very much about what happened there, but my parents were always happy when they came out. I knew the temple was very important. I knew it was the Lord’s house.

After I turned 12, I got to do temple baptisms in several temples. Then when I met my future husband,

From an interview with Jan Pinborough



Sister Jones at the Cardston Alberta Temple

I found out that he loved the temple too! We got married in the Manti Utah Temple.

You can prepare for the temple every day. Go to the temple when you can. Touch its walls. When my grandson Jarret was 11 years old, he worked on family history every Sunday with his dad. He found many names of ancestors. Now that he is 12, he is doing baptisms in the temple for these ancestors!

When you are in the temple, you can walk where Jesus walks. It is His house. I hope you will pray every day for Heavenly Father to help you prepare to enter the temple and feel His love. ♦

Sister Jones was in charge of taking care of her family's rabbits.

Her cat Ginger and her dog Pepper were her best friends!



Find It!

In the temple, families can be sealed together forever. This family is celebrating an eternal marriage. The bride and groom have been sealed together in the temple. Can you find the hidden objects?



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Erika's Dream Park

By Doris Lemke and Charlotte Mae Sheppard

(Based on a true story)

"There is a resurrection, therefore the grave hath no victory, and the sting of death is swallowed up in Christ"
(*Mosiah 16:8*).

"Look at how squished together the houses are!" Richard's younger brother, Michael, said, pointing to a row of matching doors. "Are there any kids my age around here?" he asked.

"I'm sure there are," Mom said, pulling another box from the car.

"Yeah," said Richard. "Look at all the toys and bikes in the yards."

Erika stroked Jewel and tickled her tummy as she carried the purring cat to the front door. "I think Jewel likes it here!" she said.

Richard knew why his family was moving here. It was close to the

hospital where Erika was getting treatments.

Even though Erika was older than Richard, she looked smaller and skinnier because of her cancer treatments. The treatments also made her hair fall out. That's why she always wore a bright yellow hat.

"Almost as sunny as her smile," Mom sometimes said.

Suddenly Michael yelled from the hill up the street. "A playground! We have a playground!"

"A playground?" Erika started walking up the street, her smile even bigger. "Let's go see it!"

As they got closer, Richard saw a big sign on the fence: "UNSAFE—DO NOT PLAY." The swing set was broken, and a few rusty pipes were lying around.

"That's sad!" Richard said. "I bet there

are lots of kids around here who would love a place to play.”

“We could fix it!” Erika said. She sounded excited, like she could already see the way it would look.

“Could we, Mom?” Richard asked.

Mom shrugged. “I don’t know, kids. That would be really difficult.”

Erika looked at the playground. Her smile had faded, but her hat still looked bright and sunny.

Richard turned back to Mom. “Can we *try*?”

Mom finally gave in. But it would take lots of work.

After they got settled in their new house, Richard and Michael started looking for neighborhood kids to help. Mom

called businesses to ask for donations. Before long kids were cleaning up trash and planting flowers. They painted benches with castles, spaceships, and dragons—Erika’s favorite. The whole neighborhood was helping make Erika’s dream come true!

As months went by, Erika got sicker and sicker. But even when she couldn’t help fix things up anymore, she and Jewel came out to cheer the helpers on.

“Remember, we want plenty of ramps for wheelchairs,” she said. “This will be a playground *everyone* can play on!”

On the day the playground was finally opened, Erika wasn’t there. She had already returned to Heavenly Father. But Richard, Michael, and Mom were there—along with tons of other kids. There were kids in

wheelchairs, kids on crutches, and even kids from other neighborhoods!

A new playground sign said “Erika’s Dream Park.”

Richard sat on a bench covered with paintings of dragons and watched everyone run and jump and swing. He knew Erika was in heaven and that she wasn’t sick anymore. But it was still hard watching all those

kids play without her there.

The sun was bright and yellow like Erika’s hat. Richard could feel it warm him from head to toe. He thought maybe he was feeling warm for another reason too. Like maybe the Holy Ghost was telling him that things would be OK. He knew he would see Erika again. And when she was resurrected, her body would be healthy

and strong. A smile spread across Richard’s face.

“Come on, Richard!” Michael shouted from the top of the slide.

Richard jumped off the bench and ran into the sunshine to play. ◆

The authors live in Saskatchewan, Canada, and California, USA.



“There is life after life, first in the spirit world and then in the Resurrection, for each and every one of us.”

President Russell M. Nelson, President of the Quorum of the Twelve Apostles

“Life after Life,” *Ensign*, May 1987, 10.

Have a happy and Christ-centered Easter!

NAMES OF JESUS

Here's an activity you or your family can do the week before Easter! Spend time each day learning about Jesus Christ by reading the scripture and filling in the name used in the verse. (You can check your answers on page 39.) Then share one way you know Jesus loves you!

DAY ONE: MOSIAH 3:20

Jesus is our _____ and Redeemer. He saved, or "redeemed" us, from death and sin through the Atonement. Because of this, we have the chance to live with our Heavenly Parents again one day.

1

DAY TWO: JAROM 1:11

The name _____ means "the anointed." This name for Jesus reminds us that He was the King the prophets and scriptures had taught about.

2

DAY FIVE: 2 NEPHTI 2:28

A _____ is a go-between person, or someone who helps solve problems between people. Because we all sin, we all need help to be able to live with God again. Jesus can help us with this problem! He "mediates" for us, giving us chances to change and have eternal life even though we make mistakes.

5

DAY SIX: ISAIAH 40:28

Jesus is sometimes called the _____ because He helped make this beautiful

6

DAY THREE: ABRAHAM 2:8

Before Jesus was born on earth, He was called _____. Even when bad things happen, we can feel peace and hope by learning about Jesus and following His teachings. He loves every single person in this world—including you!

3

DAY FOUR: PSALM 13:1-3

Jesus is the Good _____ . He loves us and wants to guide and protect us, just like a shepherd cares for his flocks.

4

DAY SEVEN: ISAIAH 9:6

Jesus is the _____ of _____ . Even when bad things happen, we can feel peace and hope by learning about Jesus and following His teachings. He loves every single person in this world—including you!

7

earth for us, under the direction of Heavenly Father.

To celebrate, watch a video at Mormon.org about the names of Jesus Christ and learn the new song on page 16.

HAPPY EASTER!

ILLUSTRATION BY KRISTIN KWAN

Show and tell



I sing Primary songs to my one-year-old sister when it is time for her nap. Even though I am in

Young Women, I am so thankful for Primary songs!

Candace C., age 12, Missouri, USA



Cash P., age 8, Utah, USA



Hunter R., age 14, Utah, USA

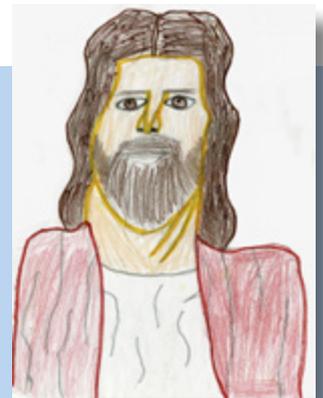
Nathaniel R., age 9, Arizona, USA

Jesus

Jesus is the Savior, Redeemer, the Lamb of God, and the Son—
The one who created all that was done,
The one who was mocked, hit, and scorned,
The one who had grace upon everyone,
The one who forgave, and the one who kneeled and prayed.

He is the one who healed the leper,
The one who healed the blind, the one who healed the deaf,
The one who cares and is always there,
The one who loves you, the one who created the animals,
The one who forgave the sinners, the one who always remembers you,
The one who answers your prayers, the one who loves you and loves everyone,
The one who wants you to be with Him again, and the one who protects you.
He is the one who made the oceans, seas, rivers, and streams,
The one who wants you to live in righteousness,
And the one who made the world for you. He is the one who prospers you,
The one who made the plan come true.

Mia B., age 9, Utah, USA



Caleb L., age 11, Indiana, USA

My baptism was special to me because my father and I were baptized on the same day. It was the happiest day of my life!

Kyle S., age 8, Utah, USA



When I hear my friends say bad words, I tell them that they don't need to say those words.

I tell them in my own words a scripture I have learned, and it makes them happy.

Brooke B., age 12, London, England



Makenzie C., age 7, New Mexico, USA



We went to the clinic to get my brother's leg fixed. We were on the second floor. I looked

out and saw the top of our church out the window and felt closer to Heavenly Father.

Owen H., age 7, Iowa, USA



Whenever I see someone who is hurt or sad or looks like they need a friend, I try to reach out

to them and be their friend. That's how I'm trying to stand tall in following Jesus.

Carter A., age 8, Idaho, USA

Filling the World with Love This year we're filling our map of the world with your loving hearts. Find out how to send us your heart on page 15!



First Missionaries

Use these to share Church history stories!



Samuel Smith



Hyrum Smith



Parley P. Pratt

After the Church was organized, Heavenly Father wanted everyone to hear about the gospel. The first missionary was Joseph Smith's brother Samuel. Hyrum, Joseph's older brother, also taught others about the gospel. One day a man named Parley P. Pratt told Hyrum he had spent all day reading the Book of Mormon. Hyrum taught him more about the Church, and he was baptized. Then Parley served a mission! He became a leader in the Church.

Find more Church history figures at lessonhelps.lds.org under the category "Scripture Figures."



If a neighbor asked you why you go to church, what would you say?



I would tell them I go to church because I believe in my religion, and church is fun.

Ephraim P., age 11, Sydney, Australia



The Lord had a day of rest, and we need one too. On that day, we go to church and learn gospel principles that help us in life. Why not come to our church and try it out?

Madeline C., age 11, South Carolina, USA



Because I want to learn more about Jesus, and Jesus is important.

Charlotte N., age 5, Gyeonggi Province, South Korea



Ingrid: I go to church because I love the Savior, and because I want to go back to live with Heavenly Father.

Lucca: I want to learn to not do bad things and to do good things.



Ingrid and Lucca S., ages 8 and 6, São Paulo, Brazil



I go to church because I believe in God and to learn about the gospel.

Trent M., age 10, Auckland, New Zealand



I go to church because it is amazing and has fun activities to help you learn about Christ. Also, I get a good feeling inside that tells me the Church is true. I would invite them to come to church with me too!

Eden F., age 11, California, USA

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

NEXT QUESTION

“Some nights I’m too tired to pray.

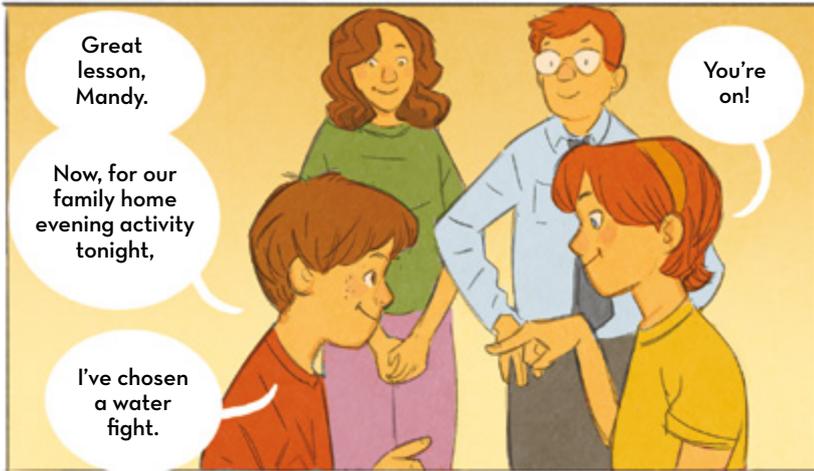
Is it really that important?

And do I need to pray in the morning too?”

Send us your answer and photo by April 30. Email us at friend@ldschurch.org with “Question Corner” in the subject line. Use the permission statement on page 39.

Read more Question Corner answers at FriendQC.lds.org.

MATT AND MANDY



older ^{for} KIDS



BRAIN TEASER

If you have it, you don't share it.
If you share it, you don't have it.
What is it?

Answer on page 39.

DEAR JOURNAL

What do you want to be when you grow up? Draw a picture of your future self and write about it in your journal.



SECRET SERVICE



Do a chore without having to be asked.

MY HAIKU

When I am baptized
All my wrongs are washed away
I am clean and pure

Lauryn M., age 13, Utah, USA

THINK ABOUT IT

"Remember who you are and what God expects you to become."

—President Thomas S. Monson

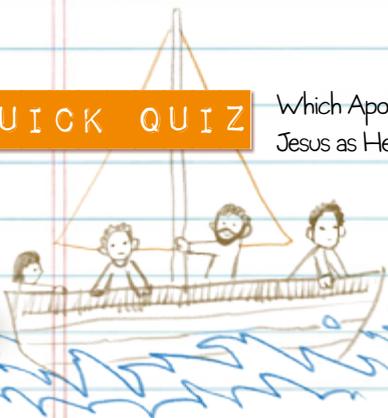


QUICK QUIZ

Which Apostle went out to meet Jesus as He walked on the water?

- Mark
- John
- Peter
- James

Answer on page 39.



My best friend is not a member of our church. He takes the Lord's name in vain a lot! I felt sad every time I heard it. So I asked him nicely to not say it. He respected me and has stopped. It felt good to stand tall.

Porter P., age 9, Tennessee, USA

Star Shines

By Jane McBride

(Based on a true story)

“It’s nice to be here with you in Primary” (Children’s Songbook, 254).

Star tugged at her clothes. It still felt strange to wear a dress to church. In her old church the girls wore pants or shorts on Sunday. But not in her new church. She and her mom had just been baptized into The Church of Jesus Christ of Latter-day Saints.

Star sighed as she looked in the mirror. She was excited to go to church for the first time as an official member, but she was also nervous. Before, she stayed with Mom the whole time at church. But this time she was going to Primary.

Star blinked at her reflection. What if she didn’t fit in? What if the other kids didn’t like her?

“Star? Are you ready?” Mom called.

Star walked downstairs. “Do I look OK?” she asked.

Mom smiled. “You look beautiful.”



Star made a face. “You have to say that. You’re my mom.”

“You’re right. I do have to say that. Because it’s true.”

Star gave a small smile. Mom always had a way of making her feel better. But there were still butterflies in her stomach. What if none of the other kids wanted to talk to her? She had

friends at school, but they weren’t members of her new church. She wished she had even one friend going to church with her.

“I just remembered something I have to do,” she told Mom.

She ran back upstairs and knelt by her bed. “Dear Heavenly Father, please help me make friends. I believe what the missionaries taught is true, but I’m scared.”

Star stayed on her knees and listened. After a moment she felt a sweet, peaceful feeling, and she wasn’t so nervous anymore.

At church Star and Mom sat by a family with three

little girls. The parents introduced themselves and started talking with Mom before the meeting started. Star helped the girls color a picture of Jesus.

Bishop Andrews made his way toward them. “Sister Cunningham! Star! It’s good to see you today.” He gave them each a warm smile and a handshake. Star had forgotten how nice everyone at church was. Maybe she would make a friend after all.

After sacrament meeting Star went to the Primary room. She glanced at the other kids nervously as she sat down. They were talking to each other and didn’t seem to notice her. Star’s heart sank. She’d be on her own after all.

Just then a girl Star’s age walked into the room. *She looks nervous too, Star thought. I could go talk to her.*

Star took a deep breath, then walked over to the girl. “Hi, my name is Star. I’m new. Would you like to sit by me?” Star held her breath. Would the girl want to be her friend?

The girl’s mouth turned up in a half-smile. “I’m Sarah. I’m new too. My family just moved here from Ontario.”

“My mom and I were baptized two weeks ago,” Star said. “I’m not sure what I’m supposed to do.”

Sarah’s smile grew wider. “We’ll figure it out together.”



Star and Sarah sat with their class. Sometimes Star caught Sarah’s eye and smiled. Sarah smiled back. Star felt calm and happy. She knew that Heavenly Father had answered her prayer and helped her find a friend.

In class the teacher asked Star and Sarah to introduce themselves.

Star stood up. “My name is Star Cunningham. My mom and I were baptized two weeks ago.” She paused, and a smile grew on her face as she looked at her new friend. “And this is my friend Sarah.” ♦

The author lives in Colorado, USA.

THINK ABOUT IT

How can you help someone who’s new at church feel welcome?

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

Be a Light!

By Elizabeth Pinborough

Love

Don't Gossip

Forgive

Support

Encourage

Invite

Listen

Be Friends

We can be a light to others by being a true friend.

Read the ideas below and add some of your own.

Each time you write a name of someone you want to show love to, color in more of the sun.

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

Edible Science: ROCK CANDY

Have you ever wanted to be a geologist? You can make your own rocks to study ... or eat! This recipe makes one stick of rock candy and requires a bit of patience.

- 2-3 cups sugar
- 1 cup water
- food coloring (optional)
- wooden skewer
- a jar or glass
- clothespin



Be sure to get an adult's help.

1



Mix 1 cup water and 1 cup sugar in a saucepan. Heat it over the stove and stir until all the sugar has dissolved.

Gradually add more sugar until it can't dissolve anymore. The water should be slightly cloudy.

2

Add food coloring or flavoring if you'd like.



3

Take the pot off the heat and let it cool.

4



Wet the skewer and roll it in sugar. Let it dry completely.

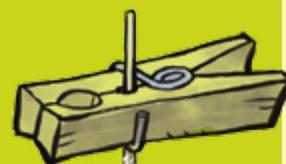
5



When the sugar water has cooled, pour it into a jar.

6

Once the skewer is totally dry, clip it with a clothespin and stick it into the jar. Rest the clothespin on the rim, and make sure the skewer isn't touching the jar.



7

After about a week, you should have a full stick of candy. How do you think the rock grows? Come up with ideas and test them!



By Melissa Puente

(Based on a true story)

“Oh, may I always listen to that still small voice. And with His light I’ll do what’s right each time I make a choice”
(Children’s Songbook, 105).

Caleb rolled over in bed and sighed. He thought about his favorite online game. *That castle I built yesterday was awesome—if I ever get the chance to finish it! But I can’t keep playing when everyone’s using bad words.* Maybe Henry and their other friends were playing online together right now.

Just then Mom knocked on his door and saw Caleb still in bed. “Why aren’t you getting ready for church?”

“I don’t want to go,” Caleb said. He turned and stared at the wall.

“Are you still thinking about the message board yesterday? I talked to Henry’s mom like you asked.”

“But it didn’t even make a difference.”

“I’m sorry about the game,” Mom said. “For now, can you get ready so we’re not late?”

“I’m tired of feeling different!” said Caleb. “I just want to do what my friends are doing. They’re not going to church today.”

Mom nodded. “Sometimes choosing the right is lonely, but that’s one reason we go to church.”

“To feel lonely?”

“No, to feel the Holy Ghost. When we feel lonely, the Holy Ghost can comfort us.”

Caleb didn’t say anything. *But why am I the only one who has to make good choices?* he thought. *No one else stopped playing when they saw the bad words.*

“Can we talk about this more after church?” Mom asked.

Game Changer

Caleb wanted to do what his friends were doing.

“OK.” Caleb slowly got dressed and grabbed his scriptures.

During sacrament meeting, Mom asked Caleb how he was feeling.

“Bored. I want to go home.”

Mom put her arm around Caleb. “Are you listening to the talks? This is a good one.”

Caleb looked up. Bishop Marsh was talking about commandments. Caleb started listening. After a while, a peaceful feeling started to push out his grumpy feelings. He kept listening. The feeling grew stronger until it seemed to fill him all the way up.

“How are you feeling now?” Mom whispered.

“Pretty good.”

In Primary they talked about how the Holy Ghost can

guide and direct us. When Caleb came home, he felt like everything would be OK. He was actually glad he’d gone to church.

On Wednesday, Caleb was doing his homework in the kitchen. Mom came and sat by him.

“By the way,” she said, “Henry’s mom found out who was using the bad words and asked him to stop. It turns out some other kids were uncomfortable too. She started monitoring the message board, and everyone’s using better language.”

Caleb nodded and twirled his pencil. “Well, Henry and I decided we were getting too addicted to the game, so we’re taking a break. It’s nice to not always be thinking about it. But I’m glad the guys are using good language.”

“Sounds like you helped your friends make better choices,” Mom said. “Remember how you said you felt different from your friends? Well, there’s something that does make you different, but in a good way. Do you know what it is?”

Caleb thought. “I have the gift of the Holy Ghost?”

“That’s right,” Mom said. “The Holy Ghost helps you notice and avoid things that can hurt your spirit. I think He also prompted you to have me talk to Henry’s mom. Sometimes you’ll be the only one making a good choice. But when you follow the Holy Ghost, you’ll be happier in the long run.”

Caleb smiled. He did like having the Holy Ghost with him—even if it meant being different. ◆

The author lives in Connecticut, USA.



The kids on my bus are really inappropriate, and I used to dread getting on the bus. My older sister let me borrow her MP3 player full of Church songs, and now I don’t dread going on the bus, as long as I have the MP3 player and some Church magazines. I am really glad the Church can help me stay on the right path.

Savannah N., age 11, Arizona, USA



By McKay S., age 9, Utah, USA

I am a level 5 gymnast at my gymnastics club, and I was having a very good season. The state meet was coming up, and if I did well in the state meet, I would qualify for region. But the region meet was going to be on a Sunday. I had been working so hard to get to this point, and I wanted to go, but I felt like I shouldn't.

A couple days later was fast Sunday, and I told my mom and dad what I was going to fast for. Together with my family we fasted that I would know what the Lord wanted me to do. I fasted Saturday night, all the

way to Sunday dinner. Boy, that was hard.

That night when I was sitting with my mom, I decided that I shouldn't go. I felt good and peaceful about my decision. The next day my mom got an email saying the region meet was changed to Friday. The following week I competed at state and took first place all-around, and now I get to go to regions in Colorado.

I know my prayer was answered. My faith in fasting and prayer is a lot stronger. ♦

Competing on Sunday?



Building a Temple

Join us each month to see how the Payson Utah Temple was built!

By Amie Jane Leavitt

Outside the temple, workers need special equipment like cranes to work on the higher levels. Inside, workers use scaffolding—a temporary structure made of metal poles, planks, steps, and ladders. Workers climb onto the scaffolding and stand on the planks to do the jobs they can't reach from the floor!



FUNSTUFF ANSWERS

Page 10: 1, Sweden; 2, Brazil; 3, Germany; 4, Italy; 5, Philippines; 6, Japan; 7, France; 8, Mexico

Page 24: Savior, Messiah, Jehovah, Shepherd, Mediator, Creator, Prince of Peace

Page 31: a secret; Peter



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ9, 12, and 20.

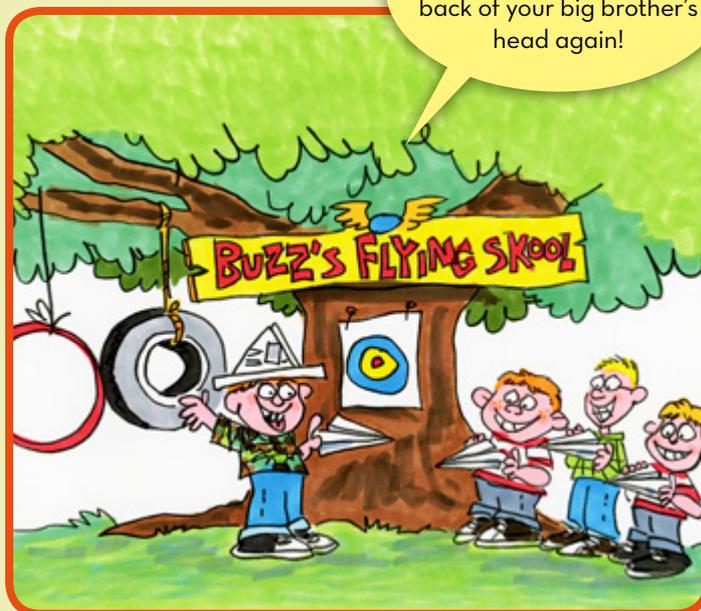
How to Write to the Friend

To send us a letter, drawing, poem, or paper heart...

1. Fill out the form below and send it in with your story or artwork.
2. Send a school picture or other high-resolution photo.
3. We might edit your submission for length or clarity, and we can't return it to you.
4. You must be at least three years old.

The Last Laugh

By the time we're done here, you'll never miss the back of your big brother's head again!



Please send your submission to:

Friend Magazine
50 E. North Temple St., Rm. 2393
Salt Lake City, UT 84150-0024
Or email: friend@ldschurch.org

May the Friend contact you with a survey?

Yes No

The following information and permission must be included:

First and last name

Age Boy/Girl State/Province, 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

Email of parent or legal guardian

THE Friend JUNIOR



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

For Parents of Little Ones



Sundays may be a day of rest, but little ones don't know it. They want to be just as busy as on any other day of the week. But there are still ways to help them have a holy and happy Sabbath.

It can be challenging to be the family activity director and find Sunday rest at the same time. Pray to know how you can draw your children closer to the Savior, and Monday morning will find your family stronger.

Here are some ideas:

- Make a Sunday box filled with activities such as quiet games or puzzles made from pictures from the *Friend*. Search “Sunday box” at friend.lds.org for more ideas.
- Go “hymning” (like Christmas caroling) to neighbors who may appreciate a visit. At Eastertime, you could sing songs about the Resurrection. Even the youngest members of your family can hum along.
- Have family journal time. Even three-year-olds can dictate to parents what they are thinking about and what is important to them. Pull out coloring supplies so they can draw in a journal too.



Tell family members near and far how much you love them by visiting, calling, video chatting, or writing letters.

You can read past letters at FriendFPLO.lds.org.

Blessings All Around

By Peggy O. Archuleta



1

Blessings, blessings all around—



2

Clouds in the sky,



3

Grass on the ground.



4

Blessings, blessings
—gifts from above—



5

Fill me with joy,



6

Fill me with love!

Ready for Church

By Jennifer Maddy



Tomorrow is Sunday!
Ian gets things ready for church.



He puts his black shoes by his chair.



He picks out a red tie.



He puts his blue scriptures on the table.



After his bath, he dries off with a yellow towel.



Ian says a prayer and climbs under his green blanket. He is ready for Sunday!

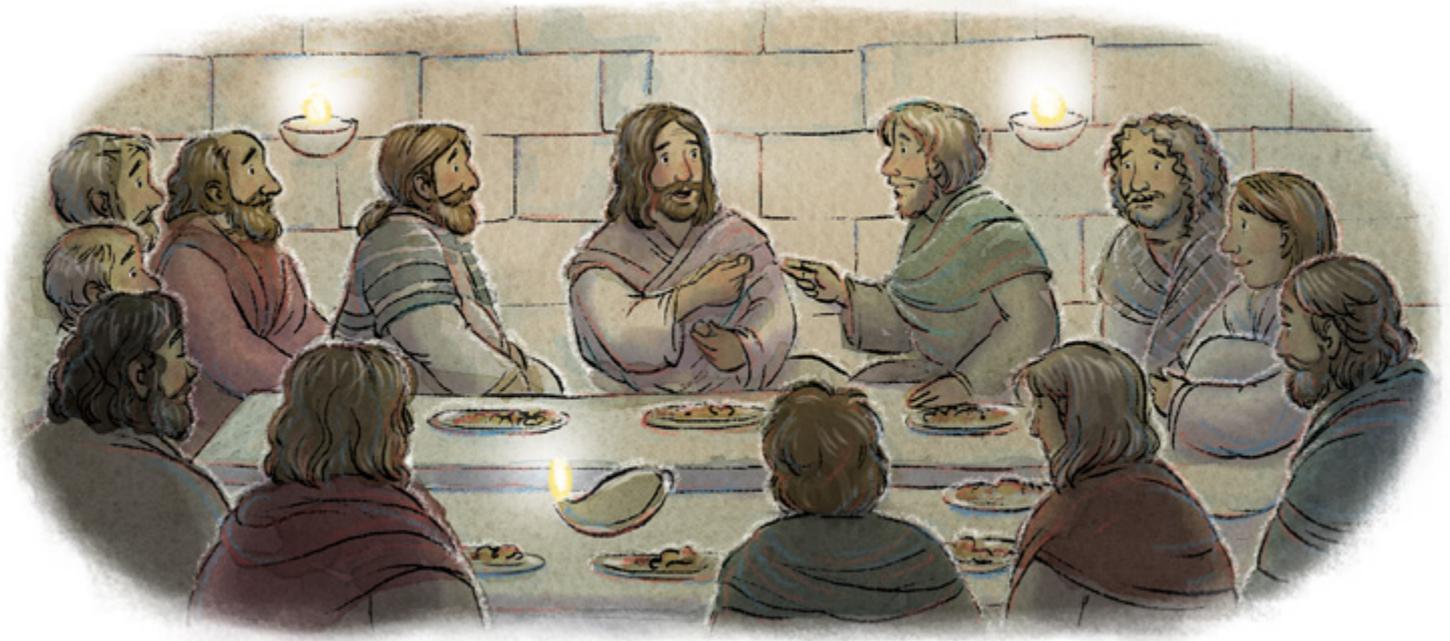
My Family Is Special



STORIES OF JESUS

Jesus Gave Us the Sacrament

By Kim Webb Reid

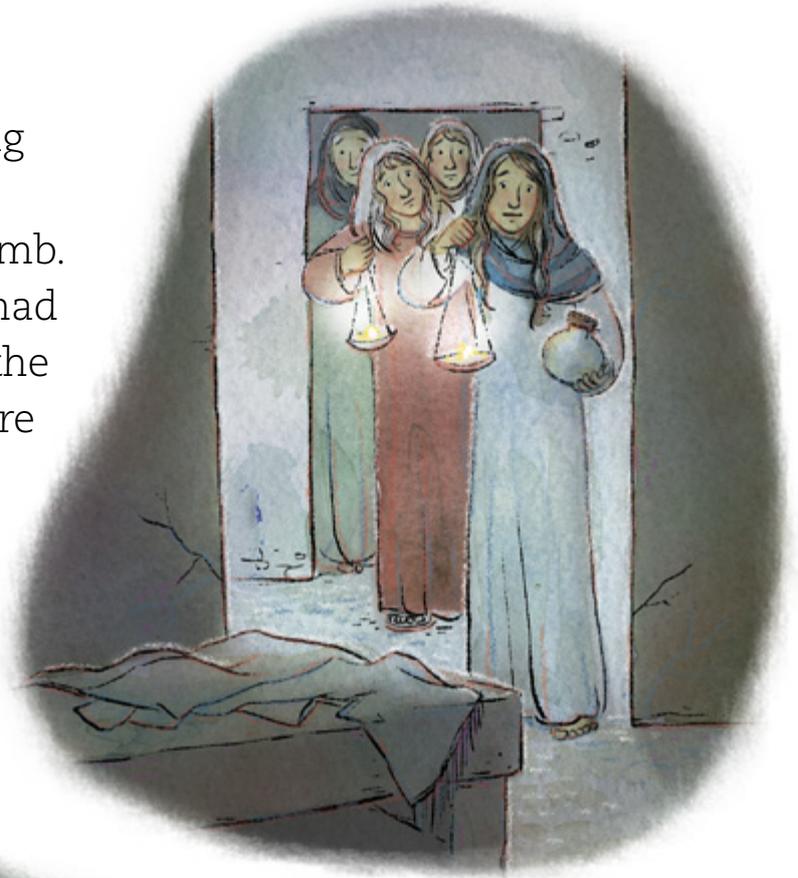


Jesus knew His time on earth was almost finished. He gathered His Apostles together for the Last Supper. He gave them the sacrament and asked them to always remember Him.



Jesus went to a garden to pray. He hurt for all the sins and sad things in every person's life. Then He died on a cross and was buried in a tomb.

On the Sunday morning after Jesus died, some women came to the tomb. The stone at the door had been rolled away, and the tomb was empty! Where was Jesus?



He was alive again! Mary Magdalene saw Jesus. He visited His Apostles so they would be ready to teach the gospel after He went back to heaven.



When I take the sacrament, I remember Jesus. I remember that He lived and died and was resurrected for me! ◆

Remembering Jesus



When I take the sacrament, I remember Jesus.



Jesus was born in Bethlehem.



Jesus was baptized in the Jordan River.



Jesus healed people.



Jesus loved everyone.

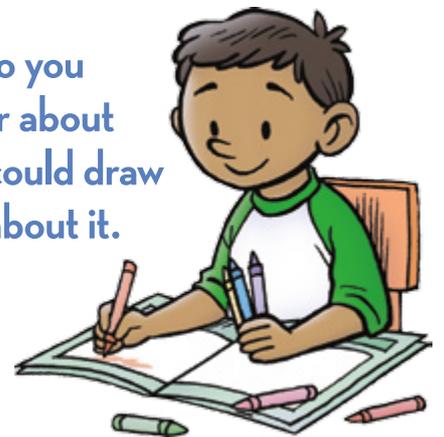


Jesus suffered for my sins so I can repent.



Jesus was resurrected so I can live again!

What do you remember about Jesus? You could draw a picture about it.



Mia's First Sacrament

By Lindsay Stevens Tanner

(Based on a true story)

Mia was excited. It was her first time at church! The missionaries told her family about this church. They decided to come.

Mia looked around. She saw a white cloth on a table. Something was under it.

“What’s under that cloth?” Mia asked one of the missionaries.

Sister Hanson smiled. “It’s the sacrament.”

Sacrament. That was a big word. Mia had heard the missionaries telling Mommy and Daddy about it. But she wasn’t sure what it was.

Everyone sang a song. Two men lifted the white cloth. Trays of bread were under it! Mia watched them break the bread into pieces.

After the song a man said a prayer. Other men passed the bread to everyone.

“The bread helps us remember Jesus’s body,” Sister García whispered.

Mia took a piece of bread. She imagined Jesus standing in front of her.

Then there was another prayer.

The men passed trays with tiny cups of water.

“The water helps us remember Jesus’s blood,” Sister García whispered. “He died for us because He loves us.”

Mia took a cup of water. She





thought about how much Jesus loved her. She felt like He was giving her a big hug.

Later Sister Hanson gave Mia a little picture of Jesus. “We eat the bread and drink the water to remember Jesus. We promise to follow Him.” She

smiled. “What did you think of the sacrament?”

Mia looked at the picture of Jesus. She remembered the warm feeling she had. She smiled too. “It was great! I love Jesus.” ◆

The author lives in California, USA.