

the Friend



**Your
wonderful
body!**

See pages 24, 34, 36, FJ2

Send something in for the Kindness Garden! See how on page 39.

FRIENDS BY MAIL



Think Good Things



We took pictures from the *Friend* and made a poster collage that says "Think Good Things" to help us remember to think about good things around our

home. We love the *Friend*! It helps us learn more about how to become like Jesus.

Jack, Calvin, Maggie, and Clark B., ages 9, 3, 6, and 8, Arizona, USA



DEAR FRIENDS,

Our bodies are a gift from Heavenly Father. Bodies come in all shapes, colors, and sizes, but each body is beautiful. That's right—YOU are beautiful! If you ever feel unhappy with your body, think about all the things your body can do.

Check out the game on pages 24–25 to learn about how bodies are like temples.

We love you from head to toe!

The *Friend*

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

Puff Pancakes!



We read the story "My Eternal Family" (Feb. 2019). The next day we all made Addie's puff pancakes with our mom. They were delicious! After

trying them, we decided to make these pancakes every weekend for breakfast. Thanks for the great story and yummy recipe, Addie!

Eliza, Dixie, and Edith W., ages 3, 5, and 4, Colorado, USA

Our Own Kindness Garden

We loved the idea of a kindness garden, so we decided to make our own. We put it up on a wall in our house, and every week we add a kind deed we did. We plan to do different things each month for our kindness garden. We want to be like Jesus and be kind.

Elizabeth, Eden, and Ephraim S., ages 3, 8, and 5, Georgia, USA



We apologize! We got the photo wrong for Henry D. in "Friends and Other Faiths" in the July *Friend*.



the Friend

A children's
magazine published
by The Church of
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These stories and activities support this month's *Come, Follow Me* lessons at home and in Primary.
Find more resources at lessonhelps.ChurchofJesusChrist.org.

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Front cover by Bob McMahon
Back cover by Mitch Miller

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Hidden CTR Rings

Hard: Get a handle on it

Harder: Busca el anillo

Hardest: Lamppost



**By President
Henry B. Eyring**

Second Counselor in
the First Presidency

Open Your Heart to the Holy Ghost

When Jesus was about to leave His disciples, He told
them how He would give them His peace:



The Comforter, which is
the Holy Ghost, . . . shall teach you all
things, and bring all things to your
remembrance, whatsoever I have
said unto you.

Peace I leave with you, my peace I give
unto you. . . . Let not your heart be
troubled, neither let it be afraid.

(John 14:26–27)

Feelings of the Holy Ghost are more precious than anything we can
see or hear. Sometimes they feel like a soft burning in our heart. For me,
it is often a feeling of light.

When you are baptized and confirmed a member of the Church, you are
told in a blessing to “receive the Holy Ghost.” At that moment, you can
have the Holy Ghost with you. But you still have to choose to welcome
Him into your heart and mind.

I pray that you will open your heart to the Holy Ghost. I pray you will
feel the joy of having Him as your companion always. ●

*Adapted from “My Peace I Leave with You,” Ensign, May 2017, 15–18, and
“His Spirit to Be with You,” Ensign, May 2018, 86–89.*



Painting What's in His Heart

The Holy Ghost helps us remember. When President Eyring wants to remember something, he writes it down in his journal. Sometimes he also paints a picture to show how he felt.

First, he makes a pencil sketch. Then he adds a layer of watercolor. He lets it dry and adds another layer.



President Eyring likes painting pictures of boats and his family. This picture shows Sister Eyring in a little boat when she was eight years old.

When one of his grandchildren was serving a mission in France, President Eyring painted missionaries walking down a street in Paris.



Try drawing or painting your own picture!



This painting of President Eyring's wife, Kathleen, and two of their six children reminds him of his love for his family.

Practicing FAITH

By Karee Brown

Church Magazines
(Based on a true story)

"Stand fast in the faith, . . . be strong"
(1 Corinthians 16:13).

Klarie dribbled hard and fast down the court. *This is it*, she thought. The tallest, fastest girl on the team had been guarding Klarie the whole game. But now she was guarding someone else. This was Klarie's chance!

She quickly spun away from another player and set her feet. Then she jumped and took her shot. The ball sailed through the air as Klarie held her breath. *Please go in.*

The ball swished through the net.

Klarie's team members gave her high fives. Then Coach Garcia looked down at the timer and blew her whistle. "And that's the end of practice! Good job, everyone! I'll see you all tomorrow. Make sure to rest up because we'll be doing a lot of sprints."

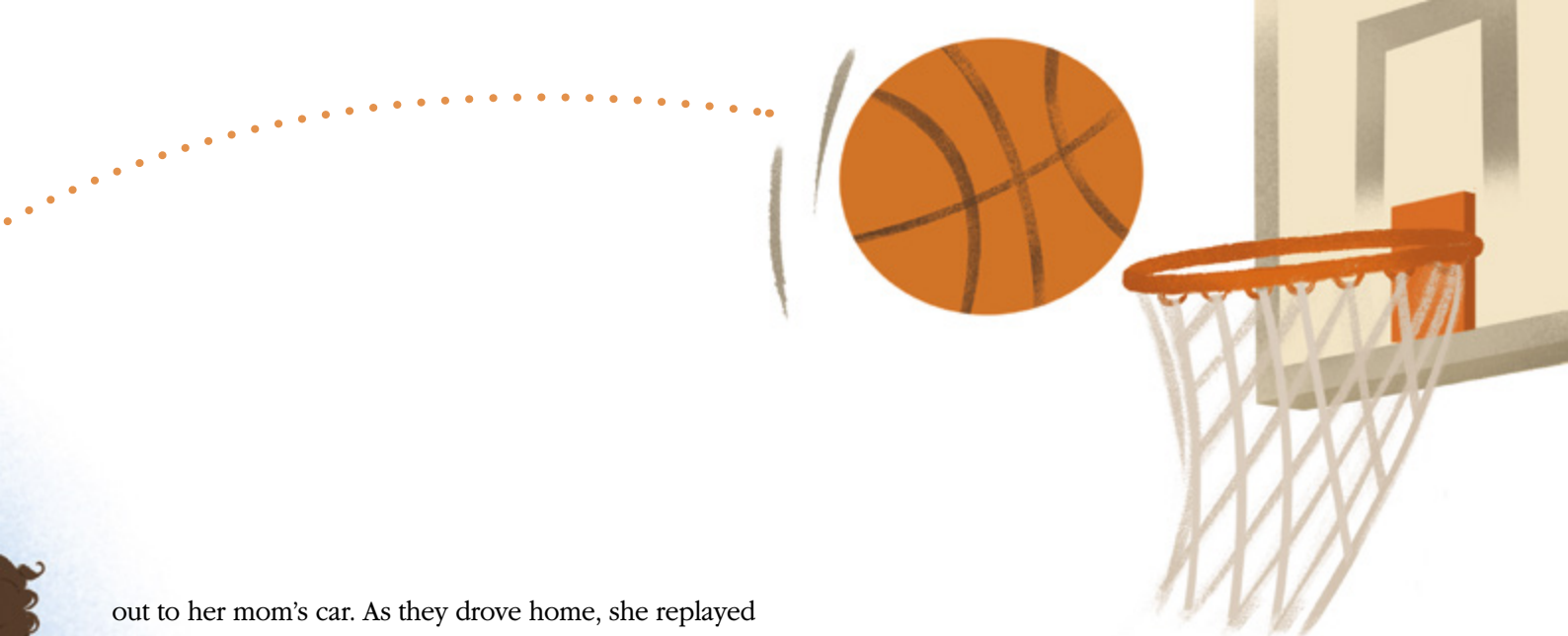
Klarie groaned and walked over to gather her stuff. Then she saw Coach Garcia waving her over.

"Hey, Klarie," she said.
"Good job today. I know you work really hard in practice, and I'm proud of you."

"Thank you," Klarie said with a big smile.

She was still smiling as she walked





out to her mom's car. As they drove home, she replayed her last shot in her head. Especially the swish of the ball through the net. She hardly even noticed the conference talk Mom was listening to.

But then something caught her attention. The speaker said, "We must take time to actively exercise our faith."* The words "actively exercise" sounded like something she would hear at basketball practice. *How do you exercise faith?* she thought. *Do you run with faith? Or dribble faith like a ball?*

Klarie turned to Mom. "How do you exercise faith?" she asked.

Mom smiled. "How do you get better at basketball?"

"I practice," Klarie said. "My coach tells me how to get better. And when we do drills, I try really hard to do them right."

"Is it easy?"

"No!" Klarie said, remembering how tired her legs felt after sprints. "I have to practice *a lot*."

Mom nodded. "Heavenly Father wants us to have faith in Him, but we have to work on it. He gave us ways to practice and get better."

"Like what?"

"He asks us to talk to Him in prayer. He's kind of like our coach. He gives us scriptures. They're like His playbook. And He gives us families to help us. Our family is like—"

"Like our team!" Klarie interrupted.

"Exactly! Our family team works and practices together," Mom said. "And

what happens when you go to practice, Klarie?"

"I get better," she said. She thought of how good it felt to make her final shot after working hard in practice for weeks.

"That's right. When we practice spiritual habits, like prayer, we're exercising our faith. That helps our testimonies get stronger. And it makes us happier."

Klarie had never thought of faith like that. She had heard faith was like a seed. But she'd never known it could be like playing basketball! She thought about how her coach made practice plans for their team. *Maybe I can make a practice plan too*, she thought, *but for faith!* As soon as she got home, she found a big notepad and started writing:

MY PRACTICE PLAN

- PRAYER ~~MORNING~~ AND NIGHT
- SCRIPTURE STUDY ~~EVERY~~ DAY
- CHURCH ~~EVERY~~ SUNDAY

Maybe exercising faith wasn't exactly like practicing basketball. But practice was practice. She felt warm and happy inside as she looked at her plan. She trusted Heavenly Father and knew He would help her! ●

* Richard G. Scott, "Make the Exercise of Faith Your First Priority," *Ensign*, Nov. 2014, 92–95.



Family Night FUN

Here are some ideas you could use for home evening.

SONG

"Faith" (*Children's Songbook*, 96–97)

SCRIPTURE

Romans 1:16–17

ACTIVITY

The Apostle Paul was not ashamed of the gospel. We can have faith in Jesus Christ like Paul did. We can stand up for Jesus and follow His teachings. We can walk with Jesus along the path to eternal life.

- ▶ Use a string to mark a path through your home.
- ▶ Along the path, place objects that represent how you show and grow your faith in Jesus Christ. Ideas include scriptures, a picture of baptism, Sunday clothes, a piece of bread to represent the sacrament, a temple recommend, a hymnbook, etc.
- ▶ With your family, walk along the path and pick up each object. How does it help you show your faith in Jesus Christ? How can it help your faith continue to grow? (See *CFM, page 124.)



GRAHAM-CRACKER TEMPLES

Use graham crackers and icing to make model temples! While you build, you could talk about how our bodies are like temples (see the first idea below). To make the icing:

1. Combine 1 cup powdered sugar, 2 teaspoons milk, and 2 teaspoons corn syrup. Mix until smooth.
2. If icing is too thick, add a little water. If it's too thin, add more powdered sugar.
3. Put the icing into a plastic bag and cut the tip of a corner off to make a squeezable icing bag.
4. Use the icing like glue to stick the graham crackers into temple shapes.



MORE IDEAS

- ▶ Play "Your Body Is a Temple" (page 24). Make graham-cracker temples and talk about how we can keep our bodies clean, healthy, and safe. (See *CFM, page 131.)
- ▶ Read "Practicing Faith" (page 4). Bounce a ball to someone and ask them to say one thing they can do to help their faith grow. Then they bounce it to someone else. (See *CFM, page 123.)
- ▶ Read "The Hard Move" (page 11). What's a hard thing you've had to do? Romans 8:18 promises that God has wonderful things in store for us. (See *CFM, page 127.)



* Come, Follow Me—For Individuals and Families

A New Path

When I am baptized, I choose to walk a new path with Jesus.

(See Romans 6:4.)



See family manual, page 124; Primary manual, page 122.

The **LIVING** Christ



The prophets and apostles wrote “The Living Christ” to tell the world about Jesus Christ. Read part of it each month and memorize the line in red.

“Of Him the Prophet also declared: ‘And now, after the many testimonies which have been given of him, this is the testimony, last of all, which we give of him: That he lives! For we saw him, even on the right hand of God; and we heard the voice bearing record that he is the Only Begotten of the Father. . .’
(Doctrine and Covenants 76:22–24).”

Only Begotten of the Father: Jesus had an earthly mother named Mary. But He is the only person who didn't have an earthly father like we do. His father was Heavenly Father. Joseph was like Jesus's stepfather.

A PROPHET'S TESTIMONY



1. One day the Prophet Joseph Smith and Sidney Rigdon were reading the Bible. When they read John 5:29, they wondered what it will be like when people are resurrected.



2. Suddenly they saw a glorious vision of Jesus Christ and Heavenly Father surrounded by angels.



3. Joseph Smith wrote about what they saw so everyone can know that Jesus Christ lives! His testimony is included in “The Living Christ.”

MY TESTIMONY

Watch a video of the song “I Know That My Savior Loves Me” at children.ChurchofJesusChrist.org and talk about how you feel when you sing the part that says, “I know He lives!”

HE LIVES!



When I Am Baptized

(Simplified)

Thoughtfully ♩ = 60-72

Words and music by Nita Dale Milner

1. I like to look for rain-bows when - ev - er there is rain And
2. I know when I am bap - tized my wrongs are washed a - way, And

Chorus
pon - der on the beau - ty of an earth made clean a - gain. I
I can be for - giv - en and im - prove my - self each day.

want my life to be as clean as earth right af - ter rain. I

want to be the best I can and live with God a - gain.

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How to Get Chores Done Faster!

Fill in the blank spaces before reading the story.

Noun: person, place, or thing (like "chair" or "camel")

Adjective: a descriptive word (like "fuzzy" or "purple")

Verb: an action word (like "run" or "dance")

Chore time got you down? Don't worry! With a few tips, you can finish

them in only _____. Let's start with _____ your bed. First, use some
length of time verb ending in -ing

_____ to help tuck in your sheets nice and _____. Then _____ up your
plural noun adjective verb

blankets and _____ down your pillow. Next comes the rest of your room. Use a
verb

_____ to quickly gather up everything that's on the floor, then _____ quickly
noun verb

while yelling _____ at the pile you just made. With any luck, all your
a silly word

_____ will now be right where they belong. For the rest of your chores,
plural noun

remember this: (1) A _____ works twice as fast as a _____ to clean the floor.
noun noun

(2) _____ the dishes is better than actually washing them. (3) Putting
verb ending in -ing

_____ under your shoes makes _____ out the trash a snap. And
plural noun verb ending in -ing

(4) _____ the toys where they belong will never be hard again once you start
verb ending in -ing

using a(n) _____ _____ to help you out!
adjective noun

Want to read how we get chores done faster?

Go to page 30!

The Hard Move



By Liesl H., age 9, Utah, USA

It all started when my dad got an email from a company in Utah. We were going to move there! Everyone in my family was bursting with excitement! At first I was excited too, but when I thought of leaving all of my friends, I was kind of sad about it. Since it was my first time moving, I was sure I was going to miss them. When I told them I was going to move, they were sad too. But they encouraged me that I could do it. This made me feel a lot better. I decided to play it by ear and just believe that I could do it.

The day of the move, I was excited and sad at the same time! But I knew that Heavenly Father had a plan for me, and I would start out fresh. After the long drive, we finally got to see our new home. And after only a few days, I had made two friends already! I felt grateful for all the hard work it took to move. Months later I loved my new friends, my new house, my new school, and my new city. I even discovered there would be a temple built in my new town! I felt glad that I moved and also that Heavenly Father had a great plan for me. ●



GETTING to

By David Dickson

Church Magazines
(Based on a true story)

"Always remember him, and keep his commandments" (Moroni 4:3).

"Wait, you haven't finished your breakfast," Mom said. Mom pushed the small plates of vegetables closer to Juhyuk.

Juhyuk looked at his breakfast. He was running late! Normally his older brother went to church with him. But his brother was out of town, so Juhyuk had to go on his own today. Mom didn't go to church with them.

"OK, Mom," Juhyuk said. He hurried to finish eating. Then he hugged Mom and headed for the door.

Mom stopped him. "Do you have your phone?"

Juhyuk held it up. "Yes. I can text my Primary teacher if I have a problem."

"And a sweater under your coat? It's cold."

Juhyuk showed Mom his sweater. She nodded. Juhyuk hurried out to the street.

All the city sounds made him smile. It was fun to live in one of the biggest cities in South Korea!

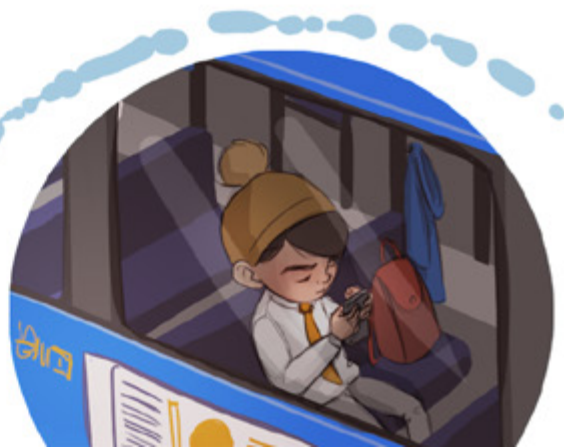
But Juhyuk still wished his brother were with him. It always made the trip to church more fun.

"I know the way," he told himself. And sure enough, before long he was at the first bus stop.

But no one else was there. That was strange. He checked his watch. He must have just missed the bus! Now he would have to wait for the next one.

After several minutes, other people started gathering. Finally, a bright blue bus rolled up. Juhyuk climbed the steps, paid the driver, and sat down.

Ta-tink! Juhyuk checked his phone after the text alert. It was from his



CHURCH

Primary teacher. *Are you on the bus? Remember, if you get lost, we can come find you!*

He grinned and texted back. *Yes. I'm on it now.*

This was only the short bus ride, though. He would have to ride the second bus for more than an hour.

Juhyuk looked at the time and frowned. He didn't want to miss church. He loved the part in the sacrament prayers that said, "always remember Him." That meant always remembering Jesus. And Juhyuk wanted to do that.

When his aunt and uncle had invited his brother and him to church a few months ago, he met the missionaries. Elder Kim and Elder Moon taught them both about Jesus. The more Juhyuk learned about Jesus, the more he loved thinking about Him.

Ta-tink! A new text came in. *Have you switched buses yet?*

Not yet, he texted back.

The bus pulled up to the busy street where Juhyuk needed to get off to switch buses. He asked the driver if his second bus had come.

"You just missed it," the driver said. "The next one arrives in 15 minutes."

"Oh, OK," Juhyuk said. "Thank you!"

Finally, after the second bus ride, Juhyuk hurried inside the meetinghouse. His aunt and uncle had saved him a seat. He had made it!

Juhyuk thought about everything he had done to get to church. He thought of all of the people who had helped him along the way. He felt that Heavenly Father was glad he was there.

Juhyuk said a silent prayer. "Thank Thee, Heavenly Father, that I can come to church today." ●



HELLO
from
South
Korea!



We're Margo
and Paolo.

Join us
as we visit
South Korea!



South Korea is
in East Asia. It has
about 50 million
people and almost
88,000 Church
members.

Seoul



SOUTH
KOREA



The Korean alphabet is called Hangul.
Here's a sign with the Church's name in
Hangul outside a Church building.



Many Korean families shop at markets
like this one, where they can buy fruits,
vegetables, meat, and snacks from street
vendors. One popular Korean food is
bibimbap, a mixed rice dish.





In Korea, it's common to sit on the floor at home or in a restaurant. Many families study, play, and eat together at a table that's low to the ground, like this.



Thanks for visiting South Korea with us. See you next time!



This family is visiting the Seoul Temple. It was dedicated in 1985 in South Korea's capital city.

Meet some of our friends from South Korea!



Every time I face a trial, thinking of Heavenly Father brings peace to my heart. I know that Heavenly Father and Jesus truly live. And I will follow Them.

**Ha-Eun S., age 11,
Gyeonggi-do, South Korea**



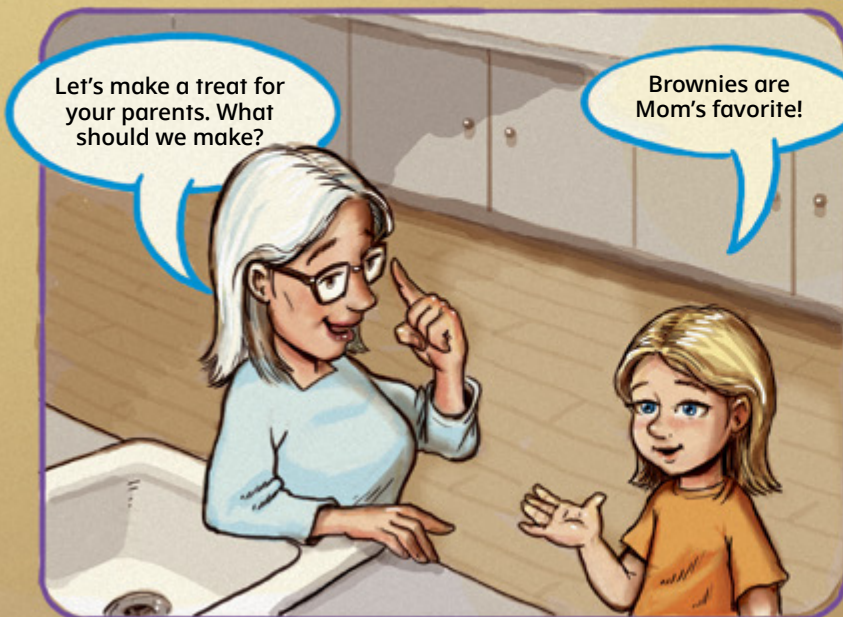
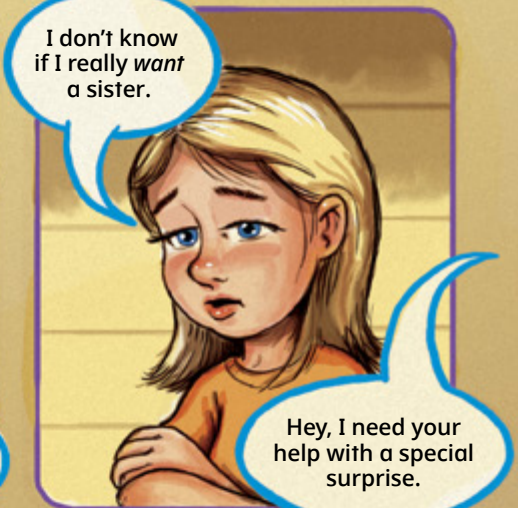
Sometimes I want to hit my brother if he knocks down my blocks or scribbles on my notebook. But I am learning how to be patient. I am making an effort because I want to choose the right.

**Se-Jong H., age 8,
Gyeonggi-do, South Korea**

**Are you from South Korea?
Write to us! We'd love to
hear from you.**

Brownies and a Big Sister

By Jane McBride and Eliza Broadbent
(Based on a true story)



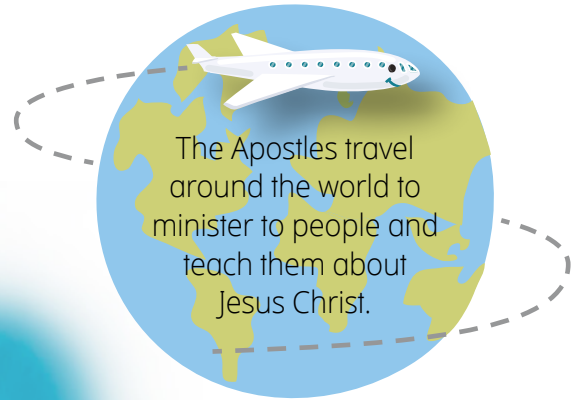


The authors live in Colorado and Utah, USA.

August 2019

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Elder Rasband Visits Cape Verde



Elder Ronald A. Rasband and his wife, Sister Melanie Rasband, visited Cape Verde. It's a beautiful country made up of 10 islands off the coast of Africa.



Elder Rasband visited a school for young children. Many don't have parents to care for them. They lined up to shake his hand. Elder Rasband loved that because he and Sister Rasband have 27 grandchildren!



They also visited a farm. Members of the Church are learning to raise pigs and other animals there so they can support their families.



People were excited to hear Elder Rasband speak. It was the first time an Apostle had visited their country. A temple is now being built in the capital city, Praia!



God loves you.
The Savior loves you.

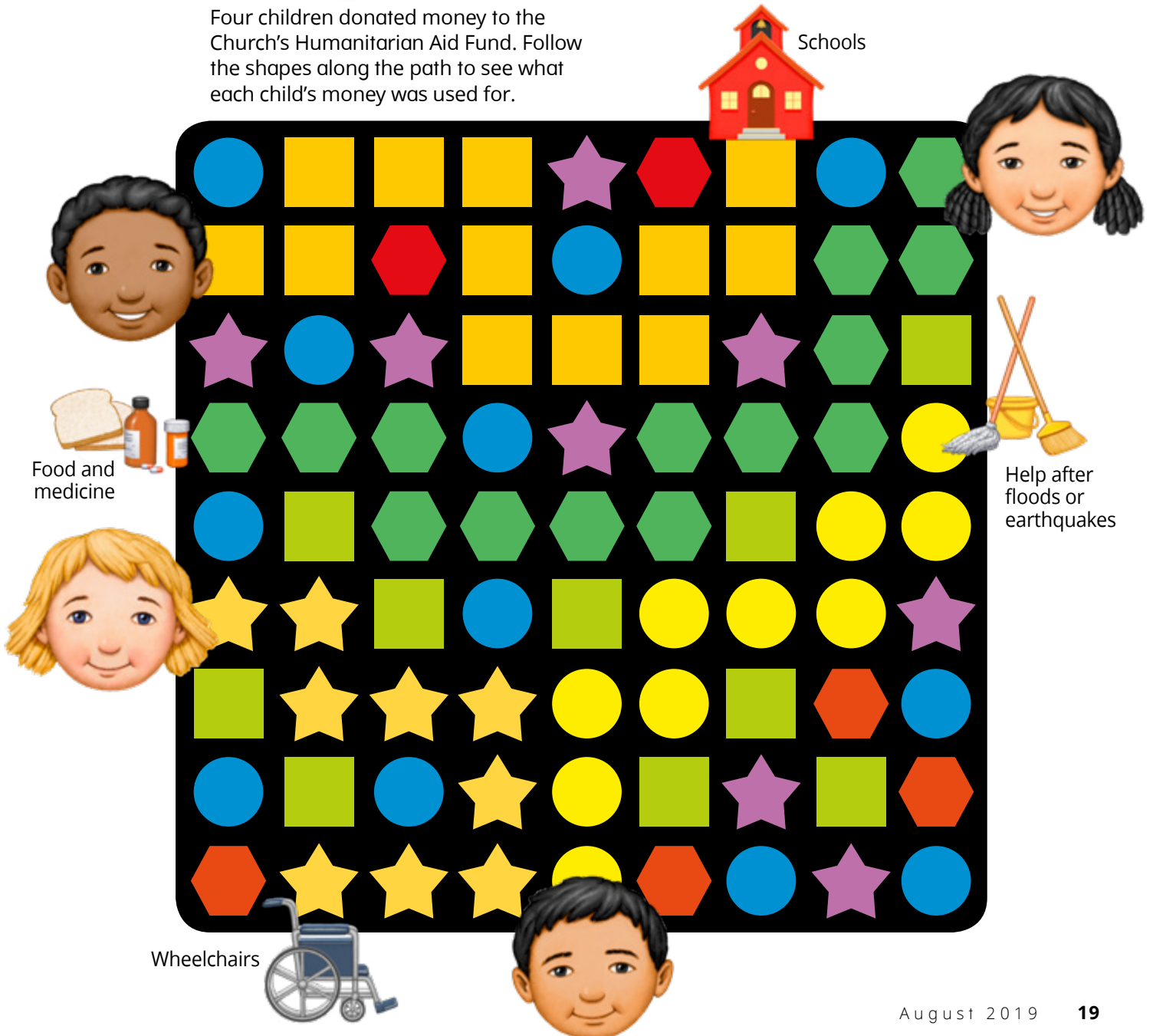


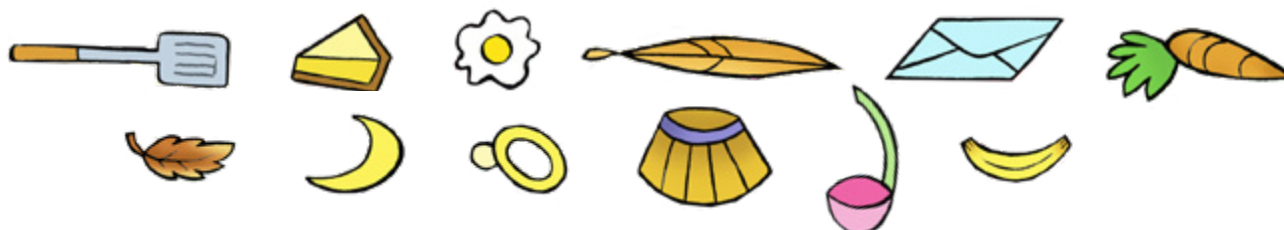
You Can Help Too!

The Church gives money to help the children's school that Elder Rasband visited. Here's how you can share your money with children like them!

- When you pay your tithing, add some extra money in the envelope.
- Write the extra amount in the line that says "Humanitarian aid."
- Seal the envelope and give it to your bishop or branch president.
- Your money will help people around the world in many ways!

Four children donated money to the Church's Humanitarian Aid Fund. Follow the shapes along the path to see what each child's money was used for.





I CAN DO HARD THINGS!



READY TO BE BAPTIZED?

By Heidi Pope

(Based on a true story)

"To be baptized as Jesus was . . . is just the thing I want to do" (Children's Songbook, 104).

Beep! Beep! Beep! Trevan woke up and turned off his alarm clock. *Eight days until my baptism*, he thought. That meant his interview with the bishop would be soon. *But what if I'm not ready?*

That night the missionaries came over for dinner. Taco night was Trevan's favorite, but it was always more fun with the missionaries. They could even play a game of scripture charades



after dinner—as long as Trevan and his sister listened to the lesson first.

"Tonight we have a message about baptism," Sister Carlisle said.

Trevan jumped in his seat. "I'm getting baptized next week!"

"That's great!" Sister Carlisle gave him a high five. "Are you excited?"

"I guess so, but I'm kind of worried about talking to the bishop," Trevan said. "What if I don't know the answers?"

"It's OK to be nervous," Sister Kemp said. "But I bet you know more than you think. Why do you think it's important to be baptized?"

Trevan wasn't sure. "To be obedient?"

"Right!" said Sister Kemp. She held up a picture of Jesus. "Baptism is so important that Jesus was baptized, even though He never sinned. When we're baptized, we make covenants, or promises, with Heavenly Father."

"Do you know what promises you'll be making?" asked Sister Carlisle.

"I think so!" said Trevan. "We learned this at home evening last week, right Mom?"

Mom nodded. "We can remember our covenants by remembering the word 'take.' Can you remember what the letters stand for?"

Trevan looked at his sister Cassidy for help. "T stands for taking His name upon us," she said. "A, always remembering Him."



"I know the next one!" said Trevan. "*K* is for keeping the commandments."

"You got it," said Mom. "And *E* is for enduring to the end."

"That means following Jesus my whole life. And repenting when I make mistakes," Trevan said.

"Awesome!" said Sister Carlisle. "And when we keep those promises, do you know what Heavenly Father promises to give us in return?"

"Uh, blessings?" Trevan asked.

"That's right," Dad said. "Heavenly Father promises to forgive us when we repent. He also promises that the Holy Ghost will guide us."

Trevan nodded. It was starting to make more sense.

Sister Carlisle pulled out a notebook. "If you're nervous about the questions the bishop will ask you, we can go over them together." She turned a few pages and read the first question. "Do you have faith in and a testimony of the Savior Jesus Christ?"

"Yeah," said Trevan. He relaxed as Sister Carlisle read the other questions. "Those are easy," he said when she finished.

"They are," Sister Carlisle said. "But it's still important for the bishop to ask them. He wants to make sure you feel ready to make covenants with Heavenly Father."

At the end of the lesson, Sister Kemp shared her testimony. "I know Heavenly Father loves us because He hears and answers our prayers."

"I know that too!" said Trevan. "This morning I prayed that Heavenly Father would help me know if I'm ready to be baptized."

"And how do you feel now?" Sister Kemp asked.

"I don't feel so worried anymore," Trevan said. "I feel ready!" ●

The author lives in North Dakota, USA.

Cut out this bookmark to help you remember your covenants as you TAKE the sacrament!

*I Remember Jesus
When I Take the Sacrament*

Take upon myself His name.

Always remember Him.

Keep His commandments.

Endure to the end.





The Apostle Paul taught that our bodies are temples (see 1 Corinthians 6:19). Here's a game you can play to learn more.

YOUR BODY IS A TEMPLE

1. Cut out the cards on the next page and spread them out where everyone can see and reach them.
2. Take turns rolling a dice. After someone rolls, find that number on "Truths about Temples" and read it out loud.
3. Find the card that teaches a similar truth about bodies. (Hint: Look for the matching symbols.) When you find the match, reach out and tap the card! Then read the card out loud and do the activity.
4. Keep rolling and tapping until everyone has had a turn, or until you've read all of the cards.



TRUTHS ABOUT TEMPLES



1. Each temple is a house of the Lord.



2. Temples look different on the outside. Some have gardens and fountains. They have different shapes and colors. All temples are beautiful.



3. Every day, people work to care for the outside of the temple and keep it nice.



4. People clean the inside of the temples too! Workers and volunteers make sure everything is polished and neat.



5. Temples are used to do Heavenly Father's work.



6. Temples are special, sacred places that should be treated with respect.



Each body is a temple where that person's spirit lives. The Holy Ghost can also be there.



Ask someone to tell about a time they felt the Holy Ghost.



Bodies come in different colors, shapes, and sizes. No matter what, each body is beautiful.



Name something your body can do.



Every day we can work to keep our bodies healthy by washing, eating good foods, and exercising.



Name one thing that is good to eat or drink and one thing that you shouldn't eat or drink.



We can keep our thoughts clean by reading, watching, and listening to things that invite the Holy Ghost.



Sing a verse from a favorite Primary song.



We can use our bodies to help people and do what Jesus would do.



Give someone a compliment and a high five!



Your body should be treated with love and respect. If someone hurts you or touches your body in any way that makes you feel uncomfortable, tell an adult right away!



Take another turn.



**By Sister
Michelle D. Craig**

First Counselor
in the
Young Women
General Presidency

A Stripling-Warrior Family



"Ye must take upon you the name of Christ, which is my name" (3 Nephi 27:5).

I once visited a family in Chile. One of the children was a boy named Benjamin. He was 10 years old.

One night, Benjamin gave a home evening lesson. It was about the stripling warriors from the Book of Mormon (see Alma 53:16–21; 56:42–56). He talked about how brave they were and how they trusted God.

Sometime later, Benjamin's dad died in an accident. When Benjamin's mom heard about the accident, she thought of Benjamin's lesson. She told her family, "We need to be brave like the stripling warriors. We have another battle to fight."

It was hard for Benjamin's family. It felt like their lives

were turned upside down. They had to move to another house to live with their grandma. They really missed their dad. But they knew they would be together with him again someday. They decided to be a stripling-warrior family.

I walked into their house wanting to comfort them. But I was the one who left feeling blessed. Benjamin told us, "I'm being brave." Benjamin and his family are fighting this battle so bravely. Their faith is inspiring to me.

We can all be brave like Benjamin. Being brave doesn't mean never being sad or afraid. It means having faith that Heavenly Father will help us get through tough times. When hard things come our way, we can choose to trust in Him. We can all be stripling warriors! ●

Stripling-Warrior Search

Can you find eight letters hidden in this picture of the stripling warriors?
Unscramble them and fill in the blanks to decode a hidden message. See answer on page 39.

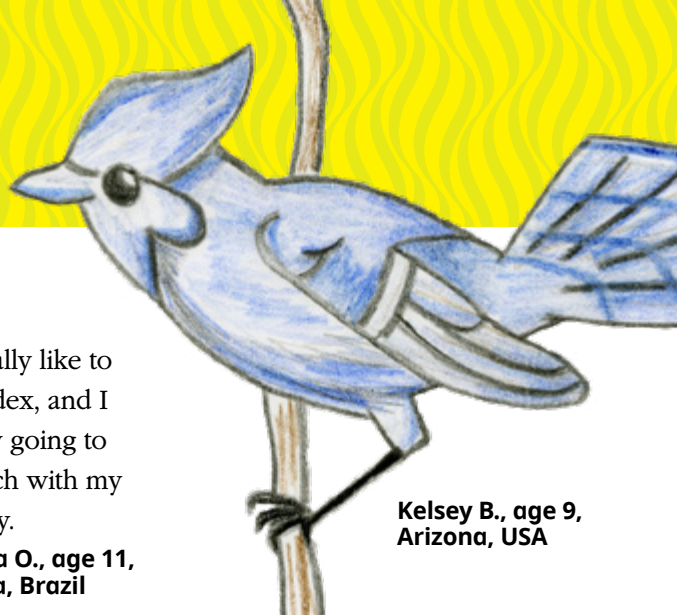


Letters:

| | | | | | | | |
|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|

__ c __ _ _ e _ _ _ v _ !

Show and tell

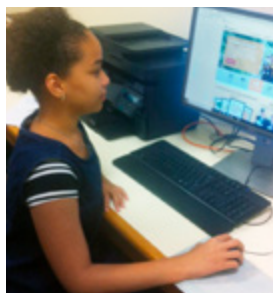


**Kelsey B., age 9,
Arizona, USA**



I like to read the Book of Mormon to my little sister. My favorite scripture is 1 Nephi 3:7.

Emilia L., age 10, Baden-Württemberg, Germany

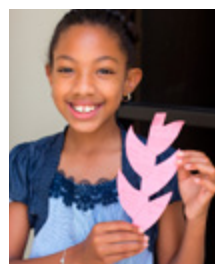


I really like to index, and I enjoy going to church with my family.

**Maria O., age 11,
Bahia, Brazil**

I like to serve my family.

**Lizmel S., age 9,
Puerto Rico**



I like when my friends help me with my questions.

**Ricardo A., age 9,
Puerto Rico**

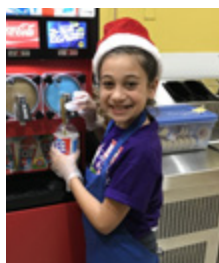


Phoebe R., age 12, Ohio, USA



In our family scripture study, we are reading about Nephi building a boat, so we decided to build a boat out of small logs. We can obey the Lord, like Nephi did.

**Leah, Lucy, Rachel, Madilyn,
Nathan, Ashley, and Elaina C.,
ages 12, 10, 8, 7, 5, 3, and 2,
New York, USA**

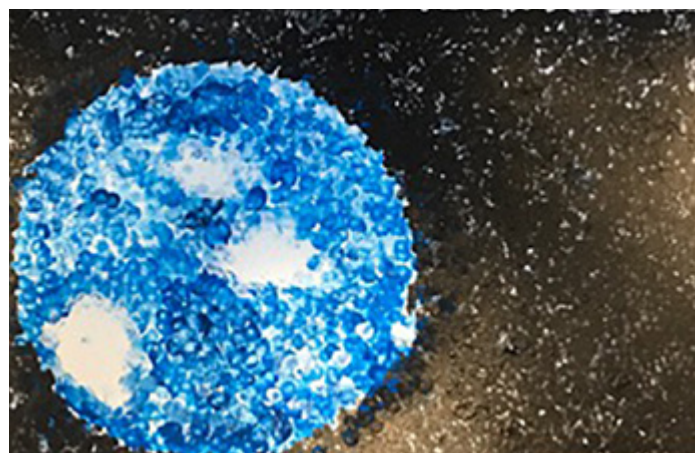


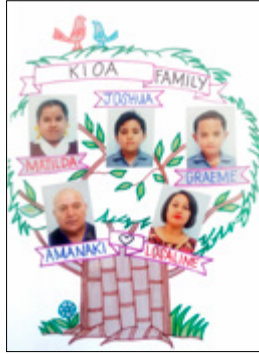
I volunteer at Give Kids the World, where kids with critical illnesses stay for a vacation. I help by serving

them slushies, ice cream, hot dogs, soda, and other foods.

Anna Sophia A., age 11, Florida, USA

**Berkley N.,
age 12,
Virginia, USA**





Our family was recently baptized, and we love our new church. One night for home evening, our mum suggested we make a family tree using our old passport photos. It was a fun night!

Joshua, Matilda, and Graeme K., ages 9, 11, and 7, Tonga



I served my neighbor by helping them set up an email account and get it on their desktop.

Liam G., age 11, California, USA



Ian A., age 8, Utah, USA



Mel P., age 8, Santa Cruz, Bolivia



Primary children in **Virginia, USA**, were given the “toothbrush challenge”—to look in the mirror and say, “I am a child of God,” when they brushed their teeth each day. Each Sunday they shared how God had helped them during the week. Then they put a pom-pom in a jar to help them remember that Heavenly Father and Jesus Christ love them.

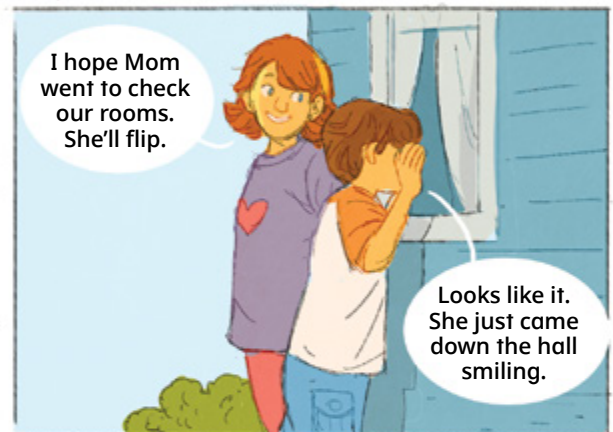


Our city does an interfaith food drive every year. We pass out fliers and then pick up the food left on the doorsteps. When

we delivered the food to the depot, I felt really excited. My mom said that feeling was the Holy Ghost.

Walker N., age 7, Alberta, Canada

MATT AND MANDY

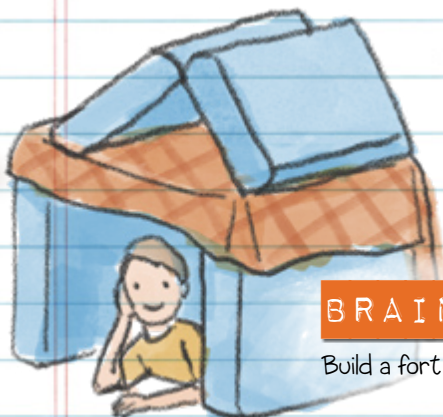




GOD'S AMAZING WORLD

Did you know?

- Information travels to and from your brain faster than a race car.
- Your heart beats about 100,000 times a day.
- During your whole life, your nose and ears never stop growing.



BRAIN BREAK

Build a fort with blankets and pillows!

older
for
KIDS

What kind of tree fits in your hand?

(See page 39.)

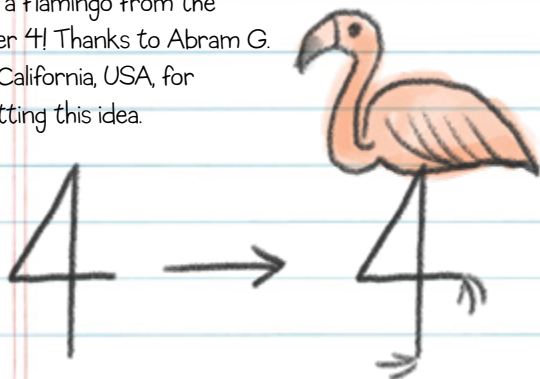
FAMILY HISTORY FUN

Write in your journal about a day that changed your life. Then ask a family member to tell you about a day that changed theirs. Make an audio recording of their story or write it down.



ART CHALLENGE

Draw a flamingo from the number 4! Thanks to Abram G. from California, USA, for submitting this idea.



PRAYER POWER



We recently moved to New Mexico. I thought I would have a hard time making friends. I prayed the night before school started that I would meet new friends. A couple of weeks later, I made a friend. I love Heavenly Father and the blessings He gives me when I pray and choose the right.

**Ava S., age 10,
New Mexico, USA**



SPEAKING UP



*Would Mrs. Gomez
listen to what Jonathan
had to say?*

By Juliann Doman

(Based on a true story)

"Thou shalt not take the name of the Lord thy God in vain" (Exodus 20:7).

Jonathan sighed as he moved his food around his plate with his fork.

"Paseme la ensalada, por favor," his sister Jasmine said. Mom passed the salad to Jasmine across the table.

"Muy bien," said Mom. "You're getting pretty good at Spanish."

"I'm sure trying!" Jasmine said. "I'm glad Jonathan is in class with me. I learn a lot by hearing him speak."

"Thanks," Jonathan said.

"What? Don't you mean *gracias*?" teased Jasmine.

"Sorry, I guess I'm just not in the mood right now," Jonathan said.

"Is everything OK?" Dad asked.

Jonathan sighed again. "Well, I like Spanish, and our teacher is really nice. But she uses Heavenly Father's name to swear a lot."

"Yeah," Jasmine said. "I've noticed that too."

"It makes me feel sad," said Jonathan. "I've been thinking about talking to her about it."

"That's a great idea," Dad said. "I know Heavenly Father will help you know what to say."

Later that night, Jonathan prayed about talking to his teacher. He wanted to talk to her about it, but he felt so nervous! What if she got angry? Jonathan asked Heavenly Father to help him talk to his teacher in a good way.

The next morning, Jonathan and Jasmine hurried off to school. Spanish was the first class of the day and went by quickly. Before Jonathan knew it, it was time to pack up his books. The other students started walking to their next class, but Jonathan hung back. Mrs. Gomez was erasing the board.

"Mrs. Gomez?"

"Oh, Jonathan, I didn't know you were still here," Mrs. Gomez said, turning around. "Can I help you with something?"

How do you say
"brave" in Spanish?



Jonathan said a silent prayer in his heart. *Please help me know what to say.*

"I wanted to say thanks for being a great Spanish teacher," Jonathan said. "Jasmine and I are learning a lot, and we even talk to each other in Spanish at home."

"I'm so glad to hear that," Mrs. Gomez said.

"There's just one thing," said Jonathan. His stomach did a flip-flop.

Mrs. Gomez smiled kindly. "What is it?"

"Sometimes in class you swear with Heavenly Father's name, and it makes me feel sad."

Everything was quiet for a second. When Mrs. Gomez spoke, she didn't sound angry at all.

"I'm so glad you told me. I didn't even realize I was doing that. I will work on not saying that anymore."

Jonathan's nervousness melted away. He gave Mrs. Gomez a big smile. "Thank you."

Mrs. Gomez smiled back at him. "Thank you for having the courage to come talk to me. It's not easy to talk to a teacher about something like this. But you did it in such a respectful and mature way. I'm proud of you."

Jonathan felt happy as he walked out of the classroom. It hadn't been easy to talk to Mrs. Gomez, but Heavenly Father had answered his prayer. The Holy Ghost had helped him know what to say. And maybe Mrs. Gomez had felt the Holy Ghost touch her heart too.

Gracias, Heavenly Father.

Jonathan said another prayer in his heart.

Muchas gracias. ●

The author lives in Colorado, USA.

WHAT IF PEOPLE DON'T STOP SWEARING?

Sometimes people keep swearing, even after we ask them to stop. Or we're in a situation where we can't ask others to stop. Here are some things you can do:

- Hum a Primary song or say a silent prayer.
- Think of a scripture.
- Set an example of using kind words.
- Always treat others with kindness and respect, like Jesus did.



I don't look like the people I see on TV and social media, and sometimes it makes me feel bad about myself. What should I do?

—Self-conscious in Salta

Dear Self-conscious,

There are messages all around that tell you that how you look is the most important thing about you. But that isn't true! There is so much more to who you are. You are a child of God, and you don't need to add or take anything away to be beautiful in His eyes.

Instead of focusing on what you look like, try focusing on what your body can *do*. Things like exercising and serving others can help you feel strong and confident in the person God created you to be.

The *Friend*

Take this quiz to help you sort out the truths from the lies about your body.

2. Do I need to wear certain clothes or makeup to be happy?



4. Is it good to exercise and eat healthy foods to make my body stronger?



6. Is it OK to make fun of what other people's bodies look like?



1. Do I need to look like the people at school or on social media to be happy?



3. Is it normal if my body changes as I get older?



5. Is it OK to look at or share immodest pictures of bodies?



7. Does Heavenly Father love me as I am right now?



Korean

Rice

Bowl

Bibimbap is a popular meal in Korea. Start with a bowl of cooked rice and add toppings. Here are some ideas. Pick your favorites or add your own! (Be sure to get an adult's help cooking.)



Korean beef*

Toasted sesame seeds

Fresh cucumber

Egg**

Bean sprouts

Spinach

Mushrooms***

Carrots

*Cook 1 pound (455 g) ground beef in a pan. Mix in 1/4 cup each brown sugar and soy sauce, 1/2 teaspoon garlic powder, 2 teaspoons sesame oil, and 1/4 teaspoon red pepper flakes.

**Fry on one side.

***Cook in a pan with oil and salt, then add a little sesame oil.

Jero

Here's a game kids play in Korea. Find a partner and stick both of your fists together. Have one of you shout out a number between zero and four. At the same time, both of you raise one, both, or none of your thumbs. If the number of thumbs matches the number the person shouted, they get a point. Take turns saying the number.



Two!

By Charlotte Larcabal

Church Magazines

(Based on a true story)

"Your body is the temple of the Holy Ghost which is in you, which ye have of God"
(1 Corinthians 6:19).

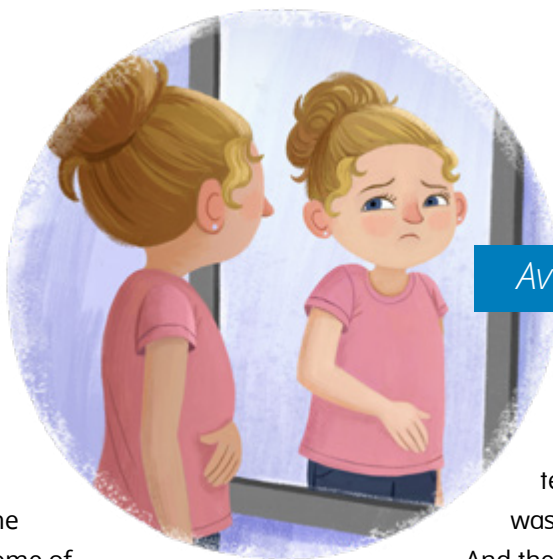
Ava stared at the mirror and sucked in her stomach. In her mind, she could still hear the girls from her swim team.

"Look at how your stomach pokes out! You should stand on the back row," Mackenzie had said. Some of the other girls laughed.

Tears started rolling down Ava's cheeks. She ran into Mom's room. "I don't want to be on the swim team anymore!"

Mom looked up from her desk. "What's wrong? You love swimming!"

"I'm too fat!" Ava said. "Swimmers should be skinnier."



Mom led Ava over to sit on the bed. "Where did you hear that?" she asked. "Athletes don't need

Ava felt bad about her body.

to be skinny. They come in all shapes and sizes."

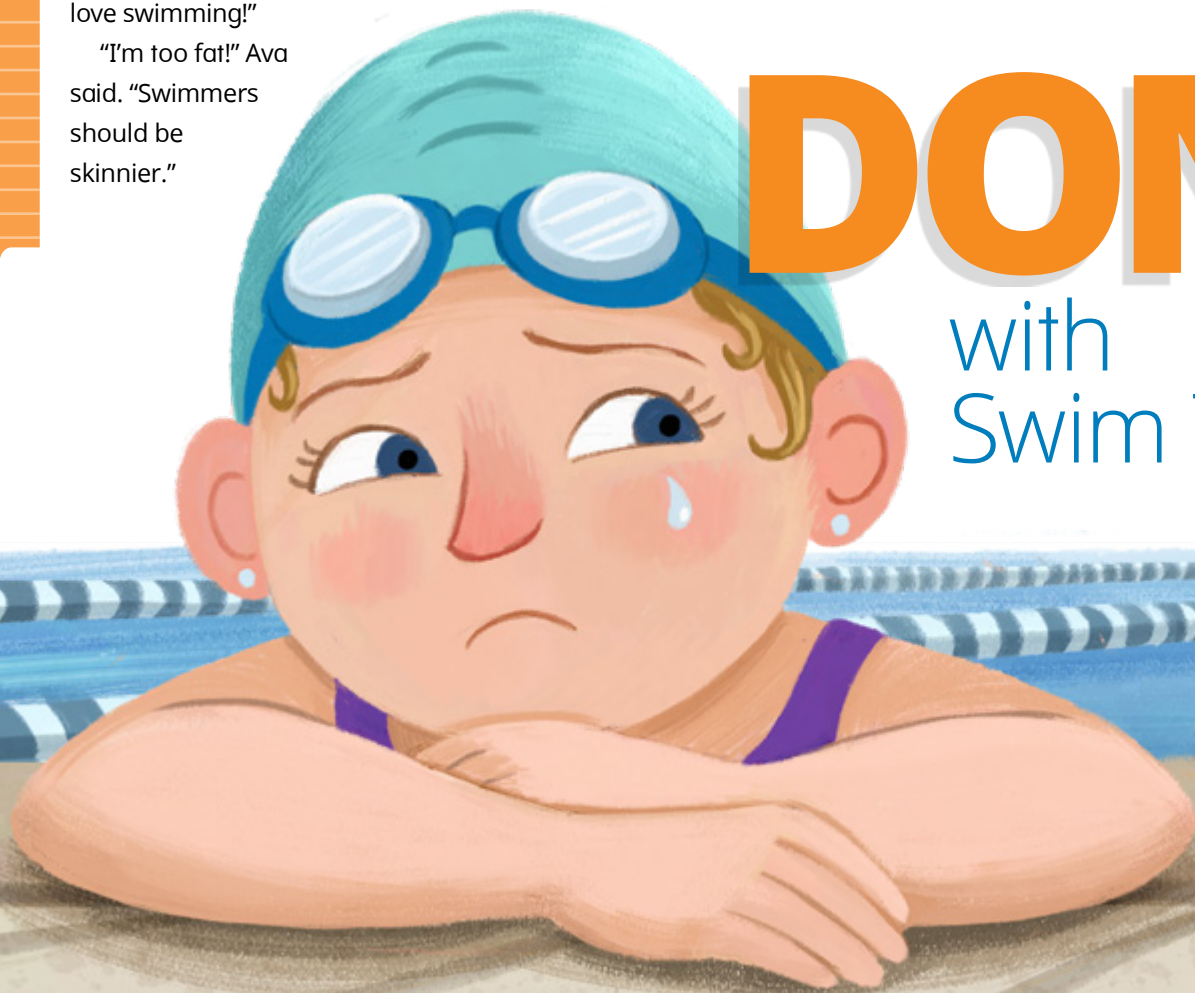
Ava sniffed. "Today we had team pictures, and Mackenzie said I was too chubby to be in the front row. And then Sarah said I should go on a diet."

Ava felt the tears coming again. "I'm done with swim team!" She buried her face in a pillow.

Mom stroked Ava's hair. "I'm so sorry," she said. "That was really hurtful. Some people think the way they look on the outside is the most important thing

DONE

with
Swim Team!



about them. That's not true at all. And saying mean things about another person's body is never OK."

Later, Mom came into Ava's room. "I thought you might like this," Mom said, handing her a piece of paper.

"Each time you look in the mirror, see your body as your temple,"* Ava read.

"President Nelson said that," Mom said. "What do you think it means?"

Ava shrugged. "That my body is special, like a temple?"

"Exactly," Mom said.

"Temples are all beautiful, and they're all built of precious materials. But no two look exactly the same. It's what happens *inside* them that's most important."

Ava nodded. She was getting ready to go to the temple to do baptisms soon.

"A lot of people focus on if their body *looks* a certain way," Mom said. "And sometimes that makes them feel bad. What's a lot more important is how we *use* our bodies. Heavenly Father gave you a body to learn and grow and help people. Your body is a beautiful home for your spirit."

Ava felt a peaceful feeling. She was pretty sure it was the Holy Ghost telling her that what Mom said was true.

"I think I'll tape this on my mirror," Ava said.

"Good idea," Mom said. "When you see it, you could think about one thing your body can *do*."

Ava already had one. "My lungs help me breathe when I freestyle."

Then she frowned. "But I still wish I could be skinny."

"Instead of focusing on being *skinny*, what about focusing on being *strong*?" Mom asked.

Mom flexed her arm, which made Ava laugh.

"I guess getting stronger will help with my swimming," Ava said.

Ava and Mom decided on some goals—like eating more of her favorite vegetables, playing outside after school, and getting enough sleep at night.

"And now, young lady, it's time for you to work on that sleeping goal."

"OK, Mom!"

Instead of feeling bad about her body, Ava was beginning to feel more grateful for it. It could do a lot of wonderful things. Like swimming! ●

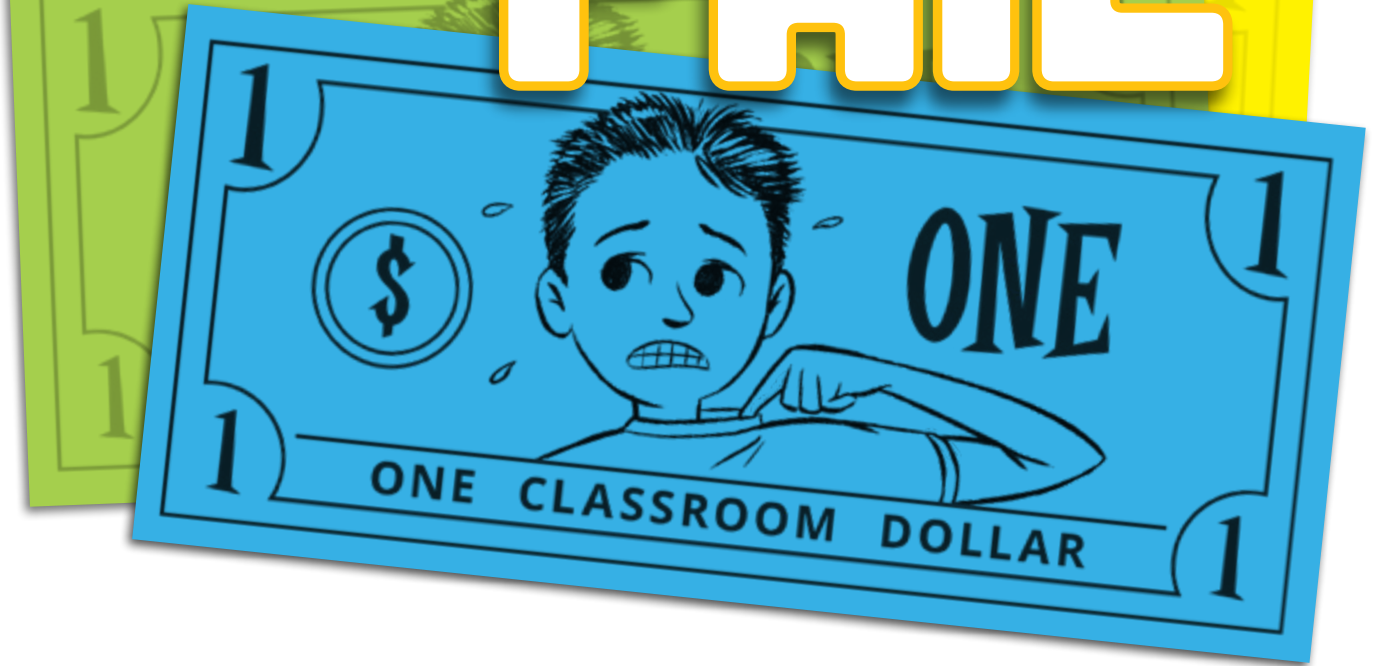
*Russell M. Nelson, "Decisions for Eternity," Ensign, Nov. 2013, 107.



See family manual, pages 131–132; Primary manual, 130–132.

My Mastermind

FAIL



By Henry W., age 12, California, USA

Last year my schoolteacher had “class dollars” that we could earn when we did well in class. I kept buying things instead of saving them like my classmates did. The last auction of the school year was nearing, and I had 80 dollars. My teacher was going to sell root-beer floats for 100 dollars each. So I decided to copy the class money I had on the printer at home so I’d have enough for a float.

When I got to school, I showed off my copied money. Five students ran up to the teacher’s desk and told him about my evil mastermind doings. My teacher told me I wasn’t allowed to buy a single item at the auction. I felt bad and guilty, but the worst was yet to come.

My teacher emailed my mom. When I got home, my mom asked about my actions. I was dishonest again and told her that someone *else* in my class copied the money. My mom was going to email the teacher what

I told her. When she was about to send the message, I told her the truth. She was shocked, disappointed, and sad. I knew my Heavenly Father was also saddened by my disobedience.

I had just turned 12 and was looking forward to doing baptisms at the temple. But I knew I shouldn’t enter into the temple unless I was clean, so I repented. After telling the truth, I prayed and asked for forgiveness.

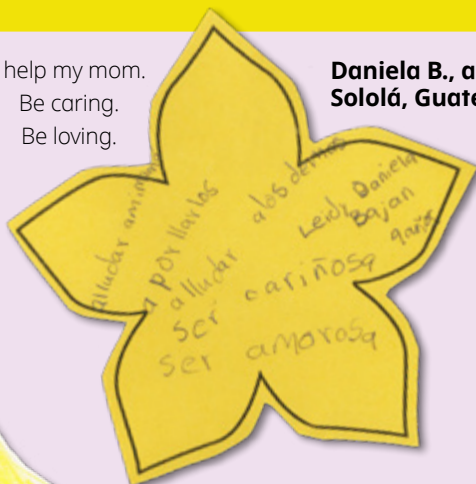
A little while later I walked up the steps to the Sacramento temple. I was excited to do baptisms and amazed by the beauty of the temple. I felt great peace and happiness. My mom was really happy, and I knew that my Heavenly Father was happy as well.

Now I know that wickedness never, ever will bring happiness. I am grateful for all that Christ has done for me. I know that if we keep the commandments, we will live in happiness. ●

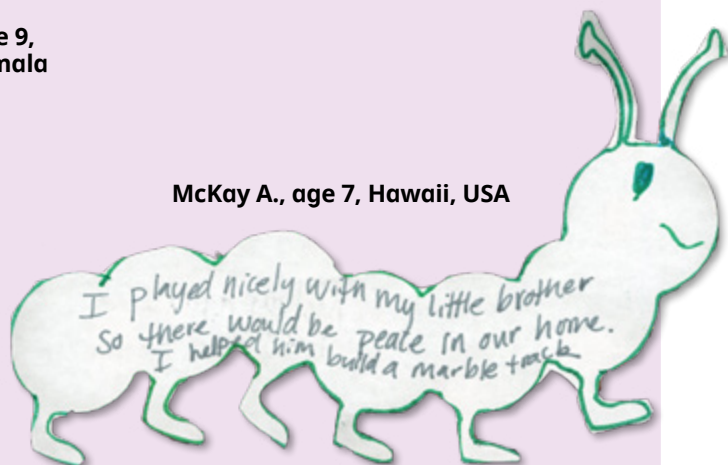
Look what you made for the Kindness Garden!

I help my mom.
Be caring.
Be loving.

**Daniela B., age 9,
Sololá, Guatemala**



McKay A., age 7, Hawaii, USA



Graham I., age 6, Utah, USA



FUNSTUFF ANSWERS

Page 27: I can be brave!

Page 31: A palm tree!



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ8, 32, and 11.

How to Write to the *Friend*

To send us a letter, drawing, poem, or flower . . .

1. Fill out the form below and send it in with your story or artwork, and include a school picture or other high-resolution photo.
2. We might edit your submission, and we can't return it to you.

Please send your submission to:

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

Date

Email of parent or legal guardian

The Last Laugh



**Mikey G.,
age 10, Utah, USA**

the Friend junior



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

For Parents of Little Ones

This month, *Friend Junior* is talking about bodies—how to take care of them and why they are important. (There's also a "Your Body Is a Temple" activity on page 24 of the main section of the magazine.) An important part of body care is helping children stay safe from abuse. But how do you start that conversation with a really young child? Here are some ideas other parents are using:



PHOTOGRAPH FROM GETTY IMAGES

“They can have a surprise, which is short term, but no secrets. If anyone asks them to keep a secret, they should tell us. Also, I don't require my children to hug or kiss anyone if they don't want to. They must greet people politely, but I don't force physical contact on them.”

—Megan G.

“My kids know body parts by their correct names. Every so often I remind them that no one can touch their private parts—those covered by a swimsuit—and they can't touch those parts on others. If they are in a situation like this, they can fight and scream and ask for help.”

—Pamela G.

“We teach our little kids to be polite and friendly to others. We also talk about 'tricky' people—anyone who wants to trick them into leaving Mommy and Daddy. We warn them that a tricky person may say something like, 'Do you want to come see my puppy?' and that they should always come and tell us right away if this happens.”

—Alyssa T.

Read the article “Our Bodies” in this month's *Ensign* for more ideas.

ACTION RHYME

MY BODY

By Jordan Monson Wright



Fingers that wiggle.



Eyes that blink.



Legs that can jiggle.



A brain that can think.



A heart that beats,



A mouth that eats,



And not just one
ear—but two!



I'm thankful
for my body and
all that it can do!

Amelia's Growing Body

By Jennifer Maddy



Amelia is learning how to take care of her body.



Exercise helps make her body strong.



Eating good foods helps make her body healthy.



She doesn't put bad things in her body.



Amelia cleans her body every day.



Amelia is happy taking care of the body
Heavenly Father gave her!

Caring for Your Body

What are some ways you take care of your body?

SUPPORTS
COME,
FOLLOW ME



Paul Repents



After Jesus died, His disciples kept teaching people. But not everyone liked what they taught. A man named Paul was especially mean to those who followed Jesus.



One day while Paul was traveling, he saw a bright light from heaven. He heard Jesus's voice! Jesus told Paul to repent and follow Him.



The bright light made Paul blind. A holy man named Ananias healed Paul's eyes. Paul chose to be baptized.

After that, Paul taught people about Jesus Christ. He was a great missionary, teacher, and leader in Christ's Church.



See family manual, pages 118–121;
Primary manual, pages 117–120.

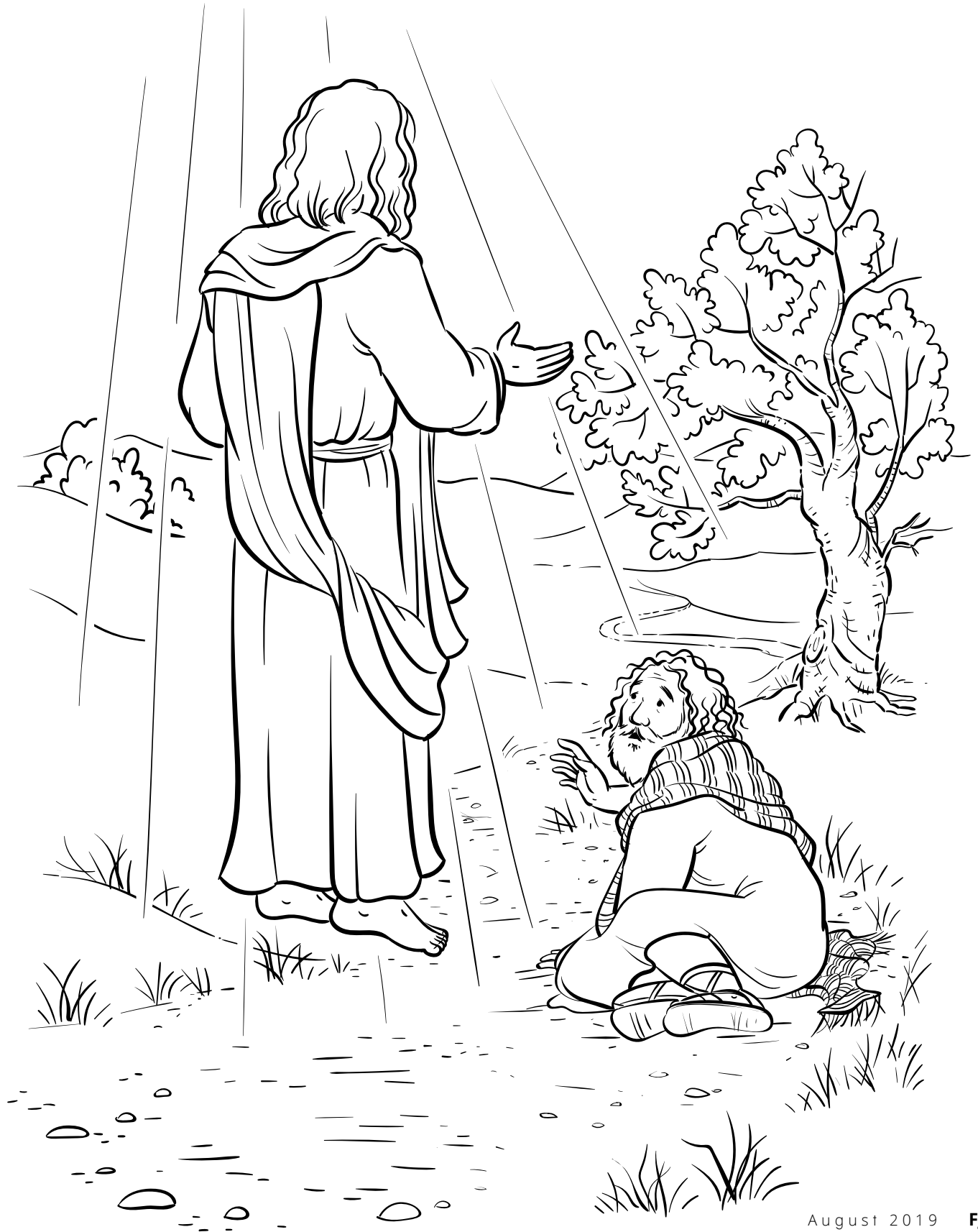


I can choose to be kind instead of being mean.
I can always choose to follow Jesus. ●

Read Paul's conversion story in Acts chapters 9, 22, or 26.

COLORING PAGE

Paul Saw Jesus





By Lori Fuller Sosa
Church Magazines
(Based on a true story)

“Mom!” Amy yelled. “Garrett hit me! Make him stop!”
“She started it!” Garrett yelled back. “Make *her* stop!”

“Kids, kids!” Mom said. “Time for the get-along bucket. Garrett, will you get it?”

Garrett frowned at Amy. But he brought the small plastic bucket to Mom.

“Thanks,” Mom said. “Amy, you pick.” The bucket had slips of paper inside. They had to pick one. Then do what it said. Together.

Garrett hoped they got something fun. Last time they had to wash a window together.

Amy closed her eyes. She pulled a paper from the bucket. “Play in the sandbox together.”

Garrett grinned. That sounded fun! He followed Amy outside.

They got to the sandbox. Amy grabbed a stick. She drew a line down the middle of the sand. “Stay on that side,” she said.

“OK,” Garrett said. He used a little shovel to dig some holes. He

pushed some toy trucks around. He didn't say anything.

A minute went by. He looked at Amy. She was poking holes in the sand with the stick.

"Hey," Garrett said. "Want to dig a huge hole together?"

"OK!" Amy said.

Garrett handed her a shovel. Together they started digging. Garrett used his dump truck to move sand. Soon they made a big

hole! They pretended it was a tunnel to the other side of the world.

"Remember when we washed the window together?" Amy asked. "That was fun too."

Garrett remembered how they made smiley faces on the glass. Then they washed them off.

"Yeah," he said. "That was fun. Maybe tomorrow we can play together—without the get-along bucket!" ●

