

the Friend



The Stripling
Warriors Had
FAITH

See pages FJ4-FJ7



Friends by Mail

Blindfold Path



I used the ideas from “My Family Night Fun” (Jan. 2020) and enjoyed attaching string across the room as an iron rod and learning about Lehi’s dream.

**Temani E., age 10,
Lancashire, England**

Moving On



I have been thinking about how I am getting older and will soon be reading the *New Era*. I have had such a good experience with the *Friend*.

**Thomas K., age 10,
Utah, USA**



Boats Afloat!

Our family had fun making boats to learn about Nephi (Feb. 2020). We acted out the scripture story of Nephi building a boat and sang “Nephi’s Courage.”

**Collin and Mia H., ages 7 and 9,
Arizona, USA**

Dear Friends,

Sometimes it takes a lot of courage to choose the right—especially when a friend asks you to choose something else. On page 10 you can read about a girl who made a choice like that. This month you’ll also learn about Captain Moroni, the army of Helaman, and others who bravely followed Jesus Christ. Write and tell us about how you’re trying to follow Jesus and choose the right!

Stand strong,
The Friend

STANDARDS SEARCH!

Can you find a story about someone deciding only to watch good TV shows?

I found it! Page_____.

Bonus challenge! Memorize this month’s standard:

“I will read, watch, and listen only to things that are pleasing to Heavenly Father”
(*Children’s Guidebook*, 63).



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

the Friend

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

COME,
FOLLOW ME

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

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Find 3 Hidden CTR Rings

Hard: Lanterns shine bright at night.

Harder: Pink feathers and stilt legs make me famous.

Hardest: Rubber aim

Front cover by Melissa Manwill
Back cover by Gynux

Volume 50 Number 8 August 2020

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All rights reserved. The *Friend* (ISSN 0009-4102)
is published monthly by The Church of Jesus
Christ of Latter-day Saints, 50 E. North Temple St.,
Salt Lake City, Utah 84150-0024, United States of
America. Periodicals Postage Paid at Salt Lake
City, Utah.

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

Online: Go to store.ChurchofJesusChrist.org.

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

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

Submit manuscripts or art to:

Friend Editorial, 50 E. North Temple St. Rm. 2393,
Salt Lake City, UT 84150-0024, United States of
America. Unsolicited material is welcome, but
no responsibility is assumed. For return, include

self-addressed, stamped envelope.

Children's submissions will not be returned. Email:
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Canada Post Information: Publication Agreement
#40017431.



By President
Russell M.
Nelson

Happiness and Obedience

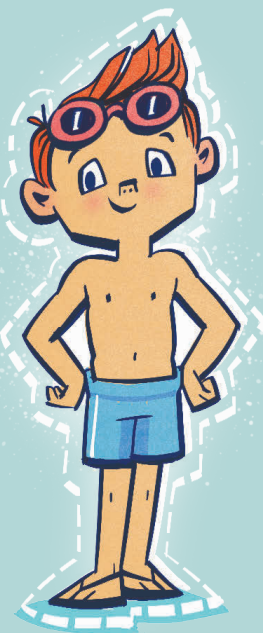
You are a child of God. God gives us commandments to bless us and bring us joy. Sometimes people pick which commandments they will keep and which ones they won't. Trying to obey all of God's commandments will:



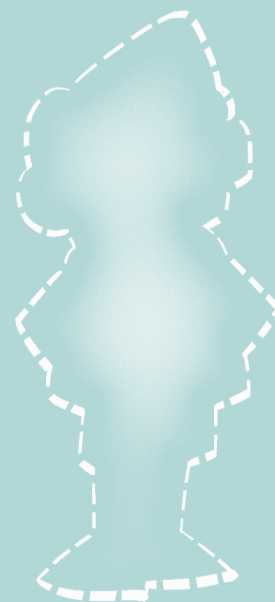
Bless you with light and joy.



Help you be free from harmful habits.

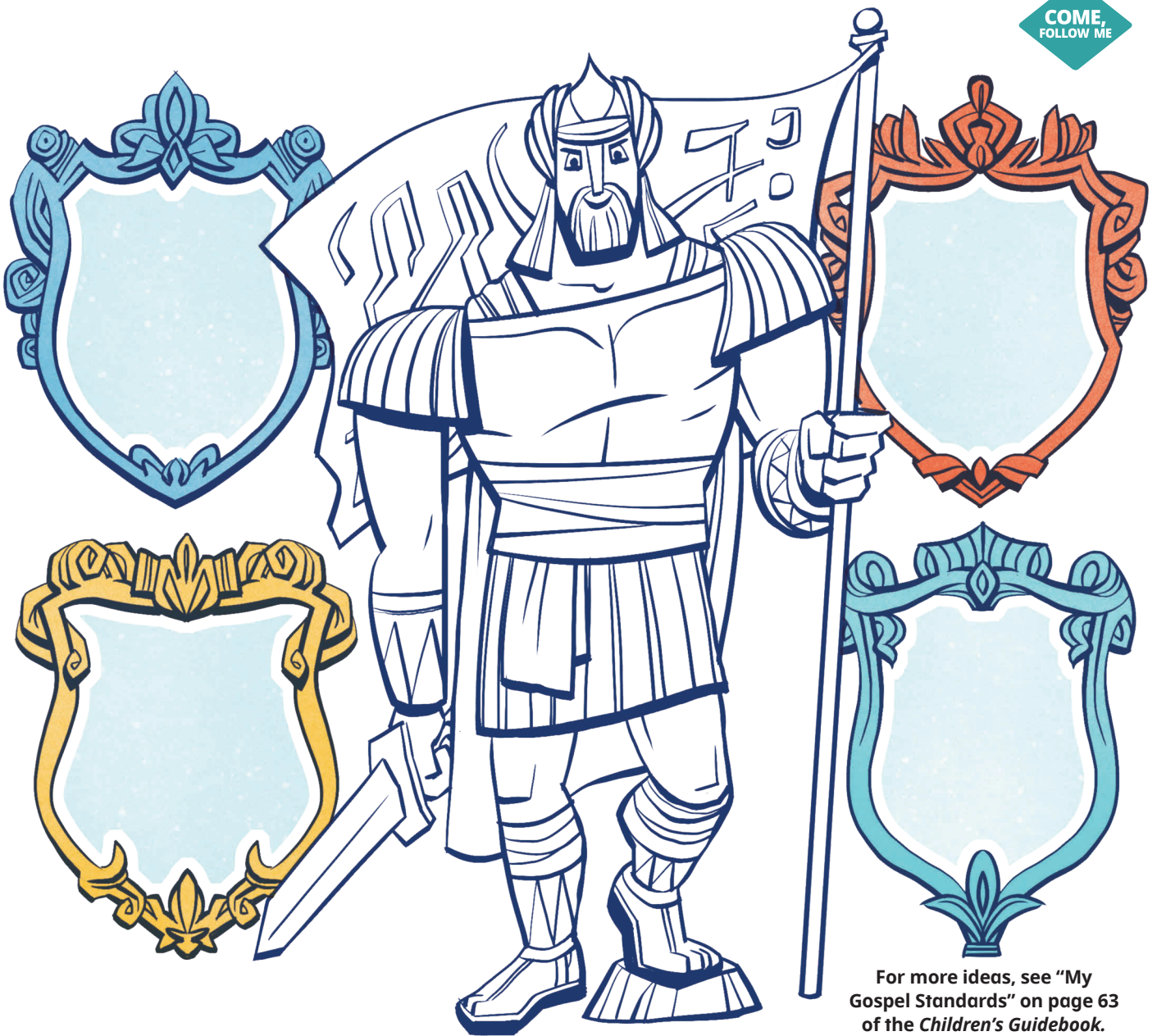


Protect your body.



Protect your spirit.

Remember, God and His angels are always there to help you. ●



For more ideas, see "My Gospel Standards" on page 63 of the *Children's Guidebook*.

OUR GOSPEL SHIELDS

Captain Moroni gave the Nephites shields to help keep them safe. On each shield, write a gospel standard from the list below that can help you stay safe and strong.

Listen to the Holy Ghost.

Dress modestly.

Be honest.

Repent when you make a mistake.

Listen to good music.

Treat people kindly.

Don't swear or use crude words.

Watch good things.

Keep the Sabbath day holy.

Use the names of Heavenly Father and Jesus reverently.

See *Come, Follow Me* for Alma 43–52.



As Different as Pythons and Peacocks

By Sheila Kindred
(Based on a true story)

"Every star is different, and so is every child" (Children's Songbook, 142-43).

"Beat you to the gift shop!" Andrea said, running as fast as a **cheetah** past her older brother, Michael.

They were exploring the zoo with their parents. It was one of their favorite places, but for different reasons. Michael was fascinated by reptiles, like **lizards**, **snakes**, and **crocodiles**. Andrea was amazed by colorful birds, like **parrots** and **toucans**. She especially loved **flamingos** because pink was her favorite color.

As they got close to the shop, Michael put on a burst of speed, like a **gazelle**. He got to the shop first and held the door open.

"You're as slow as a **sloth**!" he said with a smile.

"But fierce as a **lion**," Andrea growled as

How many
animals can you
count in this
story? Look for
the bolded
words!

they walked inside.

Michael knew exactly what he wanted to buy. He went straight to the reptile area and picked up a book called *Awesome Facts about **Alligators***. With the money he had earned this summer, he would have just enough to buy it. He was about to head to the cashier when Andrea called his name. She was in a section that looked like a giant princess party.


"Come here!" Andrea said, excited as a **chimpanzee**. "I want to show you something!"

Michael shook his head. "No way. I'd rather stay with the reptiles."

"Please? Just for a second. I need your help."


With a sigh, Michael walked across the aisle. He felt like a **goldfish** out of water surrounded by the fluffy feather boas and sparkly jewelry.





“That’s what I want to buy,” Andrea said, pointing to a book on a high shelf out of her reach. “Can you get it down for me?”

Michael stretched tall like a **giraffe** and grabbed the book. It was full of stickers of people in fancy ballroom costumes.



“Why do you want that?” he asked. “It doesn’t have anything to do with the zoo.”

Andrea flipped open the book. “It has a page with animals. See? **Unicorns!**”

Michael rolled his eyes. Of course his sister would pick the one book at the zoo with the *pretend* animals in it. Then he noticed the price. “Do you even have enough money?”

When Andrea saw the price tag, her eyes got wide like an **owl**, and her smile disappeared.

“Sorry, sis,” Michael said. “Maybe you can find something that costs less.”

“But this is the only thing I wanted,” Andrea said. “Oh well.” She handed the book to Michael so he could put it back. Then she tried to smile again. “What did you find?”

Michael looked at the two books in his hands.

Then he made a decision. “Nothing,” he said.

“That is, nothing I need right now. Wait

here for a second.”

Quick as a **rabbit**, Michael returned his book to the reptile section. When he got back to Andrea, he handed her the sticker book she wanted, along with some of his money.

“Here. Now you should have enough to buy it.”

Andrea looked as confused as a **chameleon** on a rainbow. “But why would you spend your money on that?”

“Because it’s important to *you*,” Michael said. “We might be as different as a **python** and a **peacock**, but that’s OK. God still wants us to show love to each other.”

Andrea gave him a big **bear** hug. “Thank you so much! You can use the stickers whenever you want!”

“Well, they’re not really my style,” Michael said. “But it might be fun!”

Then they walked to the cashier together, as happy as two **frogs** in a pond! ●

The author lives in Iowa, USA.



“Be kind to one another despite our deepest differences.”

President M. Russell Ballard,
Acting President of the Quorum
of the Twelve Apostles

“Doctrine of Inclusion,” *Ensign*, Nov. 2001, 38.

MY FAMILY NIGHT FUN

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



Fly Your Flag

For Alma 43–52



Sing “Home Can Be a Heaven on Earth” (*Hymns*, no. 298).

Captain Moroni made a flag out of his coat to remind his army that they were fighting for their families, their faith, and their freedom (see Alma 46:12). This flag was called the title of liberty.

Make your own flag! On a piece of paper, draw pictures of what’s important to you and your family. Hang it up as a reminder.



Sing “We’ll Bring the World His Truth” (*Children’s Songbook*, 172–73).

Learn about the army of Helaman! You can read the story in Alma 56–57, or on page FJ4.

Now use page 8 to do a stripling-warrior challenge! What other challenges can you come up with?



Blow That House Down

For Helaman 1–6

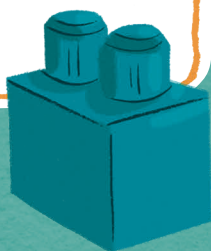


Sing “The Wise Man and the Foolish Man” (*Children’s Songbook*, 281).

The prophet Helaman taught that we need to build our foundation on Jesus Christ. That way when the storms of life come, we can stand strong. (See Helaman 5:12.)

Now build two different kinds of houses, one out of paper or cards and the other with building blocks.

Next blow on both houses as hard as you can. Do both houses stand strong against the wind? How does building your life on Jesus Christ make you strong?



Memory Quest

For Helaman 7–12



Sing “Follow the Prophet” (*Children’s Songbook*, 110–11).

Sometimes the Nephites forgot to “remember the Lord” and obey His commandments (see Helaman 12:5). How does remembering Jesus help you do what’s right?

Now play a game about remembering! Put 10 objects in a pile. Have one person look at the pile and try to remember all the objects and then leave the room. Have several people take away one object from the pile. When the person comes back, they guess what’s missing.



TREAT TIME

Potato Chips



Peel and cut several **potatoes** into thin slices. Toss with oil. Arrange slices on a greased baking sheet.

Sprinkle with **dried rosemary**, **salt**, and **paprika**.

Bake at 400°F (200°C) for 20–25 minutes.



PB&J Sushi Rolls

Remove crusts from a slice of **bread** and roll it flat with a rolling pin or cup.

Spread with **peanut butter** (or other nut butter) and **jelly** and roll tightly. Cut into 2-inch (5-cm) pieces and enjoy!

Ice-Cream Cookie Pie



Crush 20 **chocolate sandwich cookies** into crumbs. Mix crumbs with 3/4 stick melted **butter** and press into the bottom of a pie dish.

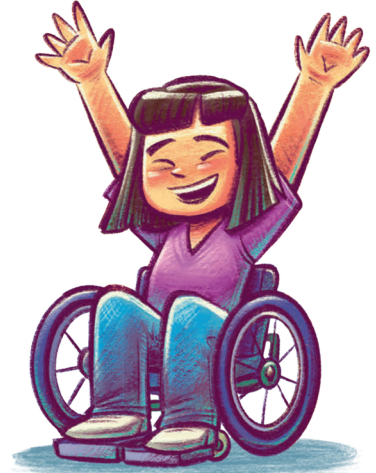
Spread 1 1/2-quart (1.4-L) softened **ice cream** on top, then drizzle with 1 cup **melted chocolate**. Freeze pie for 4 hours.

Stripling-Warrior Challenge

The stripling warriors kept their bodies and spirits strong. Take this challenge to be strong like them! Set this page on the floor. Close your eyes and drop a pebble or button onto the page. Then do the challenge for the box it lands closest to.



Do five push-ups or clap your hands five times.



Jump in the air or stretch your hands above your head three times.



Say one thing you are grateful for.



"Walk uprightly" like the stripling warriors did (see Alma 53:21). As you march around the room, sing the chorus of "We'll Bring the World His Truth" (pages 12–13).



Say one thing you believe (see Alma 57:26–27).



Say one thing a parent or Primary leader taught you (see Alma 56:47–48).

Read this quote: "Like Helaman's 2,000 stripling warriors, you also are the spirit sons [and daughters] of God, and you too can be endowed with power to build up and defend His kingdom."



When I build my
foundation on
Jesus Christ,

I can
stand
strong!

(See Helaman 5:12.)



CHOOSING the CHANNEL



By Shannon Tuttle Liechty

(Based on a true story)

"God will protect you; then do what is right!"
(Hymns, no. 237).

"I saw the funniest show yesterday. You should check it out. Then maybe we could watch it together sometime!" Brooke said.

Camille loved chatting with her best friend while they walked home from school together. She loved how much they had in common.

"Sounds great!" Camille waved goodbye and walked in her front door.

After Camille finished her homework, she turned on the TV and found the right show. It would be so fun to talk about it with Brooke tomorrow!

The show *was* funny. The characters did silly things and told jokes. Camille laughed a lot. But not everything they said

was funny. They said some words that made Camille feel like there were frogs hopping in her stomach. They weren't good words.

What should I do? she wondered. Camille knew these words were not nice.

But she wanted to know how the show ended. What would she say if Brooke asked her about it tomorrow?

What if Brooke didn't want to be Camille's friend anymore?

With a sigh, Camille turned off the TV.

After Mom got home, Camille helped her set the table for dinner. "How was school?" Mom asked.

Camille put out the forks and spoons. "It was really good! Except . . . Brooke told me about a show to watch. I started watching it, but it had bad words in it. I didn't feel good about it, so I turned it off."

"It sounds like you made a very good choice."

"But Brooke wants to watch it together. We're best friends! We like the same music, the same ice cream, the same books . . ."

Mom set a dish of pasta on the table. "True, but that doesn't mean you have to do *all* of the same things. Especially if it's something you don't feel good about. It's OK to make different choices than a friend does."

"What do you mean?" Camille asked.

"Well, we choose to avoid bad words so that we can feel the Holy Ghost," Mom explained. "But not everyone has the same standards as we do. That doesn't make them bad people."

Camille was still worried about what would happen when Brooke asked her about the show. They talked about everything! What if Brooke thought she was being a baby? Or worse, what if she didn't want to be friends anymore?

Camille said a prayer before going to sleep.

Heavenly Father, please help me talk to Brooke tomorrow. Please help me be brave. Camille climbed into bed and hoped that things would be OK at school.

"Camille!" Brooke yelled across the playground. She ran through the grass to meet

Camille. "What'd you think of the show? Wasn't it funny?"

Camille took a deep breath. "I actually didn't watch much of it."

Brooke looked confused. "Why not?"

Camille thought for a second. Should she just say she'd been busy? What was Brooke going to say? "Well . . . I didn't watch it because they said words I didn't like. I didn't feel good watching it."

"Oh," Brooke said quietly. Then she said, "That's OK. We don't have to watch it together. We can find a show we both like or do something else together."

"OK." Camille smiled. Then the two friends walked to class together, talking and laughing the whole time. ●

The author lives in Utah, USA.



You can choose the right even if others don't. Heavenly Father will help you be strong.

We'll Bring the World His Truth

(Simplified)

Words and music by
Janice Kapp Perry

Fervently ♩ = 116-126

C **F** **G** **Am**

1. We have been born, as Ne - phi of old, To good - ly
2. We have been saved for these lat - ter days To build the
3. We know His plan, and we will pre - pare, In - crease our

Em **F** **G7** **C**

par - ents who love — the Lord. We have been taught, and
king - dom in righ - teous ways. We hear the words our
knowl - edge through stud - y and prayer. Dai - ly we'll learn un -

F **G** **Am** **C** **G7**

we un - der - stand, That we must do as the Lord com -
proph - et de - clares: "Let each who's wor - thy go forth and
til we are called To take the gos - pel to all the

C **F** **G7** **C**

Chorus
mands.
share."
world.

We are as the ar - my of

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Am F Dm G7

Hel - a - man. We have been taught in our youth. _____ And

F G7 C Am


we will be the Lord's mis - sion - ar - ies To

Dm7 G7 1. 2. C 3. C

bring the world — His truth. _____ truth. _____ To

Dm7 G7 C G7 C

bring the world — His truth. _____



Hello
from
Malaysia!

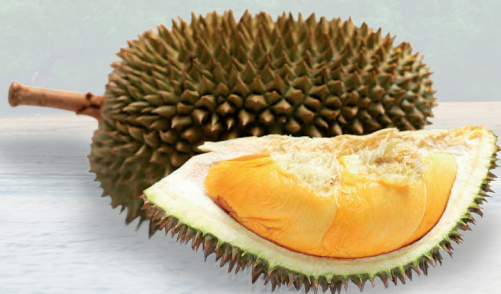


Hi!
We're Margo
and Paolo, and
this month
we're visiting
Malaysia!

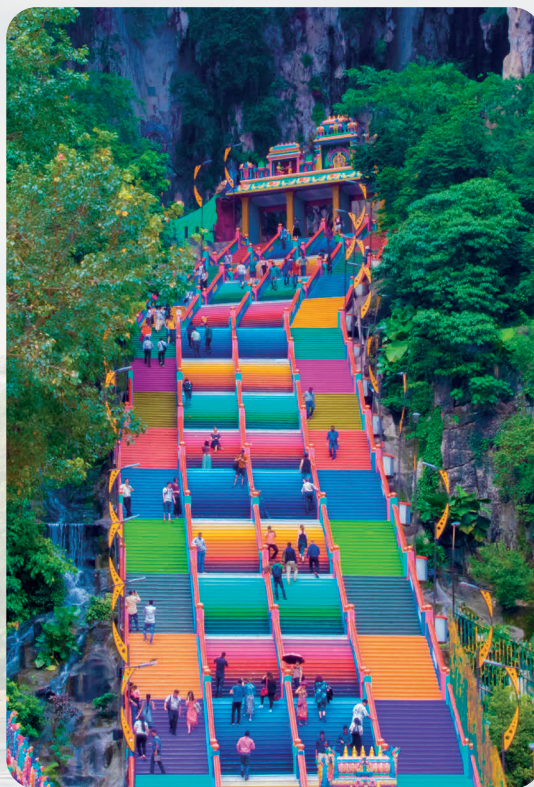
Malaysia is a beautiful country in Southeast Asia. There are about 10,000 members of the Church and 33 branches in Malaysia. The Church there is small but strong!



Keluarga means "family" in Malay. This family likes to play together at the park.



Durian is the strongest-smelling fruit in the world! Many people in Malaysia love this creamy fruit. It's used to make candy, ice cream, and other treats.



In Malaysia, people believe in many different religions, including Islam, Buddhism, and Christianity. These colorful steps lead up to the Batu Caves. A famous Hindu temple is inside!





Families in Malaysia like to go out to eat together. People can buy street food all day and night.



These Primary children are sitting in front of a Church sign in Malay and Chinese. People in Malaysia speak many languages. At church, members help translate so everyone can understand.



More than half of Malaysia is covered in tropical forests. It's home to amazing animals like the Malayan tiger and the proboscis monkey.

Meet some of our friends from Malaysia!



God wants us to be kind and to keep the commandments.

Anika C., age 7, Kuala Lumpur, Malaysia



My favorite article of faith is the fourth: "We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; fourth, Laying on of hands for the gift of the Holy Ghost."

Leif C., age 8, Kuala Lumpur, Malaysia

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

**Thanks for
exploring
with us! See
you next
time!**





THE MOONCAKE

"I will not leave you comfortless: I will come to you" (John 14:18).

Don't run too far ahead!" Dad called. "It's getting dark, and I don't want you to fall."

Vincent stopped and turned around. "But you're walking so slowly. I want to get to the festival before all the mooncakes are gone!"

"They won't run out of mooncakes," Dad said as he and Mom caught up. "At least, not until *you* get there!"

Vincent could hear drums beating as they got close to the park. Strings of colorful lanterns hung from the trees, lighting up the dark night. Families were eating on blankets, getting ready to watch the full moon together.

Mom found an empty spot on the grass and laid down their blanket. She handed Vincent some coins to buy food.

"Thanks!" Vincent couldn't wait to go exploring. He counted his coins as he walked. Twenty ringgits! That was enough for a mooncake. But which kind did he want? Ham? Egg yolk? Durian? Finally he picked one full of black sesame paste. He wandered from stall to stall as he ate, staring at all the different foods. Stacks of chicken on skewers. Giant pots of spicy broth and noodles. Maybe he could use the last of his coins to



FESTIVAL

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

buy shaved ice with ice cream!

Pretty soon he'd wandered into an area that didn't have as many lanterns. The darkness gave him an idea.

I wonder how far I could walk with my eyes closed? He shut his eyes and took a step. Then another. Then his foot caught on something. He was falling!

Ouch! His chin hit something sharp. It was a big metal drain cover! He reached up and touched his chin. He was bleeding.

"Dad? Mom?" he called out. He hurried back toward the lanterns, and someone helped him find his parents.

"We were getting worried!" Mom said. Then she saw his face. "We need to go to the hospital."

Pretty soon Vincent was sitting with Mom and Dad in the hospital waiting room. He was so scared. Was he going to be OK?



He folded his arms tight and thought about Jesus. He and his family had been baptized a few months ago. The missionaries had said that Jesus could help him feel comfort.

Jesus Christ will help me. Jesus Christ will help me, he thought over and over again. And soon he did feel a little calmer. He knew the Holy

Ghost was with him.

Dad squeezed his hand.

"Everything will be OK," Mom said.

Vincent nodded. He knew she was right.

When the doctor came, she stitched up his chin. It hurt, but not too much. She told Vincent that he would probably have a scar. But that was fine with him. Whenever he saw it, he would remember mooncakes, the festival, and a time he felt comforted by Jesus and the Holy Ghost. ●

This story took place in Malaysia.

Go to page 14 to learn more about this country!



ELDER RONALD A. RASBAND

Of the Quorum of the Twelve Apostles



He had some close friends growing up that he still keeps in touch with today.



When he was 12, Elder Rasband found a job driving a tractor that picked up golf balls at a golf course.



Elder Rasband's birthday is February 6. He turned 69 years old this year!



He and his wife, Melanie, have five children and 27 grandchildren.



He promised his mom that he would never break the Word of Wisdom.

"Do not forget, Heavenly Father knows and loves each of you, and He is always ready to help."

Elder Ronald A. Rasband

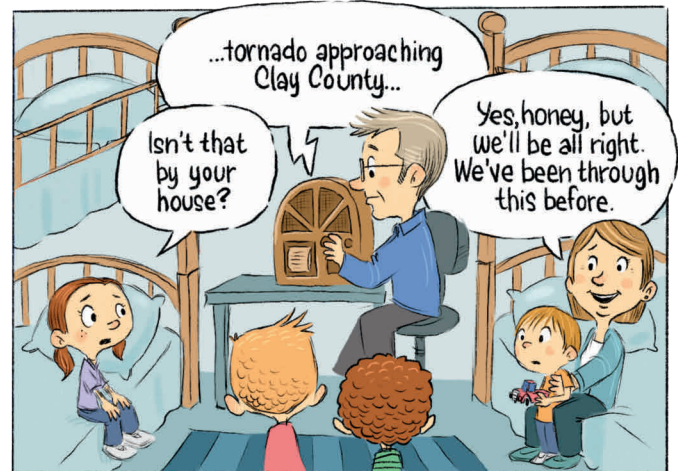
"Lest Thou Forget," Ensign, Nov. 2016, 113.

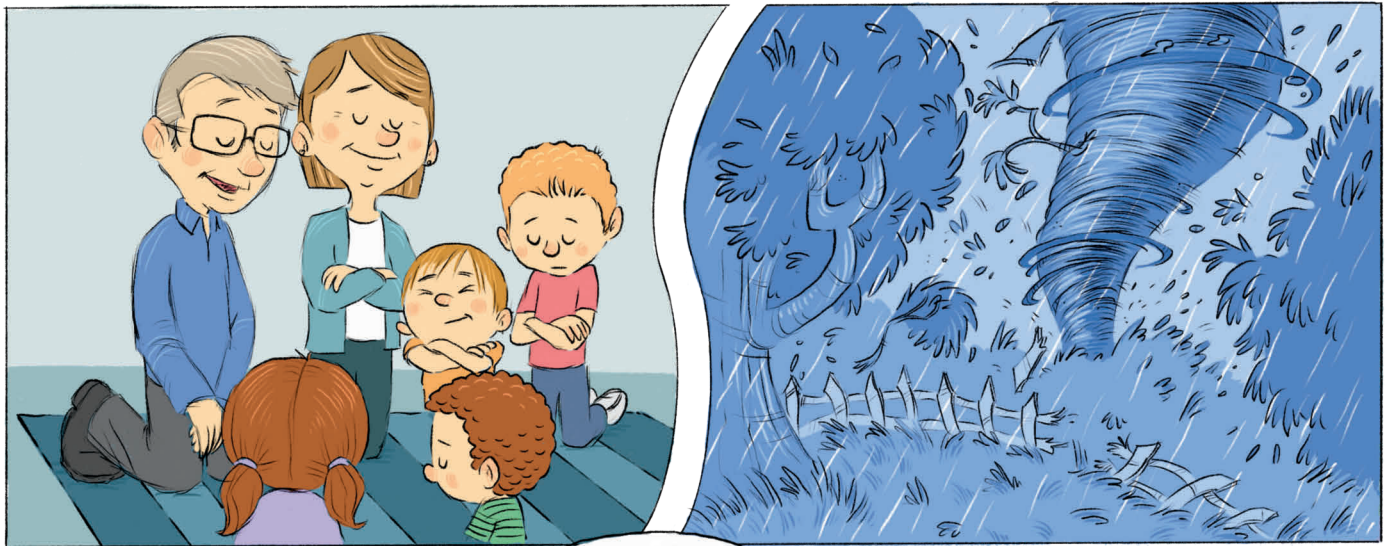
A collection of 15 colorful, stylized objects including a garden bed, a ruler, a glove, a bell, a comb, a broom, a sailboat, a pin, a thimble, a crescent moon, a comb, a broom, a ruler, and a broom.



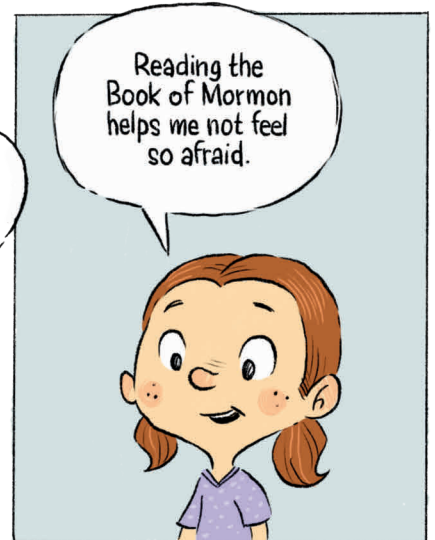
Sirens and Scriptures

By David Dickson
Church Magazines
(Based on a true story)



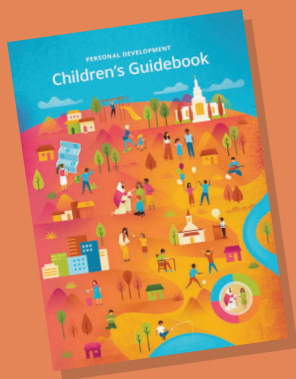


"The wind did never cease to blow towards the promised land while they were upon the waters."



Thanks to Eily for sharing your story!





Growing with Good Goals

Children around the world are using the Children's Guidebook to try new things and grow like Jesus did!



Jessica B., age 10, lives in Greater Accra, Ghana.

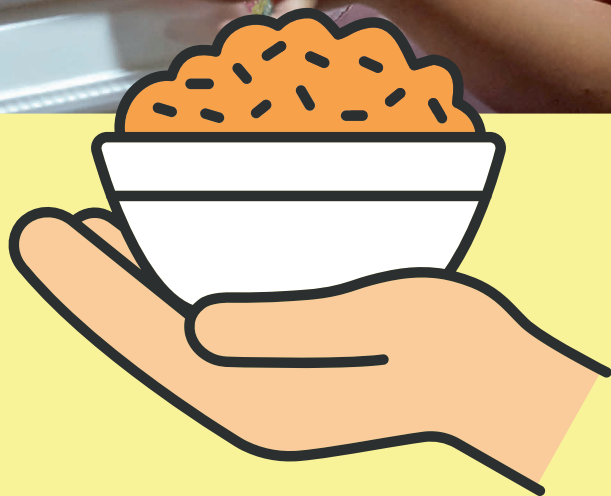
She set a goal to make new friends and share the gospel with them. She puts a copy of the *Friend* in her schoolbag and reads the magazine at school. She shares it with her classmates and talks to them about the gospel. "It makes me feel happy," Jessica says.



Prophet M., age 12, lives in Greater Accra, Ghana.

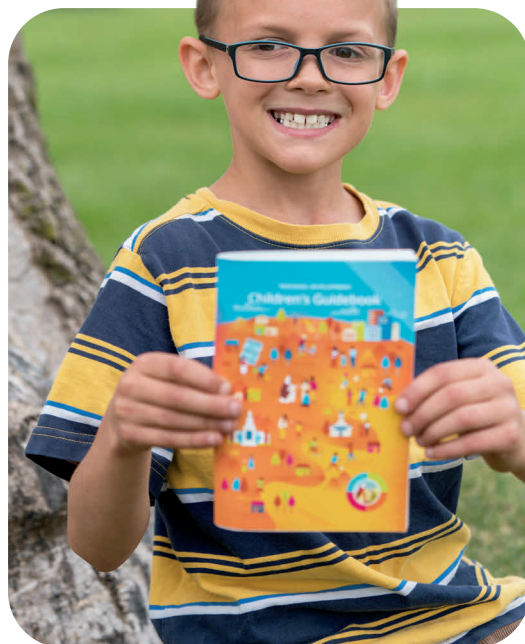
After learning to play the piano, he set a goal to teach others to play too! He invited people he knew to take piano classes taught by him and his friends. "Now we have more than 50 students who are taking lessons," Prophet says. Eight of those students have been baptized!





Danielle P., age 8, from Cebu, Philippines, wanted to give food to people without homes. “I want to feed them so they can be happy and sleep with a full stomach,” she says. When her family has extra food from their business, they drive around and give it to people who are hungry.

Peter G., age 9, from Ohio, USA, had trouble reading. He needed to pass an important reading test to go on to the next grade in school. So he set a goal to read with his mom and sisters every day for 20 minutes. “I asked Heavenly Father to help me,” Peter says. Later, when he had to take the test, he passed!



You can watch videos about some of these kids at childrenandyouth.ChurchofJesusChrist.org! What goals are you working on?

A STRONG Foundation

Helaman taught that we need to build our foundation on Jesus Christ (see Helaman 5:12). That means doing things that will bring us closer to Him. When we do, we will be able to withstand hard things in life.

Being baptized
(see 2 Nephi 31:5)

Loving others
(see John 13:34)

Reading the scriptures
(see John 5:39)

Praying
(see Doctrine and Covenants 10:5)

1. Cut out the rocks on this page.
2. Choose a rock and read the scripture on it. How does doing that thing make you strong and bring you closer to Christ?
3. Put the rock under the temple to build a strong foundation. Keep playing until all the rocks are in place.

Repenting
(see Acts 3:19)

Paying tithing
(see Malachi 3:10)

Going to church
(see Moroni 6:5–6)

Living the Word of Wisdom
(see Doctrine and Covenants 89:18–20)

BONUS!

Can you guess what
country this temple is in?

*Hint: It is in the
city of Madrid.*

See page 39.



By Elder
Timothy J. Dyches
Of the Seventy

How Do You Spell HONESTY?



"Do that which is honest" (2 Corinthians 13:7).

When I was in sixth grade, I hadn't missed a spelling word all year long. If I kept getting perfect scores, I would receive an award for spelling at the end of the year.

Our teacher, Mr. Caldwell, let us grade each other's papers. One day as we passed our spelling tests back to each other, I saw that mine said "100%" at the top. But then I noticed I had actually misspelled a word! I had practiced spelling that word correctly many times before. But this time I had spelled it wrong, and the person who graded my paper hadn't noticed.

"Well," Mr. Caldwell said, "I see you got 100% again! You'll get the spelling award for sure!"

I was tempted to stay quiet. But my parents had taught me to be honest. And I knew Heavenly Father and Jesus Christ would want me to be honest.

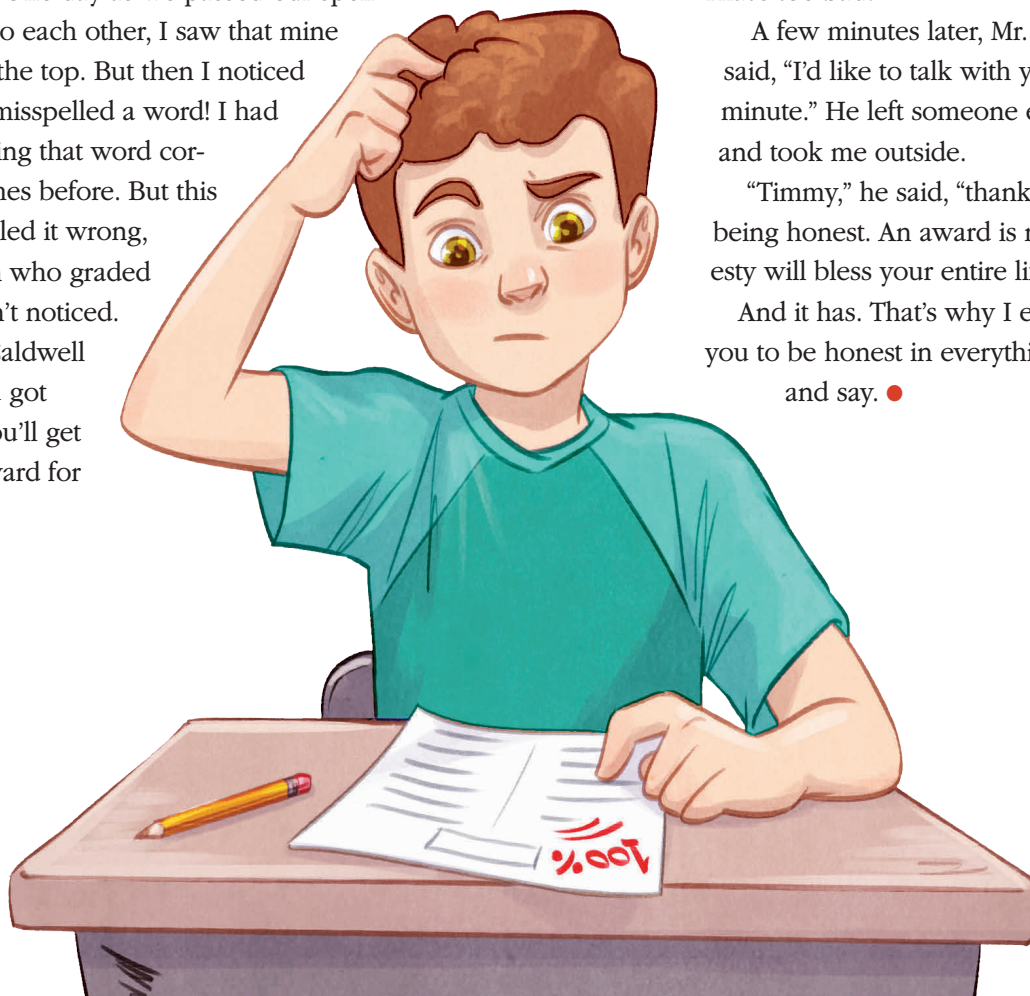
So I said, "Mr. Caldwell, you need to look at number 23."

"Oh, you did miss one word," he said. "That's too bad."

A few minutes later, Mr. Caldwell said, "I'd like to talk with you for a minute." He left someone else in charge and took me outside.

"Timmy," he said, "thank you for being honest. An award is nice, but honesty will bless your entire life."

And it has. That's why I encourage you to be honest in everything you do and say. ●

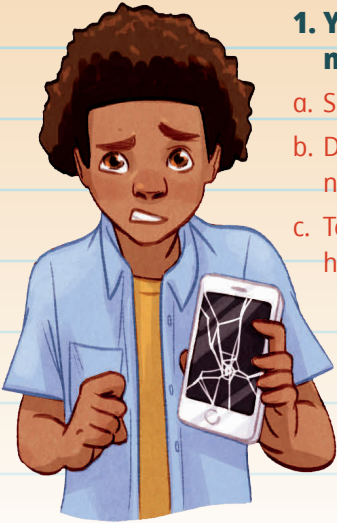


Honesty Quiz ✓

Doing the right thing takes courage! Take this quiz to think about how you can be honest with yourself and others.

1. You accidentally break your mom's phone. You:

- a. Say your little brother broke it.
- b. Don't say anything. Maybe she won't notice!
- c. Tell your mom you broke it and ask how you can make it right.



2. Your friend is stealing candy from the store. You:

- a. Grab some too and hope no one sees.
- b. Don't take any, but eat some of the stolen candy your friend took.
- c. Choose not to take any and encourage your friend to do the same.



3. You get to school and realize you forgot to finish your homework! You:

- a. Lie to your teacher.
- b. Copy off your friend's paper. They offered!
- c. Tell your teacher the truth and make a better choice next time.



4. You got in an argument with a friend and said something hurtful. You:

- a. Tell your other friends mean things about her that aren't true.
- b. Pretend like nothing happened.
- c. Admit that what you said was wrong and tell her you're sorry.



IF YOU ANSWERED ...

Mostly a: Your choices might be hurting you or others more than you think. Next time you are tempted to lie, steal, or cheat, be brave! Heavenly Father can help you have courage to do the right thing.

Mostly b: You're not exactly lying or stealing, but you're not being fully honest either. These kinds of choices are still harmful. Think about how you can be more honest in what you do and say.

Mostly c: You're being honest. You're also setting a good example for others to follow! Keep it up. Heavenly Father is proud of your choices.

Show and tell



We listened to Jesus's parable of the sower and then planted sunflower seeds. It's not very hot or sunny where we live, so we were excited when the seeds pushed through the soil. The plants got taller and taller until they bloomed, just like the seeds in Jesus's story!

Magnus K., Islay S., Louis S., Sylvie K., Greta K., and Sibyl S., ages 7, 9, 6, 1, 5, and 4, Renfrewshire, Scotland



One day I hope to be a missionary so I can teach others about Heavenly Father's love.

James B., age 7, Gauteng, South Africa



I was excited and nervous about becoming a deacon. When they announced the youth would be going to the

temple for baptisms, I thought I would mess up since it was my first time. But when we walked in, it was quiet and everyone was happy. I'm excited for the next temple trip!

Willy C., age 12, Pennsylvania, USA



Rebekah H., age 13, Indiana, USA



Peter J., age 6, Alabama, USA

We had to evacuate our home due to fires. I had just adopted my pet bunny, Honey. I was so happy to have her safe with me.

Baylee T., age 10, California, USA





I helped clean up debris from flooding with other members of our stake. I will always remember this because it made me feel so good inside. I love to serve!
Capri P., age 8, Nebraska, USA



Someone showed me a bad video. That night I couldn't get the video out of my head. I talked to my mom, and she told me to say a prayer to ask for help to forget it. Soon, I was able to fall asleep and not think of the video again. I am thankful I can talk to my Heavenly Father whenever I need help.
Boston B., age 10, Colorado, USA



Adalyn T., age 8, Utah, USA



Samuel S., age 11, Minas Gerais, Brazil



I lost my brother's jacket when my family went on a walk. We prayed that Heavenly Father would help us find it. We felt that we should take the same walk again. We found his jacket! This helped me realize that everything in my life is important to Heavenly Father and He is always ready to help me.

Timothy M., age 8, Kyiv Oblast, Ukraine



I try to be like Jesus by loving, serving, and forgiving others.

Grace M., age 6, California, USA

MATT AND MANDY




for older KIDS

FAMILY HISTORY CORNER

Make an **All-about-Me Box!**

Find a box and put things in it that represent who you are and what you like to do. Write a sentence for each thing to explain why it describes you. Then take a picture of each thing and add it to **FamilySearch.org**.



What can you hold in your right hand but not your left?
(See page 39)

A LOOK INSIDE THE TEMPLE

Each temple has a desk where people show their temple recommends before they go inside. A recommend is a card that shows you are ready and worthy to enter the Lord's house.

Can you guess where this temple is? Hint: It was the 4th temple dedicated in Africa! (See page 39)

- Bangkok, Thailand
- Kinshasa, DR Congo
- Papeete, Tahiti
- Perth, Australia



SECRET SERVICE

- Pray for someone who is having a hard time.
- Write a letter to the first person who pops into your mind!
- Leave change in a vending machine for someone else to use.



ART CHALLENGE

Trace the shadow of a toy or another cool object.



CLOSER TO GOD



During COVID-19, I thought, "How's the Church going to keep bringing us closer to God?" Then I realized I have more time with my family and to read scriptures. Then over time I was brought closer to Heavenly Father. I know that spending more time with my family and reading the scriptures brought the Spirit to my home.

**Mason L., age 10,
Colorado, USA**

By David Dickson

Church Magazines
(Based on a true story)

Donovan aimed his slingshot at the empty soup can on the stump.

He stretched back the slingshot's rubber tubing.

"What are you doing?" his little sister, Dana, asked.

"Watch this!" he said.

Thwack!

The rubber snapped back into place as Donovan let go, sending the small rock flying. Some leaves in a nearby tree rustled. But the tin can


didn't move. Donovan stuffed the slingshot into his back pocket. He had missed. Again!

Dana tilted her head to the side.

"What am I supposed to see?"

"Nothing," Donovan said. "Come on. Let's go home." They started heading back to the house.

Donovan kicked a stick out of his way. No matter how hard he tried, he couldn't seem to use Dad's slingshot right. And he *loved* that thing! He



The Best Slingshot in Jamaica

always liked using it when Dad was out of town working, like now. It helped him feel close to Dad when he couldn't see him.

He pulled the slingshot from his pocket and spun it slowly in his hand. The rough bark had become smooth a long time ago. Dad had made the slingshot out of a strong tree branch and used it for years before giving it to Donovan.

Dad had pointed at the soup can that day. "When you focus, amazing things can happen." Donovan still remembered what happened next. Dad had aimed the slingshot and hit the soup can. In one try! He made it look easy. Donovan really missed him.

He was still thinking about Dad when he fell asleep that night.

The next morning, Donovan carried his slingshot to his favorite patch of trees to try again.

"Focus . . ." Donovan said as he stared at the can on the stump. He placed another small stone in the slingshot and pulled back.

Dad keeps trying, even when things don't always work out, Donovan thought.

Donovan tried to stop thinking about all the times he had missed before. He closed one eye, the way Dad taught him. He *really* focused. Donovan didn't look at anything else but the red soup can.

Taking a deep breath, he let go.

Thwack!

CLUNK!

Donovan blinked in surprise as the can sailed off the stump. "I did it!" he said. "Yes!"

Later that night, Donovan sat next to Mom after dinner. He held up the slingshot.

"I finally hit the can today," he said, grinning.

"Well done!" Mom said.

"You know, I think this slingshot is my favorite thing in the whole world," Donovan said.

"Oh?" Mom asked.

"Yup. Because it helps me think about Dad and feel close to him."

Mom smiled. "I think he'll be happy to know you feel that way. And guess what? Dad will be home in only three days. You can show him your new skills."

Donovan could hardly wait! "That gives me an idea," he said.

He ran to find Dana. He could teach her to use the slingshot the same way Dad had taught him!

"Hey, Dana," he said. "Wanna learn how to use the best slingshot in Jamaica?" ●

When you focus, amazing things can happen.



What special things help you feel close to someone in your family?



Family History in 5 Senses

Did you read about Donovan's slingshot on page 32? What are some things that help you feel close to your family? Write or draw pictures about them below.



Touch

Find an object you can hold that's important to you or your family. Draw a picture of it here.



Sight

Think of a special memory and draw it here. Now you can remember that time whenever you look at this page!



Sound

Listen to a family member tell a story or share their testimony. Write it here.



Smell

What is your favorite thing to smell? Are there any smells that remind you of your family? Write about them here.



Taste

What food does your family like to eat together? Draw a picture or write down a recipe here.



SWEET POTATO BALLS

Make this tasty Malaysian treat!
Be sure to get an adult's help.

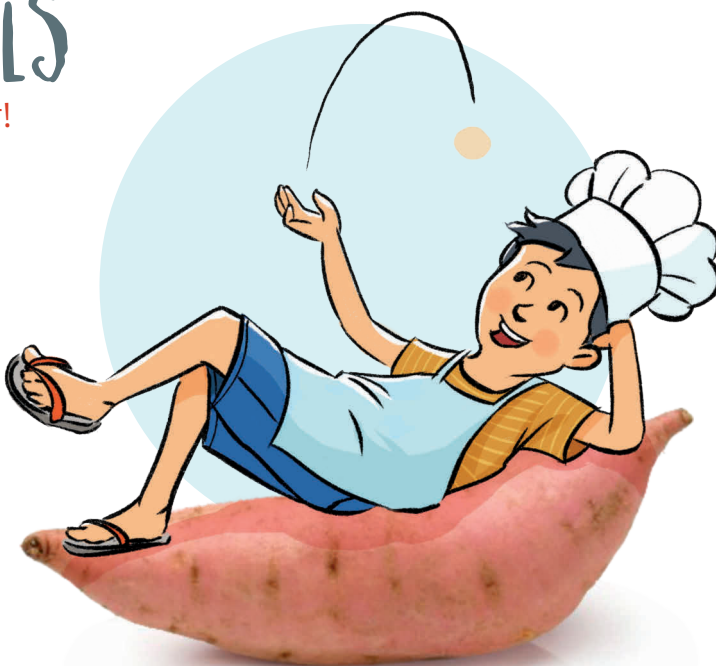
1 pound (450 g) white sweet potatoes

3/4 cup flour

2 tablespoons sugar

1/4 cup white sesame seeds

1. Boil the sweet potatoes in a pot of water until cooked through. Let the potatoes cool and remove the peels.
2. Smash the cooked sweet potatoes and mix with flour and sugar to make a dough. Add a spoonful of water if flour doesn't mix in.
3. Roll the dough into 1-inch (2.5-cm) balls. Roll the balls in sesame seeds.
4. Bake on a greased baking sheet at 350°F (180°C) for 18–20 minutes, until golden brown.



BATU SEREMBAN

Batu Seremban is a traditional Malaysian game.

Get six small stones or other objects. To start, toss a stone into the air and pick up one stone from the ground before you catch the stone again. Then toss a stone while picking up two stones. Keep going until you pick up all five stones while tossing a stone and catching it. If you miss, the next person gets to try. You can start trying again wherever you left off.





Quiet
Is
OK

By Lucy Stevenson Ewell

Church Magazines
(Based on a true story)

"You're the only person who ever can be you"

(Children's Songbook, 142–43).

Evie walked into the noisy gym and pulled her knee-pads up over her knees. She was excited for volleyball camp, but also really nervous. She'd never been alone at a camp like this before! She hoped she would make friends soon.

She looked around at the dozens of girls talking excitedly to each other. *I wish I was more like Libby*, she thought. Libby was her sister. She could talk to anyone and become good friends.

But Evie was more . . . quiet. At school, she usually liked to read her book instead of talking before class. She didn't mind working by herself on school projects. And when it was her birthday, she invited just a few friends to go skating instead of having a big party.

The coach blew her whistle, and Evie jogged over to join the others for warm-ups. Evie felt a little awkward, but she tried to talk to a few of the girls.

After hours of serving, passing, and playing get-to-know-you games, it was finally time for lunch. Evie brought her food to a round table and sat next to some other players. Everyone was talking loudly and singing in funny voices. Evie munched quietly on her carrot sticks.

One of the older girls at the table noticed Evie being quiet. "Hey!" She put her hand on Evie's shoulder and shook it playfully. "Be yourself! Just be crazy!"

Evie felt embarrassed. *But what if I am being myself?* she thought. *What if I don't want to "be crazy"?* Maybe there was something wrong with her. Everyone seemed to like the girls who were loud.

At the end of the day, Evie was glad to see Mom's car pull up. "How was it?" Mom asked.

"Fun," Evie said as she climbed into her seat. And it had been fun . . . sort of.

Evie sighed. Tomorrow would be another day of camp, surrounded by people she didn't know. She would have to be brave all over again.



"Believe in yourself, and believe in [Heavenly Father]. . . . You are unique; you are irreplaceable."

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles

"Songs Sung and Unsung," Ensign, May 2017, 50.

Mom seemed to read her mind. "I'm proud of you," she said. "It's not easy going to a camp where you don't know anyone."

Evie looked out the window. "I just wish I wasn't so quiet."

"There's nothing wrong with being quiet," Mom said. "It will get easier as you get to know more people. But you don't have to change your personality. Being you is OK."

Evie thought about that for the rest of the drive home.

The next day, Evie was brave and talked to a few more people. She tried to think less about what others were thinking about her. Instead, she focused on playing her best and having fun. She worked hard on the drills and said kind things to the other players. She still felt like she was quieter than most of the others, but she started to feel more confident making new friends.

On the last day of camp, everyone sat on the gym floor while the coach announced awards for each girl. Tasha got the award for the most improved serve. Mia got the award for most team spirit.

"And to Evie," the coach said, "the Quiet Leader Award." Evie's eyes widened as she stood up to get her certificate. Everyone clapped.

"Sometimes we think leadership means being loud and telling people what to do," said the coach. "But a good leader sets an example for others to follow. Thanks for working hard, Evie. Your actions speak louder than your words."

Evie smiled as she walked back to her seat. Mom was right! Being quiet *was* OK. It was more than OK, actually. ●



My interests and personality aren't the same as
some of my friends. Do I need to change?
—Insecure in Iligan City

Dear Insecure,

You are a one-of-a-kind child of heavenly parents, and you are loved! Heavenly Father created us all to be different. He gave us different talents and personalities so we can help each other and make the world better. We need all different kinds of people!

Don't worry about comparing yourself to others. Instead, focus on trying to be more like Jesus Christ. He will help you become the best *you* that you can be!

The Friend

Write your name on the form, then check off the words and phrases you think describe you. Think of some of your own! Draw a star by the ones that are most important to you.

Name

LOVED

TALKATIVE

KIND

CREATIVE

BRAVE

**A CHILD OF
HEAVENLY PARENTS**

STRONG

CURIOUS

FUNNY

QUIET

ATHLETIC

**A FOLLOWER
OF CHRIST**

ADVENTUROUS

THOUGHTFUL

Book of Mormon Art Show!



Asher F., age 8, Georgia, USA



Lily J., age 8, Michigan, USA

FUNSTUFF ANSWERS

Page 25: Spain

Page 31: your left elbow, b



HIDDEN CTR RINGS

Did you find the rings?
Look on pages 4, 17, and 32.

How to Write to the *Friend*

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

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.

The Last Laugh



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

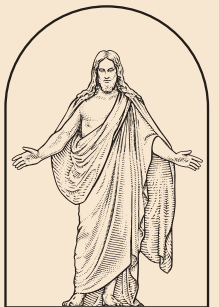
Date

Email of parent or legal guardian

the Friend junior



16799 Aug 20



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

Come, Follow Me

for Little Ones

Here are some activity ideas for toddlers and young children that go along with each week's reading.

FOR
Alma
43–52

GOSPEL PROTECTION

Read Alma 49:28 together and help your little ones say, “The gospel helps protect us.” Cut out or draw pictures to represent parts of the gospel—like scriptures, a temple, etc. Tape them to a plastic lid, piece of cardboard, or pillow. Then use it as a shield! One person could throw crumpled balls of paper while the other person blocks the attack.



FOR
Alma
53–63

BE BRAVE AND TRUST GOD

Read Alma 57:27 together. You could also read the story of the stripling warriors on page FJ4. Then march together around the room like the stripling warriors! You could repeat the words “I can be brave and trust God” or sing “Called to Serve” (*Children's Songbook*, 174–75) as you march.



FOR
Helaman
1–6

I CAN BE STRONG

Read Helaman 5:12 together and help your little ones say, “Jesus Christ can help me be strong.” Make two piles on a table—a pile of torn pieces of paper, and a pile of small stones. Let your children try to blow the paper and stones away. Testify that Jesus is strong, like the stones. He can help us be strong too.



FOR
Helaman
7–12

I WILL LISTEN

Read Helaman 11:18 together and help your little ones say, “I will listen to the prophets and apostles.” Watch a short video of testimonies of the prophet and apostles at <https://bit.ly/333rMkn>. Teach your children the name of each person who speaks. When you see the prophet, help your children cup their hands around their ears to listen extra closely to what he has to say.



Hi, Friends!



As friends, we read the entire
Friend Junior together!

**Aubrey and Sophie,
both age 4, Colorado, USA**



We have daddy-daughter dates.
I love my daddy!

**Lorelei, age 3,
Queensland, Australia**



I show love to others by giving
hugs and kisses.

Winston, age 3, Mississippi, USA



I paid my tithing for the first time!

Kevin, age 4, Tucumán, Argentina

Jalen Helps His Sister

By Haley Yancey



Jalen shows Nia how to clean up their toys.



Jalen shows Nia how to brush her teeth.



Jalen shows Nia how to wash her hands.



Jalen shows Nia how to listen to the scriptures.



Jalen shows Nia how to pray.



Jalen loves helping Nia.



Find the Crayons

Jalen is helping Nia pick up crayons that spilled.
How many crayons can you count?



The Stripling Warriors



The Book of Mormon tells about some young men who had to go to battle to protect their people and their families. They are called the stripling warriors. The word “stripling” means “young.”



These young soldiers had never been in a battle before. But they had a good captain to lead them. And they remembered what their mothers had taught them.

Their mothers had taught them to trust God. So the young men asked God to help them. They obeyed their captain. Then they fought bravely.



They won the battle! Some of them were hurt. But all of them lived. It was a miracle!

See *Come, Follow Me* for Alma 53–63.



I can listen to the good things my parents and leaders teach.
God will help me stand up for what is right. ●

Read about this story in Alma 56–57.

The Stripling Warriors Were Brave



How does Heavenly Father help you be brave?

Maddy's COURAGE

By Kacey N. Olson
(Based on a true story)

"I don't want to go to school!" Maddy cried. "I'll miss you! And I'm scared."

Mommy hugged Maddy. "I'll miss you too. But school is important. It helps you learn and grow."

Maddy was sad. She wanted to stay home forever.

"Sometimes life takes courage. That means we have to be brave and do hard things," Mommy said.

"What do you mean?" Maddy asked.

"Well, think about some of your favorite scripture stories," Mommy said.



"I bet Daniel was afraid of the lions. But Heavenly Father helped him."

Maddy nodded. She liked that story!

"Or Esther," Mommy said. "I bet she was scared to talk to the king. But she was still brave."

Maddy knew that story too! She helped Mommy name some other people in the scriptures who showed courage.

Joseph Smith told the truth even when people didn't believe him. Nephi followed Jesus even when it was hard.

"You don't have to sail across an ocean like Nephi did," Mommy said. "But you do have to go to school. And just like Heavenly Father helped all of those people, He will help you too."

Maddy wiped her eyes. She wasn't crying anymore.

"Maybe we can color a picture together to help you remember you can be brave," Mommy said. "Then you



could take it with you to school."

Maddy liked that idea! She still felt a little scared. But she knew Heavenly Father could help her be brave, just like he had helped Daniel, Esther, and Nephi. ●

The author lives in Utah, USA.

