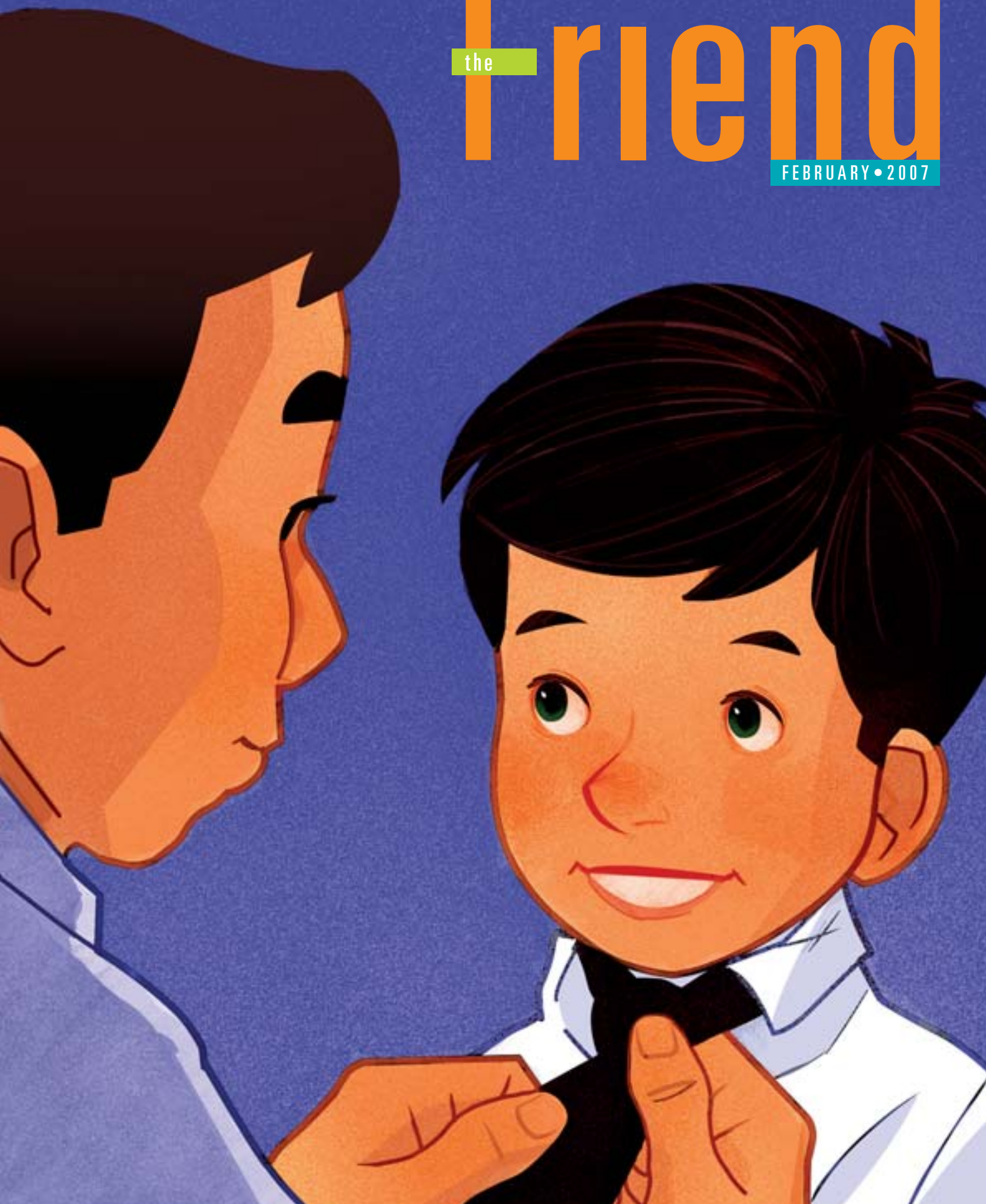


the Friend

FEBRUARY • 2007



Friends by Mail

Reading the Book of Mormon: A Talk



I would like to tell you about my experience of reading the Book of Mormon. I started reading the Book of Mormon on my own when President Hinckley asked us to. I really

wanted to finish before Joseph Smith's birthday. I got as far as 2 Nephi. I was really worried I wouldn't finish. At Thanksgiving my grandpa let me take home his tapes of the Book of Mormon. I listened to 16 tapes and got to Ether 8. Grandpa was missing the last tape. I started reading again to try to finish. On Christmas morning I was surprised to get all the CDs of the Book of Mormon. I listened to the last two CDs on Christmas Day. I was so happy that I finished the Book of Mormon.

I loved reading about Nephi and how he built a boat

and made it to the promised land. I loved reading Mosiah—especially about Abinadi's bravery with the wicked King Noah. I loved reading about King Benjamin too. In 3 Nephi Jesus visits the people of the

promised land. He blesses the children one by one! In Ether I read about the brother of Jared. His faith in the

Lord made stones shine with light!

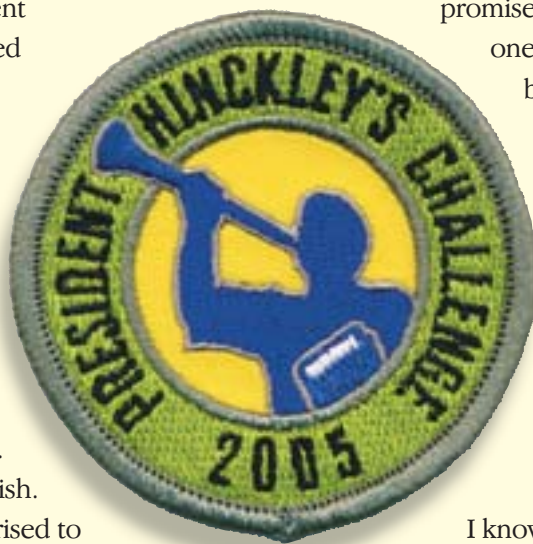
In Moroni I liked the part where he buried the plates in the Hill Cumorah. That is where Joseph Smith was told to find them.

In Moroni 10:29 Moroni says, "And God shall show unto you, that that which I have written is true."

I would like to bear my testimony.

I know this Church is true. I love my family. I know the Book of Mormon is true and I am so glad I finished it. In the name of Jesus Christ, amen.

Josh H., age 6, with help from his family, Idaho



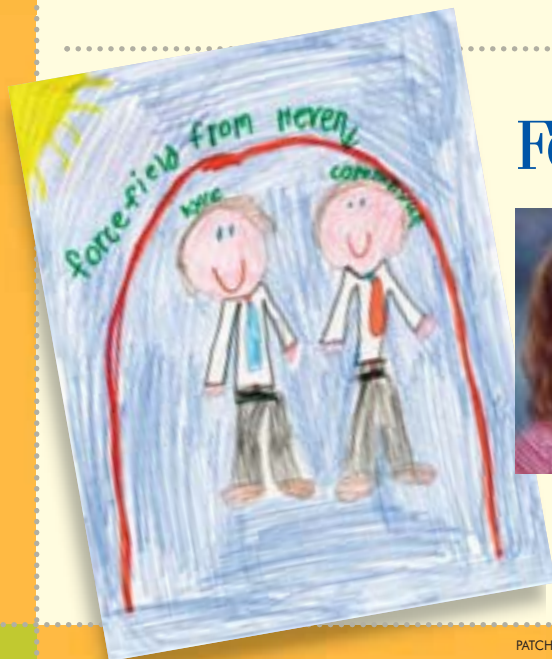
Force Field from Heaven



My brother is a missionary in Russia. I like to draw pictures and write letters to send him. I draw my brother and his companion wearing white shirts and ties. I draw a big circle around the two elders and write "Force Field from Heaven" to show that I know they are being protected. Even though the force fields are pretend, Heavenly Father's power is real, and I have faith

that He will take care of my brother.

Marci P., age 7, with help from her mom, Utah



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February 2007

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the friend

See the
Guide to the Friend
(inside back cover)
for family home
evening ideas.



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

Stories and Features

- IFC Friends by Mail
2 Come Listen to a Prophet's Voice: A Sacred Light / President James E. Faust
4 Finding the Sheep
8 Friend to Friend: Live without Regret / Elder Richard G. Hinckley
10 Sustaining Bishop Sheets
13 Special Witness: Elder Russell M. Nelson
14 Sharing Time: I'll Follow Him in Faith
17 Matt and Mandy
18 Friends in the News
20 Nathan's Monkey Mystery
28 Our Creative Friends
34 Being Smart
38 From the Life of President Spencer W. Kimball: Rescued!
40 Making Friends: Blake Waters of Pikeville, North Carolina
44 Trying to Be Like Jesus
46 Jacob's Testimony
IBC Guide to the *Friend*

For Little Friends

- 30 A Child of God with Wrinkles
32 The Creation

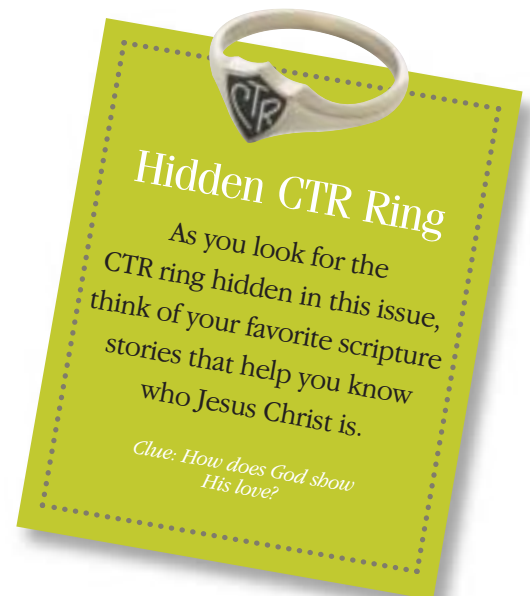
Verse

- 7 God's Love

Things to Make and Do

- 23 Funstuff
24 What Should I Wear?
26 Funstuff
27 What Should I Wear? Cutouts
37 Coloring Page
43 Kitchen Krafts

Cover by Matthew Smith



A Sacred Light

BY PRESIDENT JAMES E. FAUST
Second Counselor in the First Presidency

Some years ago, Constance, a student nurse, was assigned to help a woman who had injured her leg in an accident. The woman refused medical help because she was afraid. The first time Constance dropped by, the injured woman ordered her out. On the second try, she let Constance in. By now the woman's leg was covered with large sores, and some of the flesh was rotting. But still she didn't want to be treated.

Constance made it a matter of prayer, and in a day or two the answer came. She took some foaming hydrogen peroxide with her for the next visit. As this was painless, the old woman let her use it on her leg. Then they talked about more serious treatment at the hospital. Constance assured her the hospital would make her stay as pleasant as possible. In a day or two the woman did get the courage to enter the hospital.

When Constance visited her, the woman smiled as she said, "You convinced me." Then, quite unexpectedly, she asked Constance, "What church do you belong to?" Constance told her she was a member of The Church of Jesus Christ of Latter-day Saints. The woman said: "I knew it. I knew you were sent to me from the first day that I saw you. There was a light in your face



President Faust explains how we can have a light in our eyes.

that I had noticed in others of your faith. I had to put my trust in you."

In three months' time that festering leg was completely healed. Members of the ward where the old woman lived remodeled her house and fixed up her yard. The missionaries met with her, and she was baptized soon after. All of this because she noticed the light in that young student nurse's face.

Service in this Church brings light to our eyes. Alma asked if we have received the Savior's image in our countenances, or faces

(see Alma 5:14). A sacred light comes to our eyes and countenances when we have a personal bond with our loving Heavenly Father and His Son, our Savior and Redeemer. ●

From an October 2005 general conference address.

THINGS TO THINK ABOUT

1. How did the sick woman guess that Constance was a Latter-day Saint?
2. With whom must you form a bond in order to have a "sacred light" in your eyes and face? How do you form that bond?
3. Constance had a sincere desire to serve the sick woman. What did Constance do to learn how to serve her better? What can you do to learn to serve better?





Finding the Sheep

BY PATRICIA R. JONES
(Based on a true story)

Look up the following scriptures: Psalm 23:1, Ephesians 2:19, 1 Nephi 22:25. Which one do you think fits the story best? Write that scripture on the blank lines.

The sun was just going down behind the mountains when Annie and her two brothers set out for the sheep pasture. Since the sheep hadn't been in for water that day, Dad was worried that something had happened and they were lost. Annie and her brothers were often asked to follow the fence along the pasture and check for any holes that would allow the sheep to escape. This time was the same as any other time, except that night would soon be upon them.

"I wonder if the sheep went through the same hole in the fence as last time," Annie said.

"I doubt it," Karl told her. "Dad fixed it really good. I know because I helped him."

"Then did they make another hole?" Lewis asked.



“Probably,” Karl said. “Maybe they were chased through the fence by that pack of stray dogs that has been running loose.”

The threesome said nothing more as they hurried around the fence. Annie was sure that her two brothers were thinking the same thing she was: It would be dark soon, and if the sheep hadn’t gone through the familiar hole, it could take a long time to find where they had gone. Stray dogs could have chased them far away by now.

At the old hole in the fence, their fears were realized. It was patched well, and there were no tracks showing that the sheep had escaped that way.

“We won’t have time to find them tonight,” Lewis said. “We better go tell Daddy.”

“If we go back without having any idea where they are, it could take Dad a long time to find them. We better finish walking by the fence and see if we can find where they escaped,” Karl said.

As Annie walked near the fence behind her brother,

a Primary lesson she once had come to her mind. It was about Jesus and His sheep. Her teacher said that Jesus would look for even one of His lost sheep. Maybe He would help them with theirs.

“Hey!” Annie exclaimed. Her two brothers jumped at her sudden outburst. “Why don’t we pray and ask Heavenly Father to help us find our lost sheep like Jesus finds His lost sheep?”

“Why would He want to find our sheep?” Karl asked.

“He looks for lost sheep all the time,” Annie told him. “He can help us find our sheep.”

“He looks for sheep?” Lewis asked with a confused look on his face.

Annie nodded. “My Primary teacher told me that He does. And if we pray, He will help us find our lost sheep.”

The two boys agreed, and the children made a tiny circle and bowed their heads in prayer. As soon as the prayer ended, the children heard the sound of a bleating sheep.



“It worked!” Annie cried happily. “Heavenly Father answered our prayer!” The children rushed toward the sound, barely finding their way in the growing darkness. Karl began calling for them, and soon the sheep crossed through a hole in the fence and hurried back to the water trough.

“How did you find the sheep?” Dad asked the children when they arrived home. Annie explained how she remembered her Primary lesson on Jesus being the Good Shepherd and that Heavenly Father helped them find their sheep, just like Jesus looks for His sheep.

“And do you know who His sheep are?” Dad asked. Annie shrugged her shoulders.

Dad chuckled, but his eyes filled with tears. “All of Heavenly Father’s children are Jesus’s sheep,” he explained. “If there are any that are lost or hurt, He does all He can to bring them back to the flock where it’s safe.”

“You mean Jesus’s sheep aren’t really sheep?” Annie asked in surprise.

Dad nodded and a tear slid down his cheek. He sat in a chair and lifted Annie onto his lap. “Jesus used this parable about sheep to teach us about caring for others. You had great faith that Heavenly Father would help you find your sheep. And now you might know a little bit about how Jesus feels when one of His sheep is lost.”

Annie sat on Dad’s lap thinking about what she had just learned. After a while, she said, “Daddy, I want to help Jesus find His sheep too.”

“I know you do, sweetie,” Dad said. “We all want to.” “How can I?” she asked.

Smiling, Dad explained, “Pretty much the same way you found our sheep today. You have to look for them and lead them to water.” At her questioning look, he continued, “Jesus is the Good Shepherd, but He is also called the Living Water because He feeds us spiritually. By sharing your testimony with your friends, and living as a good example, you can lead them to the Savior.”

Annie clapped her hands. “I get it now. That’s what my Primary teacher meant when she talked about the sheep following Jesus to green pastures and pure water.”

“Yes,” Dad agreed. “The scriptures say, ‘He shall feed his flock like a shepherd.’”* ●

*Isaiah 40:11.

“He who sees all things, whose love is endless, . . . knows what the sheep need at every moment. By the power of the Holy Ghost, He can tell us and send us to them.”

Elder Henry B. Eyring of the Quorum of the Twelve Apostles, “‘Watch with Me,’ ” *Ensign*, May 2001, 39.





God's Love

BY ELSIE PALMER

God made the sun to rule the day,
It gives us warmth and light.
He made the moon and glistening stars
To guide us through the night.

He made the water cool and clear
To fill the lakes and seas.
He made each blade of thirsty grass.
He made the flowers and trees.

God made the bees and butterflies,
And every creeping thing,
Like busy ants, and wriggly worms,
And feathered birds that sing.

And every form of animal
Was made to roam the land.
Some hike the highest mountain peaks;
Some thrive in desert sand.

The lion and the bear He made,
The cuddly bunny too.
He made the horse and elephant
And bouncy kangaroo.

And when God saw that all was good
And glorious to see,
Then in His image He made man
That you and I might be.

We thank Thee, Heavenly Father,
For Thy watchful, loving care,
For this wondrous, gift-filled world
With beauty everywhere.



From an interview
with Elder Richard G.
Hinckley of the
Seventy; by Hilary M.
Hendricks

*There's a right way to live and be happy;
it is choosing the right ev'ry day
(Children's Songbook, 160).*

When I was a boy, my father (Gordon B. Hinckley) often would use an interesting phrase when he was offering the family prayer. He would say, "Heavenly Father, please bless us that we may live without regret." I did not understand what that phrase meant for many years. Then, when I was about ten, I had an experience that helped me understand it better.

On warm summer nights, my friends and I enjoyed sleeping out under the stars. Our favorite camping spot was "the hollow," a

steep, wooded gully near our homes. There were no houses or businesses in the hollow, so we boys felt like real adventurers. Over the years we constructed several huts there—tree forts and ground forts—from scrap wood we collected.

One night after dark, one of my friends suggested we explore the new homes under construction on the other side of the hollow. We scrambled up the bank, raced across an alfalfa field, and began tiptoeing through skeletons of just-framed houses. It was exciting to wander through other people's homes, imagining the families who would soon move in. We were about to learn an important lesson, a lesson that, in part at least, would teach me about regret.

In the corner of one house we found a pile of wood—perfect for building our

Live without Regret



huts. The wood had been used in pouring cement for the home's foundation. We convinced ourselves the workers would throw it away. My friends and I grabbed the wood and dragged it to the hollow, talking all the way about what sort of hut we would build with it. We hid the wood among some trees and soon fell asleep.

The next morning we heard a loud groan. One of my friends was standing at the top of the hollow looking over the alfalfa field.

"We've left a trail!" he shouted. "We're going to get caught!"

Hurrying to his side, I saw a wide path of trampled alfalfa, leading to the edge of the hollow above our hide-out. If the builders wanted to know who had taken their wood, they need only follow our tracks.

My friends and I decided to go straight home and not return to the hollow for several days. For hours I hid in my parents' closet. Every police siren in the distance was surely coming for me!

"Why are you staying in here?" my mother asked.

"Oh, I'm just a bit tired," I fibbed. "It's quieter in the closet."

By the end of the week we figured no one had discovered that the scrap lumber was missing. We met at the hollow and went to work on our new hut. But I think we all felt embarrassed about what we had done.

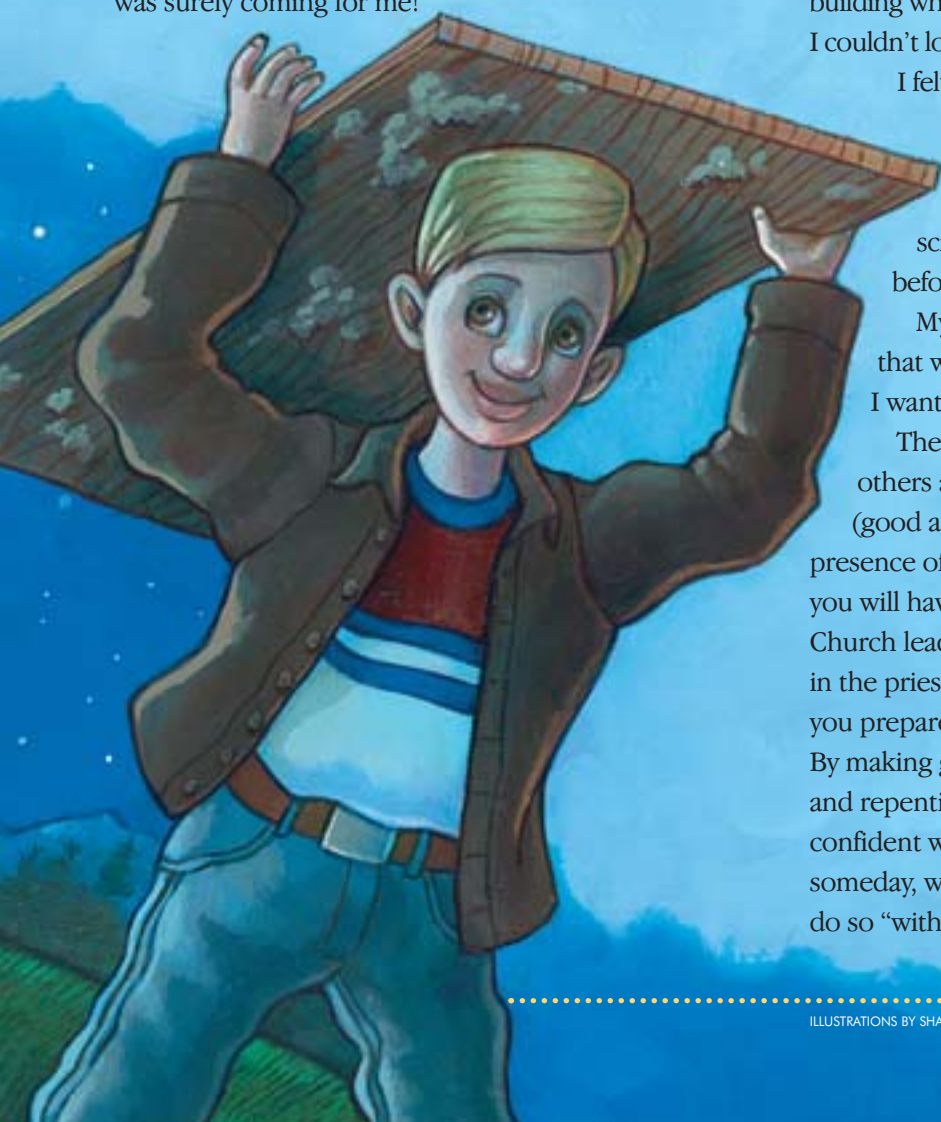
That Saturday my father went to his office to catch up on some work. As he often did on a Saturday, he invited me to come along. He was then an employee of the Church and worked in the Church Administration Building. The office of President David O. McKay was down the hall. I had been introduced to President McKay and had spoken with him on several occasions. A tall man with wavy, white hair, he looked just like I imagined a prophet should. He spoke kindly, and I always hoped to see him when I visited Dad's office.

But that Saturday was different. We were leaving the building when President McKay stopped us in the hallway. I couldn't look at him. As I reached up to shake his hand,

I felt as if his eyes were reading the words "wood thief" on the top of my head. How I *regretted* taking that wood! Even though we knew that wood was going to be scrapped, we also knew we should have asked before taking it.

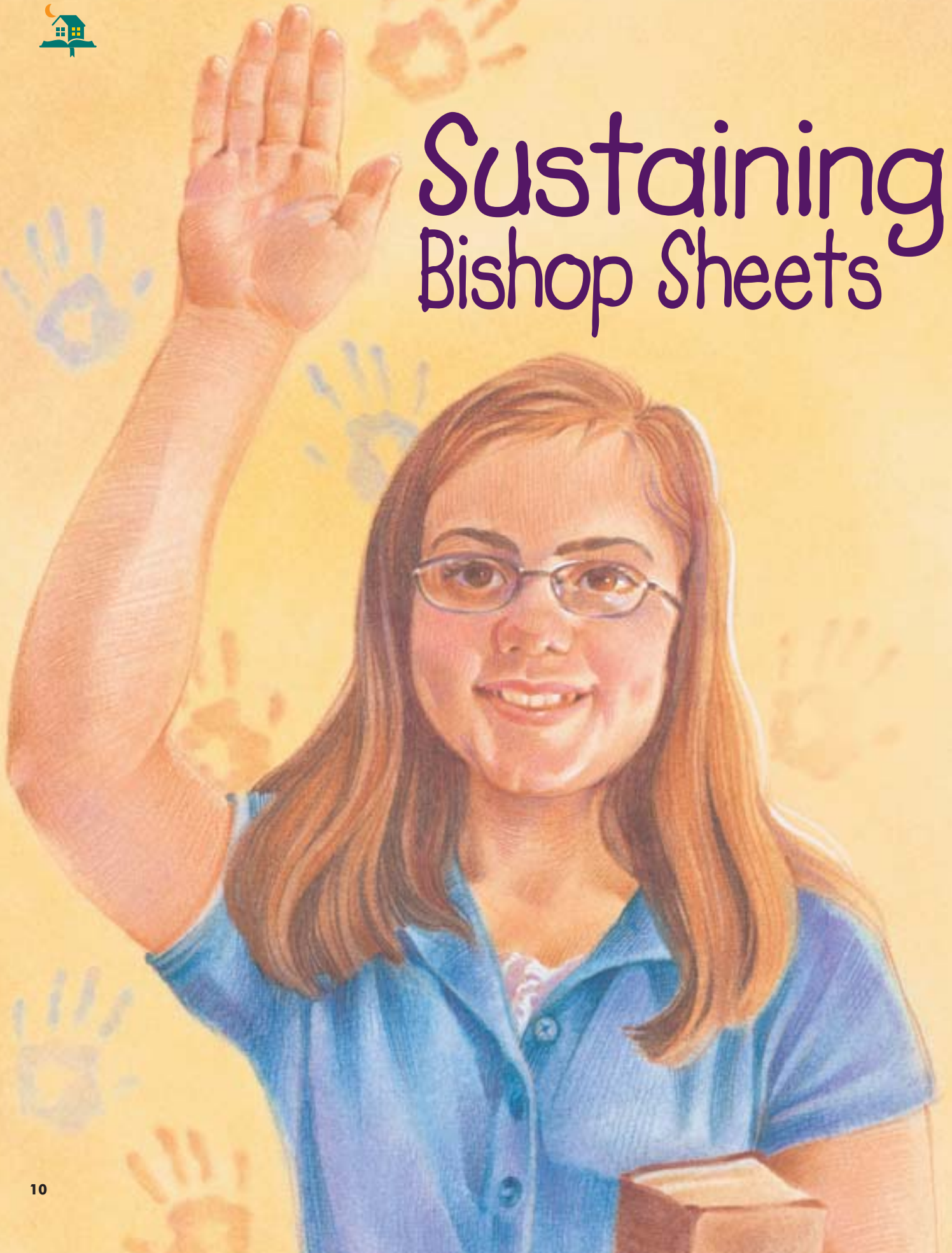
My father's prayers finally made sense! I knew that when my time came to stand before the Lord, I wanted to feel worthy.

The Lord promises that when our actions toward others are full of love and our thoughts are virtuous (good and clean), we will feel "confidence . . . in the presence of God" (see D&C 121:41–45). As you grow, you will have many opportunities to meet with your Church leaders—before your baptism, as you advance in the priesthood and Young Women organizations, as you prepare to serve a mission or enter the temple. By making good choices, keeping your thoughts pure, and repenting when you do wrong, you can feel confident when you meet with these leaders and, someday, when you stand before the Lord, you can do so "without regret." ●





Sustaining Bishop Sheets





BY SHEILA KINDRED

(Based on a true story)

A man must be called of God, by prophecy, and by the laying on of hands by those who are in authority (Articles of Faith 1:5).

All those who can sustain Brother Rulon T. Sheets as our new bishop, please show it by raising your right hand.”

My hand shot into the air. I was excited to have Brother Sheets as our new bishop. His daughter, Peggy, was a friend of mine. Even though she was a few years older, she often invited me to activities at her house. Brother Sheets would pop in and out of these activities, showing us a certain dance step with Peggy or taking his turn at a guessing game. Sometimes he would make popcorn and sit down and talk with us for a while.

I was happy to sustain Brother Sheets as our new bishop. But as I held my hand up in church and looked around at the chapel full of upraised hands, I wondered what kind of support my small, 11-year-old hands could offer to such a great man.

One of the first things I did was use my hands to make cookies for our new

bishop. My mother told me that bishops spend a lot of time at the church and sometimes miss meals at home, so we whipped up a batch of our best oatmeal cookies. I stirred the batter until it was just right. Then, when the cookies were ready, I carried them carefully to his house. He was thrilled, but I wanted to help more.

A few weeks later, I was at an activity at Peggy’s house. She put me in charge of the music. I used my hands to turn the dial on the radio, listening for a station with appropriate music. Then I turned down the sound so it wasn’t too loud. This was the bishop’s house, and I wanted to help make it a peaceful place.

When school started, the bishop’s family invited a foster girl named Carla to live with them. The first time I met her I extended my hand and welcomed her. I knew it



would help the bishop if Carla was able to make some new friends.

As the months passed, the bishop became ill and had to use a cane to help him walk. My mother said he was sick and he needed our prayers and support more than ever.

When my 12th birthday approached, I had an interview with Bishop Sheets. My mom and I walked to the church and arrived just as the bishop got out of his car. He gave me a cheery wave and shuffled over to the sidewalk. I noticed that, even though it was Saturday, he had dressed in a suit and tie just for my interview. I felt honored.

When the bishop got to the curb, he paused and looked worried. I realized that he was too weak to step up. I ran over to him.

“Take my hand,” I said. “I can help you.”

Gratefully, he grasped my hand and pulled himself up. Then I ran ahead of him and pulled open the heavy church doors.

“I should be doing that for you,” he said softly. “Thank you.”

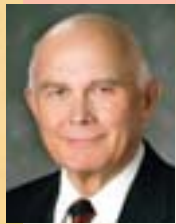
In his office he eased himself into his chair with a sigh. He then asked me to offer a

prayer. I folded my arms reverently, and even though I didn’t mention the bishop in my prayer, in my heart I asked Heavenly Father to bless and strengthen him.

When the prayer was over, the bishop looked more like his old self again. He sat up straight in his chair, and there was a

light in his eyes. At the end of the interview he gave me a firm handshake, which I happily returned.

As my mom and I walked home from my interview, I thought about how much I loved Bishop Sheets, and I knew he was called of God. I was grateful that, even though my hands were small, I could still find ways to support and sustain my beloved bishop. ●



“The offices of bishop and branch president and counselors are sacred in this Church. The men who hold those offices are respected by the Lord. . . . We honor and love them, and we show this by our consideration for them.”

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, “‘Bishop, Help!’” *Ensign*, May 1997, 24.



How can I gain a testimony of the scriptures?

★ As you ponder and pray about doctrinal principles, the Holy Ghost will speak to your mind and your heart.

★ When you read the Book of Mormon, concentrate on the main figure in the book—from its first chapter to the last—the Lord Jesus Christ, Son of the living God.

★ In your journey through life, you meet many obstacles and make some mistakes. Scriptural guidance helps you to recognize error and make the necessary correction.

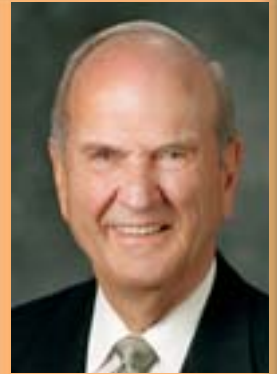
★ We savor the scriptures by studying them in a spirit of delightful discovery and faithful obedience.

★ The Book of Mormon can help with

personal problems in a very real way. Do you want to get rid of a bad habit? Do you want to improve relationships in your family? Do you want to increase your spiritual capacity? Read the Book of Mormon!

★ Each individual who prayerfully studies the Book of Mormon can receive a testimony of its divinity. ●

From "Living by Scriptural Guidance," Ensign, Nov. 2000, 17, 18; "A Testimony of the Book of Mormon," Ensign, Nov. 1999, 69, 71.



Elder Russell M. Nelson of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.



PHOTOGRAPH BY CHRISTINA SMITH, POSED BY MODELS

I'll Follow
Him
in Faith

I'll Follow Him in Faith



And we believe and are sure that thou art that Christ, the Son of the living God (John 6:69).

BY ELIZABETH RICKS



Have you ever played follow the leader? The rules are simple: choose a leader and then follow him or her.

The purpose of our life on earth is to follow our leader Jesus Christ. When Jesus saw Peter and Andrew fishing, He said to them, “Follow me.” Peter and Andrew left their nets and followed Him (see Matthew 4:18–20).

Just like He did to Peter and Andrew, Jesus invites each of us to follow Him (see D&C 100:2). We will probably not walk exactly where He walked, but we can do the things that He did. We can read the scriptures. We

can pray to our Heavenly Father. We can be baptized.

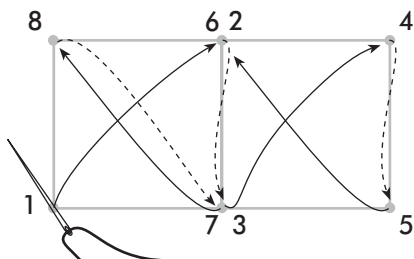
After Peter followed Jesus, Peter declared, “We believe and are sure that thou art that Christ, the Son of the living God” (John 6:69). When we follow Jesus Christ in faith, we can have that same testimony.

Our faith in Jesus Christ will grow when we understand more about Him. And the more we know about Him, the easier it will be to follow Him in faith.

Activity

To make a cross-stitch sampler, color each symbol on page 14. To stitch the sampler, trace the pattern onto plain fabric, like muslin. Use three strands of embroidery floss in the color of your choice for each symbol. Ask an adult to show you how to make a cross-stitch over each symbol. (See illustration.) Display your sampler where you'll see it often.

Note: *This activity may be copied or printed from the Internet at www.lds.org. Click on Gospel Library.*



Sharing Time Ideas

(Note: All songs are from *Children's Songbook* unless otherwise noted; GAK = Gospel Art Picture Kit, TNGC = Teaching, No Greater Call.)

1. Display the children's names as well as the names of several ancient prophets on wordstrips. Ask what all of these names have in common. Let the children brainstorm ideas (see "Brainstorming," TNGC, 160–61). Read together Abraham 3:22–24, and explain that we all lived with Heavenly Father in the premortal life. Tell the children that we do not remember our lives before earth, but because of the scriptures, we know a little of what happened there. Ask the children to find out which of all of God's spirit children was the firstborn by looking up D&C 93:21.

Several Primary songs talk about our premortal life. Play a listening game using songs listed under "Premortal Existence" in the topical index of the *Children's Songbook*. Have the pianist play first one measure, then two measures of a song. Keep adding a measure until the children guess the name of the song. After the children guess the song, sing the entire song, pointing out the lines that tell about our life with Heavenly Father before we came to earth.

Explain that we were all spirit brothers and sisters in the premortal life. We call each other "brother" or "sister" because those titles reflect our spiritual relationship to each other. Bear testimony that we are spirit children of Heavenly Father. Sing "I Am a Child of God" (pp. 2–3).

2. Show the children several examples of plans. For instance, you could show a recipe, a blueprint for a house, or instructions for putting together a toy. Explain that when we put something together—such as a house, a batch of cookies, or a toy—it is best to know what will happen in the end. We need a plan.

Before we came to the earth, Heavenly Father presented His plan. It is called the plan of salvation. Invite the full-time missionaries or a recently returned missionary approved by the bishop or branch president to teach the plan of salvation, from *Preach My Gospel* (pp. 47–59). Remind the presenters beforehand that the presentation must be simple enough for children.

For older children: Ask the children to figure out what order the songs in "The Savior" section (pp. 34–83) of the *Children's Songbook* are in. Read through the titles of the songs. Give them hints to help them discover that the songs are in chronological order. The section includes songs about the prophecy of His birth, His childhood and ministry, His Resurrection, our desire to be like Him, and His Second Coming. You could make wordstrips for each of these parts of the Lord's life.

Sing songs about different parts of His life, pointing out that Jesus Christ is essential to the plan of salvation. Testify that He is the Savior of the world.

3. Create a display showing some of the beauties of the earth. You could show pictures of animals, flowers, plants, and foods. Ask the children to think about the beautiful world we live in as they hear a song. While the pianist plays "My Heavenly Father Loves Me" (pp. 228–29), pass around a flower, and ask the children to look carefully at it. Notice the veins, the softness, the wonderful smell. Ask the children, "Who made the flower?" (Jesus Christ—it was part of the Creation.) Ask, "Why did He make the flower?" (Because He loves us and wants us to live in a beautiful world.) Sing "My Heavenly Father Loves Me," and hold up the flower when they sing the line, "Whenever I touch a velvet rose." Challenge the children to remember Heavenly Father's love every time they see a flower.

Give each child a piece of paper and some crayons. Ask them to draw a picture of one of God's creations. To create a reverent atmosphere, have the pianist play songs from the "Nature and Season" section of the *Children's Songbook* (pp. 228–49). When the children have completed their drawings, display them on a wall in the Primary room or on a large

sheet of paper to create a mural. Let the children walk by and enjoy the pictures.

For younger children: Using 11 different pieces of colored paper, teach the poem "Colors of Our World" (*Friend*, Feb. 2006, 7). Put the colors in order, and each time a color is mentioned, have a child hold up that color. Repeat several times, and bear testimony that the lovely things in the world were created for us.

4. Ask the children what a miracle is. (A miracle is an amazing or unusual occurrence that cannot always be explained logically. It shows the power of God.) Have them share examples of what a miracle could be, such as the sun not setting at night or manna appearing on the ground each morning. Look up 2 Nephi 27:23. Point out two things: that God is a God of miracles and that He works according to our faith.

Divide the children into four groups. Choose four miracles listed in the Bible Dictionary under "Miracles." Several days before Primary, ask four Primary leaders to discuss a miracle that the Lord performed while on the earth. For example, discuss how He cleansed the 10 lepers (see Luke 17:12–19), healed a blind man (see Mark 8:22–26), and so on. Use four stations (see "Stations," TNGC, 179), and have the children rotate to each station. Ask each leader to explain that Jesus Christ performed miracles to show His power and to bless the people. Ask each to bear testimony of the Savior.

Sing "Jesus Is My Friend" (*Friend*, Oct. 1992, 5), focusing on the second verse. Remind the children that Jesus performed miracles to bless others. The people were blessed because of their faith.

5. *Song presentation:* "This Is My Beloved Son" (p. 76). You may want to teach this song in several successive weeks, giving more attention to the story contained in each verse. Divide the children into three groups. Assign each group one of the first three scriptures listed at the bottom-right corner of the music: Matthew 3:16–17; 3 Nephi 11:6–8; Joseph Smith—History 1:17. Ask the children to listen as each scripture is read and discover what they all have in common. In these scriptures, Heavenly Father introduces His Son and bears testimony of Him. Sing the last line of the song, "This Is My Beloved Son. Hear Him!" Have the children sing the line with you several times. Ask what was happening in the first scripture that they read (Jesus was baptized). Display GAK 208 (John the Baptist Baptizing Jesus) as you sing the first verse. Have the children join you when you sing the last line. Repeat, having the children sing all of the words. Ask what was happening in the second scripture (Jesus appeared to the Nephites). Display GAK 315 (Christ Appears to the Nephites) as you sing the second verse. Again, have the children join you when you sing the last line. Explain that the verse says, "They heard the Father witness." That means that Heavenly Father was bearing testimony of His Son. Have the children sing with you. Ask what was happening in the third scripture (Heavenly Father and Jesus appeared to Joseph Smith). Display GAK 403 (The First Vision) as you sing the third verse. Once again, have the children join you when you sing the last line. Explain that this time Heavenly Father was more than a voice from heaven—He was right there! Have all of the children look up D&C 18:34–36. Ask them to listen and answer the question, "Who else can hear the voice of our Heavenly Father?" Sing the final verse to find the answer. Point out that the last note of the song is different in the last verse. Have each of the three groups hold one tone to create a chord on the final "Hear Him!" (A, C, F). At the end of the song, they will hear the beautiful harmony of the chord.

6. *Friend* references: "The Plan of Salvation Offers Me Peace," Mar. 1994, 14–15; "I Celebrate," May 2002, 10; "Our Beautiful World—Part of the Plan," Jan. 2005, 43; "God's Love for His Children," Apr. 1989, inside front cover; "Miracles in Our Time," May 1998, inside front cover; "Angry People in Nazareth," Mar. 2001, 12–13; "Miracle of the Fishes," July 2003, 4–6; "Micah's Miracle," Oct. 2002, 4–6.



MATT AND Mandy



Friends in the News



Aisha N., 4, Alberta, Canada, likes to play with her three older brothers and little sister. She enjoys sledding and skating. She reads the scriptures with her family and tries to do what's right.



Allen H., 5, Arizona, likes playing with trains and soldiers, going to church and school, and being with his sisters, Kelsi and Kaylee. His favorite color is blue.



Abby K., 6, Utah, loves her family and likes playing with her brother and cousin. She likes to do gymnastics, and she loves going to church and learning about Jesus Christ.



Brigg Alan T., 3, Pennsylvania, enjoys trains and likes to play at the park. He is happy to be a new Sunbeam in Primary, and wants to grow up big like his dad.



Aubrey L., 6, Colorado, looks forward to getting baptized. She likes school, blowing bubbles, drawing, painting, and playing the piano. She is a good helper and a nice friend.



Mitchell R., 8, Michigan, likes sports, Cub Scouts, Primary, and his sisters. He is a good example to his friends and family by being caring and helpful. He wants to go on a mission to China.



Seneca Ward

While their parents performed ordinances inside the Washington D.C. Temple, the Primary children of the Seneca Ward, Seneca Maryland Stake, visited the temple grounds. They learned about the importance of the temple and enjoyed its beauty.



Kandy Branch

For an activity day, the Primary children in the Kandy Branch, Colombo Sri Lanka District, (above) learned about being missionaries. They learned how to sew buttons on fabric, and then their parents and leaders helped them prepare a meal. The children shared their meal with missionaries and leaders, and learned about table etiquette.

Aiton and Joshua M., 5 and 4, Utah, both enjoy Primary and family home evening. Aiton likes school and learning about dinosaurs. Joshua has a good time at preschool and likes trains.



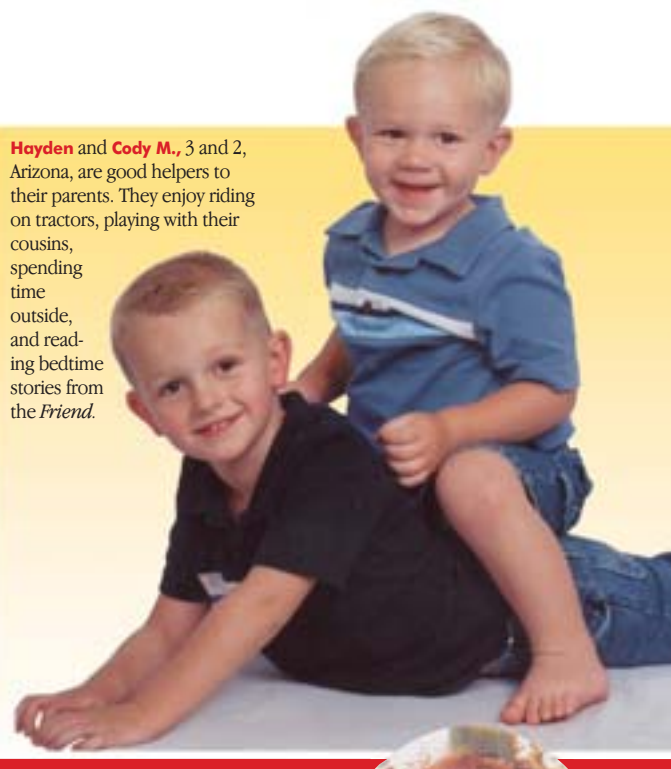
Savannah and Abigail B., 3 and 3, Oregon, are twin sisters and best friends. Savannah likes gymnastics and singing. Abigail likes to ride her bike and hear scripture stories. Both girls send their dad pictures and letters in the mail when he is away from home in the military.



Grace V., 4, California, is learning to participate in Primary by giving talks, saying prayers, and reading scriptures.

Rexburg Second Ward (below) The Primary children in the Rexburg Second Ward, Rexburg Idaho Center Stake, have been learning a lot about Nephites, Lamanites, and prophets in the Book of Mormon. For an activity day they learned about American Indians. They made headbands, made drawings on a pretend cave wall, and ate corn bread and beef jerky.

Hayden and Cody M., 3 and 2, Arizona, are good helpers to their parents. They enjoy riding on tractors, playing with their cousins, spending time outside, and reading bedtime stories from the *Friend*.



Rickie C., 11, Oregon, enjoys going to Primary and is friends with the children in his class. He reminds his mother to read the Book of Mormon to him before he goes to bed.



Lindsey Richelle H., 11, California, stands tall for what she believes and is a good example. She likes the theater, singing, piano, and playing outside. She loves her two sisters and her new puppy.



Kodi M., 9, South Africa, was baptized by his brother. He is a fast learner, and enjoys scripture stories and playing soccer.



Brittany F., 11, Florida, enjoys dancing, swimming, singing, and training her dog, Sparky. Her favorite song is "Count Your Blessings." She looks forward to taking friends to activity days.



Jonathan F., 11, North Carolina, is preparing to become a deacon soon. He is an honor student and enjoys playing soccer and basketball. He loves his parents, older brother and sister, and his dog.



Taylor B., 8, Georgia, has four brothers. She likes achievement days and inviting her friends to church. She enjoys reading her scriptures. She is a ballet dancer and performed in the *Nutcracker*.



Tanner J., 4, Utah, is a great big brother to his sister and brother who are twins. Tanner enjoys mowing the lawn with his dad, giving talks in Primary, making projects, singing songs, and going swimming.





NATHAN'S MONKEY MYSTERY

BY CAROLYN LEDUC
(Based on a true story)

Mysteries . . . shall be unfolded unto them, by the power of the Holy Ghost (1 Nephi 10:19).

Ship 3527 to mission control. We're entering launch codes. Stand by."

Nathan's four-inch-tall stuffed monkey couldn't really talk, and he wasn't really the copilot in a brigade of intergalactic star fighters, but as Nathan sat on a swing outside his elementary school on a warm Saturday afternoon with the monkey perched in his lap, he couldn't help letting his imagination get carried away. He pictured his miniature copilot typing in a flurry of complicated formulas, preparing their ship to launch.

Nathan gripped the swing ropes and shuffled backward, careful not to let the monkey slip from his lap. He was now in ready position.

"5, 4, 3, 2, 1 . . . we have ignition!" With an explosive whoosh, Nathan shot forward into motion. Pumping furiously, he propelled himself higher and higher, faster and faster, as he imagined the two of them soaring past the moon, past Mars, out of the solar system, out of the galaxy.

"Nathan! Come over here!" The voice of one of Nathan's neighborhood pals brought him back to reality. "Look at this sand village I built! Do you want to help? We could make it huge!"

Nathan leaped from the swing and tossed his monkey onto a nearby bench so it wouldn't get dirty. "OK," he said. "I'll start on the roads."

The boys were just finishing the town when Nathan's mom called out from a nearby bench, "Nathan, it's time to go home."

Nathan stood up, brushed the sand from his clothes, and headed toward Mom.

They walked across the grass, down the street, around the corner, and into their front yard. Suddenly, Nathan gasped. "Oh no! My copilot!"

After a quick explanation to Mom, Nathan ran around the corner back to the school playground. Drawing close to the familiar bench, he was puzzled to find it bare. He checked

“The Lord has a way of pouring pure intelligence into our minds to prompt us, to guide us, to teach us, to warn us. You can know the things you need to know *instantly!* Learn to receive inspiration.”

President Boyd K. Packer, Acting President of the Quorum of the Twelve Apostles, “Prayers and Answers,” Ensign, Nov. 1979, 20.



under it, around it, and behind it, but there was no stuffed animal.

Desperately, he scanned the area for any sign of his favorite toy, but all he could see were swings, slides, an abandoned city of sand, and a couple of kids playing catch with their dog. The monkey was gone.

Nathan carefully retraced his steps around the playground but couldn't find the monkey anywhere. Losing hope, Nathan was about to give up the search when he remembered something his mom had told him about prayer: “If you ask the Lord for something that's right, you'll receive it.” He knelt on the ground and pleaded, “Heavenly Father, could you please help me find my monkey?” When the prayer was finished, he stood and thought for a moment. “I'll just look one more time,” he decided.

He looked up and saw the children who had been playing with their dog walking by. He was about to walk right past them when a thought came to his mind: maybe they could help.

“Did either of you see a little stuffed monkey?” he asked them.

ishly. “We didn't think it belonged to anyone, so we tossed it around and let our dog try to catch it.”

“I threw it too hard,” the other boy said, “and it landed on the roof of the school. I'm really sorry.”

Nathan couldn't help grinning in relief. “It's OK,” he said. “I'll get it down. Thanks!”

Later, with the help of his parents, Nathan was able to get his monkey down from the roof. He realized how blessed he had been to meet those kids before they left, and how fortunate it was that he had thought to ask them about his toy. Without their help, the monkey would never have been found. He was grateful that his prayer had been answered.

Nathan tucked the monkey firmly into his pocket and radioed mission control. “This is ship 3527. Copilot recovered. We're

ready for launch once more.”

And with a nod from his parents, Nathan shot down the road toward home, happy to be back in the pilot's seat with his favorite stuffed friend. ●





He Is . . .

BY RONDA GIBB HINRICHSEN

Jesus Christ is Lord of Lords and King of Kings. He also has many other names and titles. Some of them are hidden in this puzzle. To find them:

- Look up the scriptures below and fill in the missing words.
- Find the words in the puzzle.
- Write the colored letter from each word in the puzzle in the corresponding blanks below.

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| P | L | O | R | D | O | F | A | L | L |
| R | A | S | E | E | G | N | U | D | H |
| I | M | Y | D | M | Z | U | R | A | G |
| N | B | R | E | A | H | O | T | E | I |
| C | F | A | E | D | W | Y | B | R | L |
| E | E | M | M | A | N | U | E | L | A |
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| O | C | N | O | O | N | K | S | M | N |
| J | U | S | T | O | N | E | F | I | L |

Scriptures

- John 1:29: "The next day John seeth Jesus coming unto him, and saith, Behold the _____."
- Matthew 1:23: "Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name _____."
- Acts 10:36: "He is _____."
- 2 Nephi 25:29: "Christ is the _____ of Israel."
- D&C 43:34: "Behold, I am Jesus Christ, the _____ of the world."
- Isaiah 9:6: "His name shall be called Wonderful, _____."
- Job 19:25: "For I know that my _____ liveth."
- Moses 7:53: "For he saith—I am _____, the king of Zion."
- Acts 22:14: "Thou shouldst know his will, and see that _____."
- Isaiah 9:6: "The mighty God, The everlasting Father, The _____."

Jesus Christ is Heavenly Father's _____

1 2 3 4 5 6 7 8 9 10



What Should I Wear?



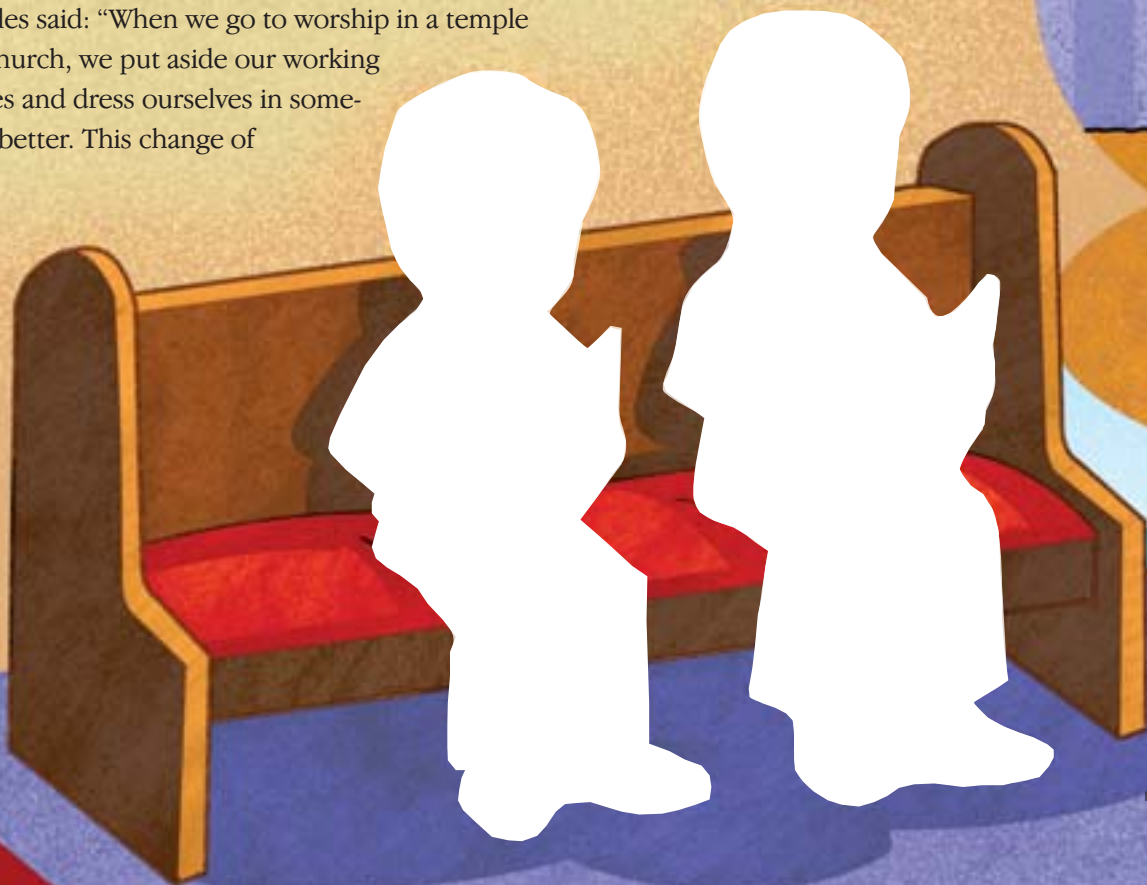
BY JENNIFER ROSE
Church Magazines

Would you go to a warm beach wearing snow boots? Would you get ready for your soccer game by putting on pajamas? Of course not! There are certain times when you would wear those clothes—like when you are building a snowman or going to bed.

Antonio and Ella are learning about the importance of modesty and what kind of clothing is appropriate to wear for different activities. As they think about all of the things they need to do, they remember to wear their best clothes when they go to church on Sunday. Elder Dallin H. Oaks of the Quorum of the Twelve Apostles said: “When we go to worship in a temple or a church, we put aside our working clothes and dress ourselves in something better. This change of

clothing is a mark of respect” (“The Language of Prayer,” *Ensign*, May 1993, 15).

Cut out the pictures of Ella and Antonio on page 27. Glue or place them in the correct settings on these pages. Help Antonio and Ella choose the right clothes for when they go to school, play sports, and do other activities. Don’t forget to save their best clothes for Sunday! ●



Many children wear uniforms to school. What do you wear?



Funstuf



From the Heart

BY ROSIE CENTRONE

Transfer each word to its matching heart above. When you are finished, you will discover a message about love.



For activity and instructions, see pages 24–25.



Our Creative Friends

My Choice

Every day when I leave for school,
I remind myself that being mean isn't cool.
It's not cool to drink or smoke.
It's not nice to tell a mean joke.
I try my hardest to be nice every day.
When I'm nice I know I'm going the right way.
It's my choice to be nice or rude.
I choose not to be crude.
You can make the right choice too.
You can tell yourself what to do.
When we all make the right choice
Then we can all rejoice.

Larryssa K., age 11, Alberta, Canada

Love

Love is a happiness
Love is a heart
Love is love
Love is joy
Love is a kiss
I love you
You love me

Rachelle P., age 5, Utah

The Holy Ghost

The Holy Ghost is really great.
You receive His gift when you're eight.
He makes you feel all warm inside
When you choose to be on the Lord's side.
He whispers what to do or where to go,
Especially when you don't know.
First you pray, then you try to hear.
The answer won't come through your ear,
But in your heart you'll feel Him near.

Austin S., age 9, Nevada

Happiness

Why are people happy?
Is it because they smile?
Is it because they tell jokes?
Is it because they have friends?
Is it because they have a family?
Is it because they have flowers?
Then why is Heavenly Father happy?
Is it because I pray?
Is it because I am kind?
Is it because we love one another?
Is it because I go to church?
Is it because I go to the temple?
Now I think I know why people are so happy.

Asber H., age 9, Oklahoma

My Baptism

Just me and my dad,
In white we are clad.
I'm eight today,
Now my mistakes will be washed away.
If I make a mistake after I'm clean,
He will let me repent—He's not mean.
As I enter the water I feel the Holy Ghost;
He's telling me Jesus likes this the most.

Gwen B., age 10, Ohio

Drawings

- 1 Katherine S., age 9, Utah
- 2 McKay M., age 9, New Mexico
- 3 Mark T., age 7, Utah
- 4 Jessica N., age 8, Ohio
- 5 Matthew K., age 7, Netherlands
- 6 Camille H., age 10, Virginia
- 7 Natalie R., age 7, Iowa
- 8 Andrew M., age 8, California
- 9 Mariab M., age 7, Utah
- 10 Kennedy F., age 6, Indiana
- 11 Michael B., age 5, California
- 12 Carolyn K., age 4, Maryland
- 13 Matthew S., age 10, Alberta, Canada
- 14 Kyle M., age 6, Arizona
- 15 Justin B., age 9, Texas

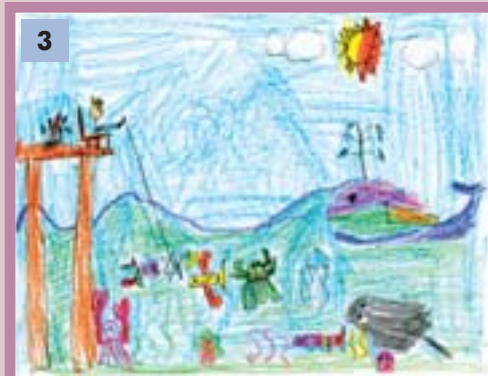
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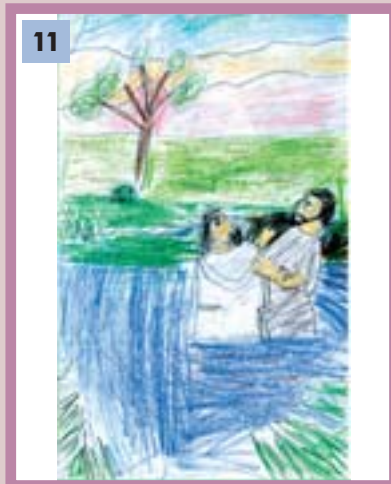
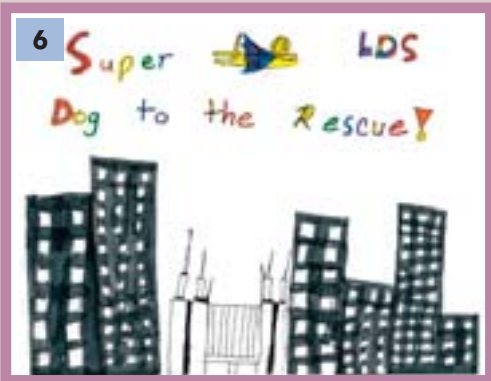


4



5





A Child of God

BY JANE MCBRIDE CHOATE

(Based on a true story)

All of you are children of the most High (Psalm 82:6).

On the Saturday before Valentine's Day, Samuel's ward Primary visited a nursing home. "We'll each adopt a grandma or grandpa," Sister Myers, the Primary president, said as the children gathered inside the building.

Five-year-old Samuel stayed close by his mother who was a Primary teacher. He looked around and was a little afraid. Some of the people were in wheelchairs. Others used walkers or crutches. One lady had tubes coming out of her nose.

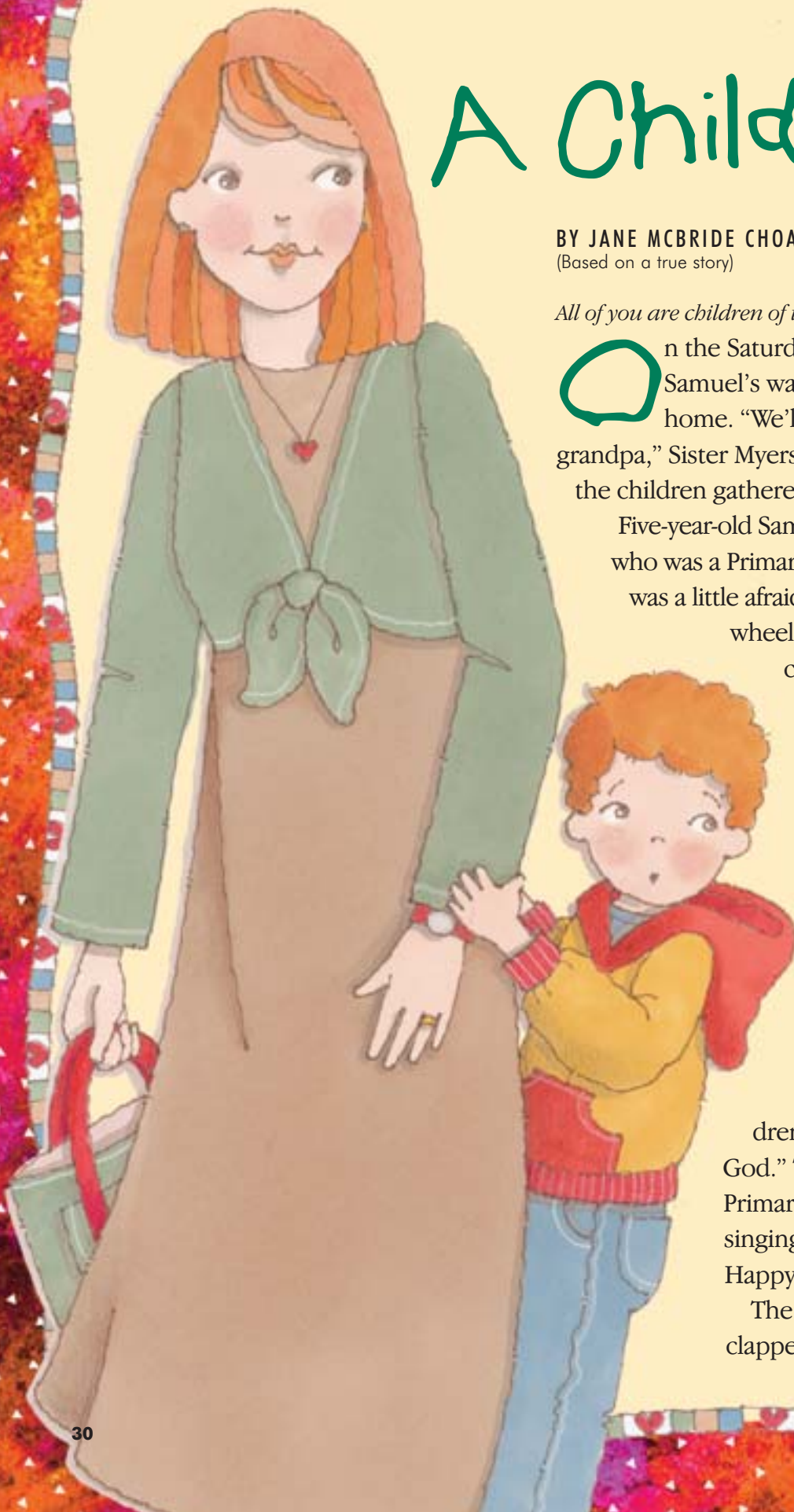
"I'm scared," he whispered to his mother.

"I know this can be a little scary," his mother said. "Try to remember that all of these people are children of Heavenly Father, just like you. The only difference is that the people who live here are older."

"A lot older," Samuel said.

He felt better when the children started singing "I Am a Child of God." That was his favorite song. The Primary chorister then led them in singing "When Grandpa Comes," "A Happy Family," and "Mother Dear."

The grandmas and grandpas all clapped.



with Wrinkles



“We’re going to make valentines now,” Sister Myers said. She assigned each child a “grandma” or a “grandpa.”

Samuel discovered that his adopted grandfather was in a wheelchair. Samuel stuck out his hand and said, “I’m Samuel.”

“My name is Jackson Gaither,” the man said as he shook Samuel’s hand.

Mr. Gaither tried to cut the valentine from the red paper, but he couldn’t make the scissors open and close. “My hands don’t work so good any more,” he said.

“That’s all right,” Samuel whispered. Then he helped Mr. Gaither finish cutting out the heart. They wrote their names by each other and glued glitter all around their names.

Samuel held up his hands and looked at them. They were covered with glitter.

Mr. Gaither’s hands were also covered with glitter. He looked at Samuel and smiled. “Looks like we’re wearing as much glitter as that valentine.”

“I like glitter,” Samuel said.

“Me too,” Mr. Gaither said. He looked at the wrinkles in the

heart from where he’d tried to cut it out.

“It has a few wrinkles,” he said and winked at Samuel. “I guess that’s all right since I have some wrinkles too.”

Samuel winked back. Then he gave his adopted grandpa a big hug before he left.

“I wasn’t afraid of Mr. Gaither,” Samuel told his mother. “I remembered what you told me. He’s just a child of God with wrinkles.” ●



The Creation

When Heavenly Father presented the great plan of happiness in the Council in Heaven, we shouted for joy. Heavenly Father and His Son, Jesus Christ, were giving us the opportunity to come to earth to grow and learn so that we could become like Them.

Under the direction of Heavenly Father, Jesus Christ created a wonderful world where we could live. The creation took six days.

First, Jesus divided the light from the darkness to make day and night.

On the second day, He organized the heaven and the earth.

On the third day, He divided the land from the waters and created grass, flowers, trees, fruit, and herbs.

On the fourth day, He created the sun, moon, and stars.

On the fifth day, He created the fish and birds.

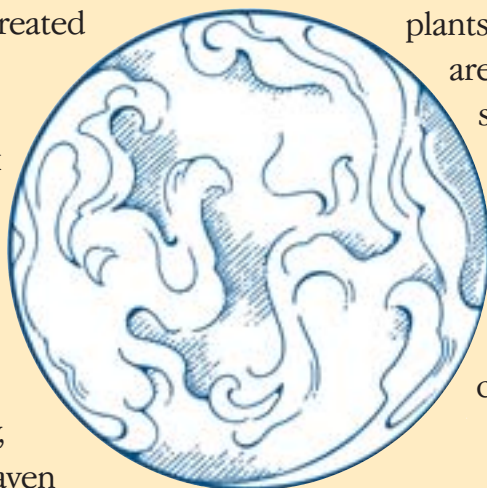
On the sixth day, Jesus created the animals. Then, most important of all, Heavenly Father created man "in his own image, in the image of God created he him; male and female created he them" (Genesis 1:27). Adam and Eve were the first man and woman to live on the earth and care for it.

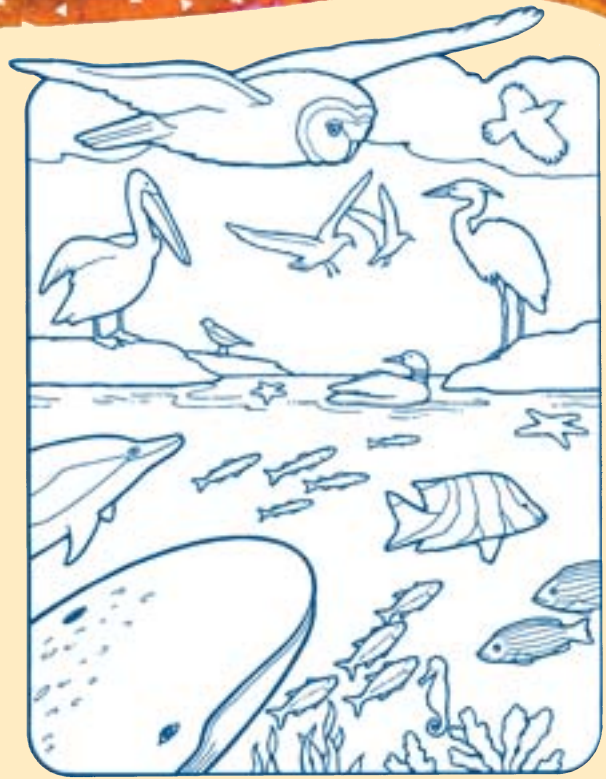
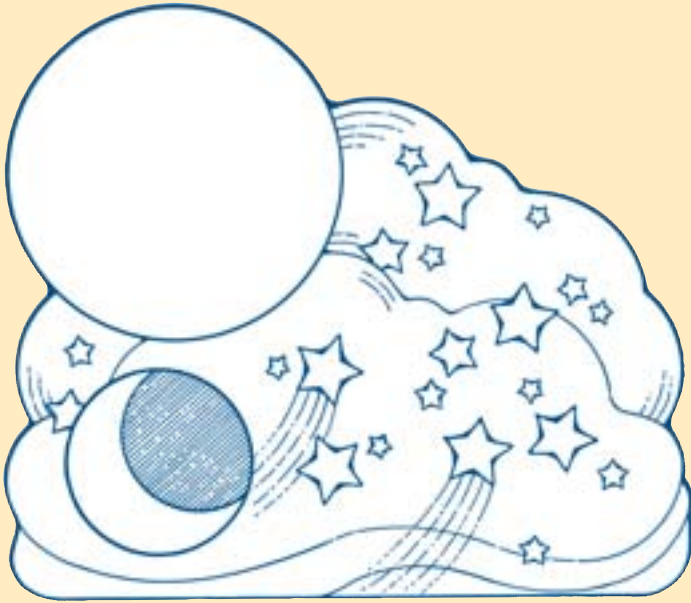
The beautiful world we live in is a gift from our loving Heavenly Father. We can thank Him



in our prayers for its many blessings. We can also show our thankfulness by caring for the plants and animals on the earth. Our bodies are also a gift from Heavenly Father. We should especially take care of our bodies and always remember to show gratitude and reverence for their creation.

Instructions: Color the figures, glue them to heavy paper, and cut them out. Use the figures to retell the story of the creation.







Being



BY KELLY CORLESS

(Based on a true story)

The Comforter, which is the Holy Ghost . . . shall teach you all things (John 14:26).

Olivia smiled as she uprooted a reluctant weed. The sun was warm, and it felt good to be weeding the vegetable garden with her family. It felt even better to be finished with school for the day. As they worked, Olivia's older brother, Jake, started talking about President Hinckley's six "B's" that he was studying in seminary.

"Six bees? Like bumblebees?" Olivia asked, pointing to a fuzzy bee busily gathering pollen from a bright purple flower.

"No," Jake said. "They're things that we should try to *be*. They are be grateful, be clean, be true, be humble, be prayerful, and be smart."

Be smart! Olivia's eyes opened wide with dismay, and her heart seemed to drop into her tennis shoes. "President Hinckley says we should be smart?" At her

baptism recently she had promised to keep the commandments, and that surely included following the prophet. But if there was one thing she could *never* be, it was smart.

Olivia dreaded school. Mr. Blaine, her third-grade teacher, was nice, but he made the class do multiplication tables, which tangled up in Olivia's brain like barbed wire. She felt dumb when she got bad scores on her tests and worksheets. She tried hard, but her best just didn't seem to be good enough. The rest of the evening Olivia worried that her grades were a terrible disappointment to Heavenly Father.

The next day at school, she felt even worse about "be smart" when she missed five words on her spelling test and couldn't find Madagascar on the globe. She was relieved when recess came.

As Olivia ran across the grass with her friends, she noticed a group of fifth graders looking at something. Forgetting her problems for a moment, she went over to investigate.



Smart

“What are you looking at?” she asked a tall girl.

“Oh, we found a needle, like the ones doctors give you shots with.” One of the older boys bent to pick up the needle. A sick feeling came over Olivia, and she knew somehow that this was not a thing they should be playing with. “Wait!” she yelled. “Don’t touch it!”

The boy stopped short, staring at Olivia with raised eyebrows.

“Well, it’s, uh, way bad to t-touch stuff like th-that,” she stammered, feeling stupid for telling an older boy what to do.

But then a recent family home evening lesson came back clearly to her mind. “If we listen to the promptings of the Holy Ghost, He will help us know when something is wrong,” Mom had said.

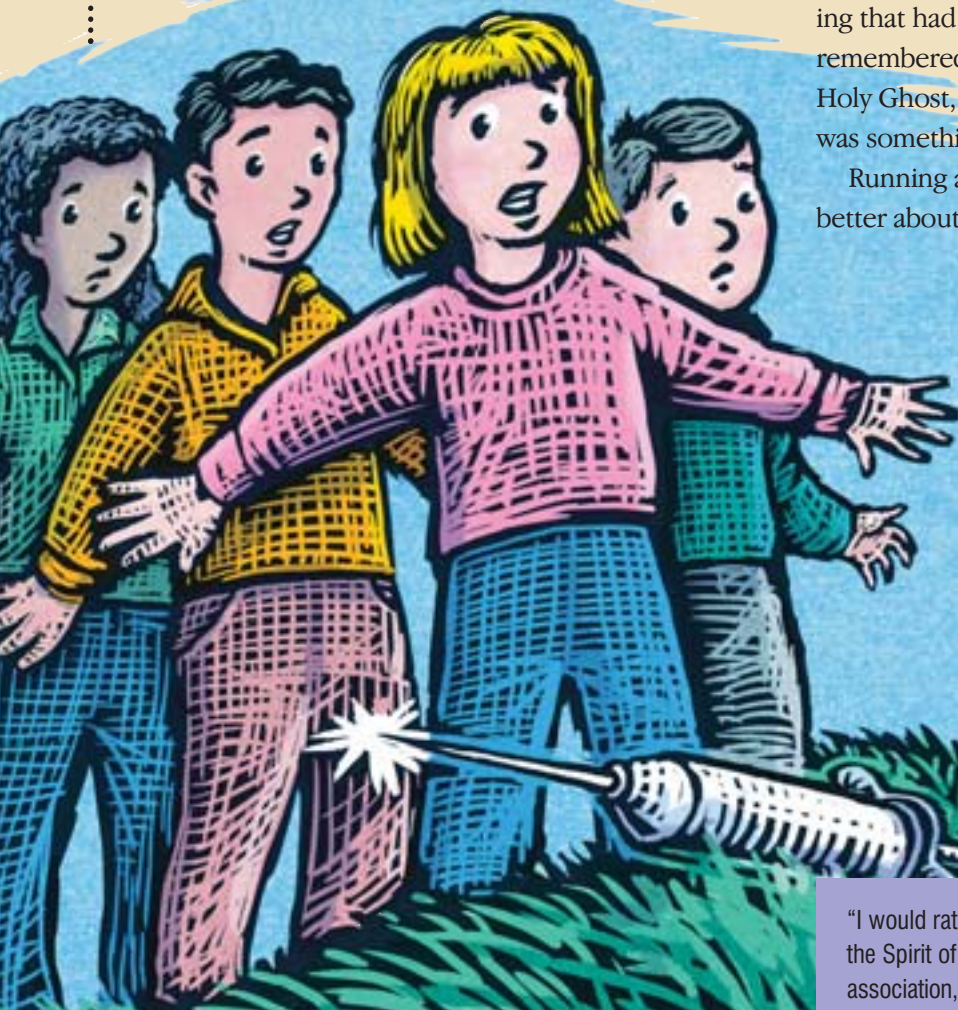
Olivia looked the boy in the eye. “We should probably tell a teacher to come get it instead.”

One of the other third-graders ran quickly across the grass and brought back Mr. Blaine. “Olivia told us not to touch it,” the older boy said as Mr. Blaine bent over the sharp needle.

“Smart thinking, Olivia!” Mr. Blaine exclaimed.

Smart thinking? A warm glow replaced the sick feeling that had filled Olivia moments before. Wow! She had remembered her mom’s counsel about listening to the Holy Ghost, and she had followed His promptings. That was something a smart person would do!

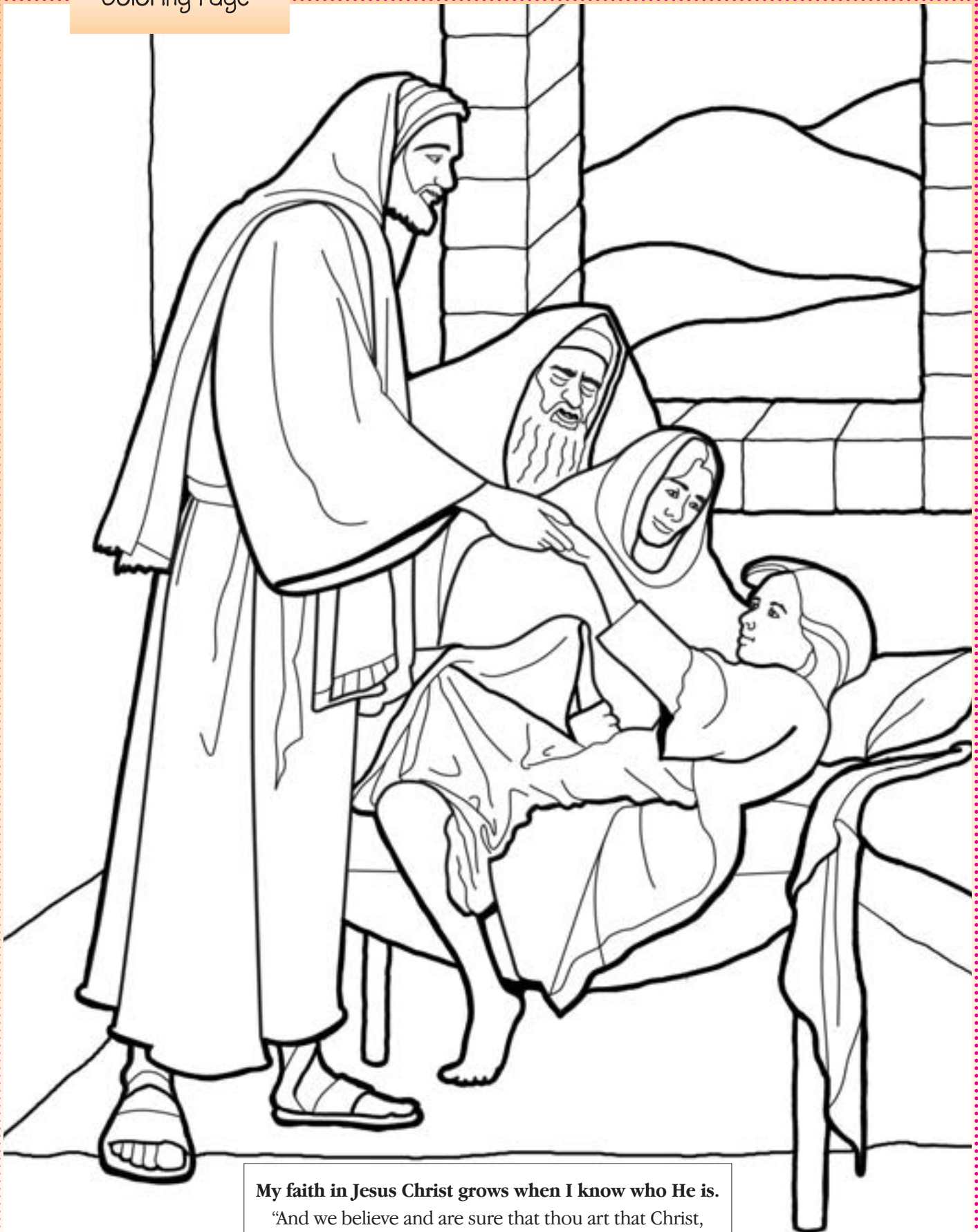
Running across the playground, Olivia felt much better about trying to be smart. ●



“I would rather have every person enjoy the Spirit of the Holy Ghost than any other association, for they will be led by that Spirit to light and truth and pure intelligence.”

President James E. Faust, Second Counselor in the First Presidency, “The Gift of the Holy Ghost—A Sure Compass,” *Ensign*, May 1989, 33.





My faith in Jesus Christ grows when I know who He is.
“And we believe and are sure that thou art that Christ,
the Son of the living God” (John 6:69).



FROM THE LIFE OF PRESIDENT SPENCER W. KIMBALL

Rescued!

Spencer grew up in a tight-knit Arizona community. When he was seven years old, he went to a picnic at a nearby ranch.



Hey, why don't we hop in the pond for a swim?



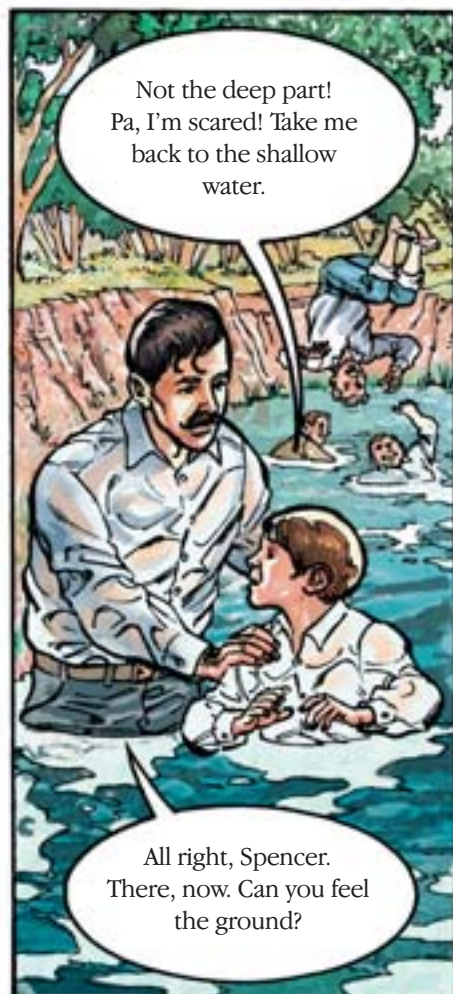
Wearing their regular clothes, they all went swimming. But Spencer had not yet learned to swim well.

I wish I could swim like you, Pa!



Don't cling so tight, Son.

Not the deep part! Pa, I'm scared! Take me back to the shallow water.



All right, Spencer. There, now. Can you feel the ground?



Spencer climbed off his father's back, and his father swam away.

But as Spencer stepped toward shore, he fell into a deep hole!



He struggled and thrashed but did not think anyone had seen him go under.

Help!
Oh, why can't someone hear me scream for help?



Just when Spencer thought he would drown, his father snatched him and dragged him to shore.



Spencer later learned to swim but never felt comfortable in deep water. He was grateful the Lord had preserved his life so he could grow and fulfill his mission on earth.

Adapted from Edward L. Kimball and Andrew E. Kimball Jr., Spencer W. Kimball (1977), 35.



*Blake, Sydney,
and Emily are
best friends*

Best Friends

BLAKE WATERS OF PIKEVILLE, NORTH CAROLINA

BY JULIE WARDELL
Church Magazines

While the Waters family built their new home, they lived in a tiny apartment. During that time the family became very close and shared some special experiences. In fact, Blake (8) considers his

mom, Sherry; his dad, Garry; and his sisters, Sydney (9) and Emily (6) to be his best friends. Every night before Blake goes to bed, he tells the members of his family that he loves them.





The Waters family sitting on the porch of their new home

Where in the world is Pikeville, North Carolina?



SCHOOL

At school Blake tries to be a good example. Each day he makes an effort to be kind to everyone. Being honest is important too. When the teacher didn't mark one of his spelling word errors wrong, Blake pointed it out to her. The teacher thanked him for his honesty. Math is his favorite subject in school, and he also likes the science center. He always enjoys playing kickball and volleyball at recess. Another thing Blake likes about school is the fact that his mother is there teaching kindergarten. "All my friends know who my mother is," Blake said.

BUILDING A NEW HOME

Blake and his sisters helped clear the land for their new home. They hauled brush, trees, and debris. The children also helped by carrying lumber, sweeping, cleaning, putting nail holes, and stacking wood to dry. Their father cut down 25 trees on Grandma Waters's property to use for the house. Blake tried to build a little house with a hammer, nails, and wood. "But it fell down!" Blake declared.



Clearing the land for his family's new home



Blake's CTR 8 Primary class (left to right): Chandler D., Blake W., Jared H., Nicholas C., and Alexia B.

PRIMARY AND SCOUTS

Blake always looks forward to attending church and Primary. His favorite song is "Book of Mormon Stories." And his favorite lesson was on the Word of Wisdom. Choosing good and bad food helped him remember the lesson. In Cub Scouts, he has had fun making rubber-band airplanes and participating in Indian-day activities. His pack won an award for best costumes.

FAMILY HOME EVENING

Every Monday night, Blake looks forward to singing songs, playing games, and reading the scriptures, especially the Book of Mormon. Sharing a family night with his grandparents is always a treat. Whenever it's Sydney's turn to give the lesson, Blake and Emily are eager to know what she is going to do. Why? Because they know it will be a fun lesson based on one of her achievement-day activities.

BAPTISM

After his interview with the bishop, Blake was ready to be baptized. He was eager to have his dad baptize and confirm him a member of the Church. "I felt really good after I was baptized and confirmed," Blake said. "Someday I want to go on a mission and teach the gospel so more people can join the Church." He has already started a missionary fund. ●

NINE THINGS BLAKE LIKES TO DO

1. Fish with his dad
2. Play first base in baseball
3. Bowl with his family
4. Hug his dog, Buddy
5. Eat watermelon, pizza, brownies, and ice cream
6. Play hide-and-seek in the backyard forest with his sisters and Grandpa Hull
7. Boogie board at Myrtle Beach
8. Ride the four-wheeler
9. Play foosball with his sisters

**See number four above?
That's me!**



Kitchen Krafts

Show love for family and friends this month by sharing this tasty, festive meal.

Sweetheart Pasta Pie

- 2 tablespoons butter**
- 1/3 cup grated Parmesan cheese**
- 2 eggs, beaten**
- 6 ounces (170 g) spaghetti, cooked and drained**
- 1 cup cottage cheese**
- 1 pound (.45 kg) ground beef, cooked**
- 1 jar (26 ounces/737 g) spaghetti sauce**
- 1 4-inch (10-cm) square piece of tinfoil**
- 1/2 cup shredded mozzarella cheese**

1. Stir butter, Parmesan cheese, and eggs into hot spaghetti. Lightly coat a 10-inch (25-cm) pie plate with nonstick spray or butter, and press the noodle mixture into the pan to form a crust. Spread the cottage cheese evenly over the top.

2. Mix the cooked ground beef and spaghetti sauce, and pour over the cottage cheese.

3. Bake uncovered for 20 minutes at 350°F (177°C).

4. Trace a heart shape onto the tinfoil and cut it out. Remove the pasta pie from the oven and place the heart-shaped piece of tinfoil in the middle. Sprinkle the mozzarella cheese around the edge of the tinfoil and bake for 5 more minutes. Let the pasta pie cool slightly before removing the tinfoil. Cut into pie-shaped wedges and serve.

Garlic Biscuits

- 2 1/2 cups flour**
- 1 teaspoon sugar**
- 1 teaspoon sage**
- 1/2 teaspoon baking powder**
- 1/2 teaspoon baking soda**
- 1/4 teaspoon salt**
- 1 clove garlic, chopped**
- 3 tablespoons butter**
- 3/4 cup buttermilk**

1. Stir together the flour, sugar, sage, baking powder, baking soda, salt, and garlic.



2. Cut the butter into the flour mixture until crumbly. Stir in the buttermilk.

3. Place the dough on a floured surface and gently knead to form a ball. Roll out the dough until it is about 3/4 inch (2 cm) thick.

4. Use a heart-shaped cookie cutter to cut out the biscuits, and place them on a baking sheet lightly coated with nonstick spray or butter. Bake at 400°F (204°C) for 18 to 20 minutes or until the biscuits are golden brown.

Strawberry Squares

- 2 cups flour**
- 1/2 cup powdered sugar**
- 1 cup butter**
- 1 8-ounce (227-g) package of cream cheese, softened**
- 1 8-ounce (227-g) package of frozen whipped topping**
- 2/3 cup sugar**
- 2 teaspoons orange extract**
- 24 fresh or thawed strawberries, halved**

1. Mix the flour, powdered sugar, and butter until crumbly. Coat a 9 x 13-inch (23 x 33-cm) pan with nonstick spray or butter, and press the flour mixture into the pan. Bake the crust at 350°F (177°C) for 16 to 20 minutes or until golden brown. Remove from oven and let cool.

2. Beat cream cheese, frozen whipped topping, sugar, and orange extract until smooth. Pour the mixture over the crust and refrigerate for 1 hour.

3. Cut into squares and place a strawberry half on each one.



Trying to Be Like Jesus

He that followeth me shall not walk in darkness, but shall have the light of life (John 8:12).

Surprising Things

By Augusto B.



The other day I went to the house of a friend who owns a swimming pool. He is a member of a differ-

ent church, so I taught him about Joseph Smith. It surprised him to learn that Heavenly Father and Jesus appeared to Joseph Smith. I taught him about the Book of Mormon. He didn't know about it, just the Bible. Since he didn't have a Book of Mormon, he didn't know about Nephi or anyone.

I taught him about the Word of Wisdom. I had asked him once before if he would smoke or drink when he got older. After teaching him the Word of Wisdom, I asked him again. And now he isn't going to drink alcohol or smoke.

I wanted him to come to our Church, so I invited him. He was going to be gone this week, so I'm going to invite him again when he's back.

He liked learning these things.

Augusto B., age 10, Argentina



Fighting Isn't OK

By Alan S.



One day a couple of my friends were fighting about a girl in my grade. They

wanted her to like them.

I told them, "Enough, enough!" and pushed them apart. I didn't want them to

hurt each other or stop being friends.

I wasn't afraid I'd get hurt, but when I separated them, they got mad. "What are you doing in the middle of this?" they asked. I told them to chill out because I wanted them to be friends and Jesus wants us to be kind to each other.

They made up and stopped fighting over the girl.

Alan S., age 11, Argentina

The Bad Magazine

By Brinna J.

Once when I was in second grade I was riding the bus home after school. Some high school boys were sitting in front of me looking at a magazine. The one who was holding the magazine came back and sat by me. The magazine had pictures of immodest girls. I knew that the prophet had said not to look at bad magazines or pictures. I closed my eyes and turned away. The boys tried to get me to look, but I kept my eyes closed. I'm glad I chose the right by doing what the prophet said.

Brinna J., age 11, Wyoming



The Example of Jesus

By Hannah V.

I want to be with Heavenly Father and Jesus someday. I want to be with my family, and that is what Heavenly Father wants too. I know He will bless me when I make good choices. I feel happy inside when I am with my family. Jesus is a good example for me, and I want to follow Him.

I was trying to be like Jesus when I was at my friend's house. She was sad because her older sister had been mean. I used the example of Jesus to teach her not to be mean back to her sister. It made her feel better.

Hannah V., age 9, Arizona



Picture of Peace

By Emily B.

There was a girl in my class who was not being nice to me. Even though the teacher told her to stop, she kept calling me names and kicking me. My mom told me that I should draw a picture for her. It worked! After I gave her the picture, she started being nice to me. I'm happy that I chose the right.

Emily B., age 6, Germany



Missionary Bear

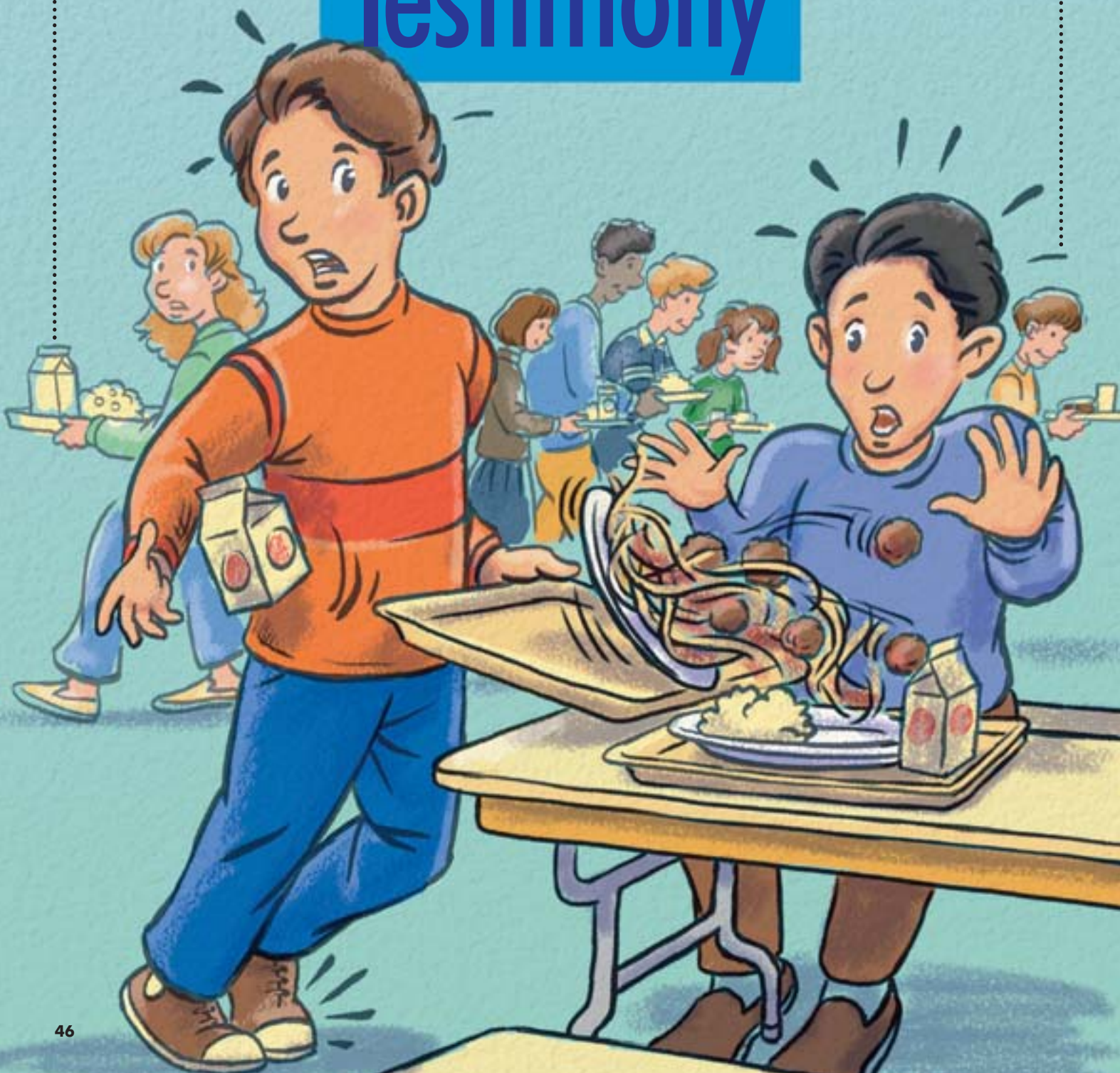
By Tucker N. with help from his mom

For a first-grade class project we were asked to dress up a paper bear to look like someone we want to be when we get older. I decided to dress my bear as a missionary. My mom helped me cut out a white shirt, vest, and pants. I glued them onto the bear. My dad made me a missionary nametag. I wrote a few sentences

about how education would help me become what I had dressed my bear as. I wrote that education would help me learn to read, write, and even learn a new language. We had a teddy bear parade for all the first-grade children and their parents. I do plan to be a missionary.

Tucker N., age 6, Florida

Jacob's Testimony



BY LESLIE NEILSON

(Based on a true story)

Ye shall diligently keep the commandments of the Lord your God (Deuteronomy 6:17).

This is the last time,” Jacob thought. “Then I’ll go to sleep.” He pulled the blankets over his body—from the top of his head to the very tips of his toes. Jacob held his breath and counted—“one, two, three”—then poked his head out like a turtle. He had been practicing for a whole week, getting ready for his big day.

“Jacob, are you still awake?” Mom whispered.

Jacob grinned. “Yes, I was just practicing again.”

Mom bent over his bed and tucked the blankets around him. “Good night,” she said with a smile.



The next morning at breakfast Jacob rested his chin in his hands.

“What’s wrong?” Dad asked.

“Well, I’m just not sure if I’m ready to be baptized,” Jacob said. “What if I make a mistake?”

“Jacob, everyone makes mistakes. What’s important is that we keep trying to do our best. Do you have a testimony of the Savior?”

“Yes, but I’m afraid I’ll forget everything. I want everything to be perfect for my special day.”

“I’m happy that you’re taking this seriously, Jacob. Getting baptized is an important step.”

Jacob sighed. “I want to be good, but how can I be good all the time? How can I be like Jesus? He was perfect.”

“Remember the still, small voice of the Holy Ghost?” Dad asked. “It can speak to our hearts and help us in a very direct way.”

Jacob nodded. “It gives you a warm feeling inside, like when Mom covers me with my blankets.”

Dad smiled. “That’s right. Did you know that when you are baptized you can have the influence of the Holy Ghost with you all the time?”

Jacob sat up straight. “Really?”

“Yes,” Dad said. “But remember, it’s important that

you try and do what is right, and the Holy Ghost can help you.”

“I can do that!” Jacob said. He jumped up from the table and wrapped his arms around Dad’s neck.

“Thanks, Dad.”

That day at school Jacob tried to do his best. He helped his teacher erase the chalkboard, but he accidentally knocked a whole box of chalk onto the floor. He ate lunch with a boy who always sat alone, but Jacob accidentally tripped and slopped his spaghetti onto the boy’s lap. He even said hi to Max, a boy who wasn’t very nice to him. There was no doubt about it—doing his best was hard work!

After school Jacob dragged himself into the house and dropped his backpack on the floor. “Hi, Mom,” he said with a groan.

“Hi! How was school today?”

Jacob hung his head. “Well, I tried my best, but I guess my best isn’t good enough,” he said sadly. He explained about the dropped chalk and the spaghetti spill. “I want to be the best I can before I’m baptized, but it’s hard sometimes!”

Mom wrapped her arms around Jacob and gave him a squeeze. “Jacob, accidentally spilling or dropping something isn’t a sin. You do need to be careful, but what’s important is that you’re trying to do what’s right. Heavenly Father loves you and is happy when His children try their best to live righteously.”

Before going to bed that night, Jacob knelt down to pray. “Heavenly Father, I’m worried,” he said. “I want to get baptized, but I’m afraid I’m not good enough. Please help me to know when the time is right.”

Jacob felt his body tingle. He felt warm inside. Suddenly, he wasn’t so worried anymore. He felt calm and peaceful.

The next day at school Jacob heard a voice bellow, “Hey, Jacob!”

Jacob knew that voice. He tried to hide, but it was no use; he had already been spotted. Suddenly he was standing face to face with Max.



Max stared at Jacob and crossed his arms. “What do you want from me? No one ever says hi to me. Did someone dare you?”

Jacob shrugged. “I was just trying to be nice. I’m getting baptized.”

“Baptized?” Max asked.

Jacob shuffled his feet nervously. He wasn’t sure how to explain baptism. He said a silent prayer in his mind. “Baptism is when we make special promises to Heavenly Father. We promise to try and keep the commandments. Heavenly Father loves us and wants us to be good.”

“How do you know?” Max asked.

“I know because He sent His Son, Jesus Christ, to die for our sins.”

Max shot out a bunch of questions. “Can anyone be baptized? Where is Jesus now? When—”

Jacob laughed. “Slow down. I can’t answer all your questions, but I know some missionaries who can.”

Jacob took a deep breath. A thought whispered in his heart and he asked, “Max, would you like to

come to my baptism?”

Two weeks later the day of Jacob’s baptism arrived. He changed into white clothing at the church and neatly combed his hair. Dad dressed in white too. Jacob’s family, friends, and Max sat waiting. Jacob stepped down into the warm water. He looked at his new friend Max and smiled. He held Dad’s hand, closed his eyes, and listened to the baptismal prayer. Once again he held his breath, but this time it was for real. The water rushed over his body, and then he rose up from the water. He took his first breath and smiled. He knew that Heavenly Father was happy with him for trying his best. ●

“Precious truth comes a small piece at a time through faith. . . . The Lord intends it be that way so that we can mature and progress.”

Elder Richard G. Scott of the Quorum of the Twelve Apostles, “Acquiring Spiritual Knowledge,” *Ensign*, Nov. 1993, 88.



Guide to the Friend



The Guide to the Friend can help you find stories or articles for preparing lessons or talks for church or for family home evening. The Primary theme for February is "My faith in Jesus Christ grows when I know who He is."



Family Home Evening Ideas

Look for the FHE symbol on the pages mentioned below.

1. Read "Sustaining Bishop Sheets" (pp. 10–12). Ask family members to tell something they like about the bishop of your ward or the president of your branch. Then discuss what you will do to show appreciation and lighten his load.

2. President Hinckley has asked us to "be smart." In "Being Smart" (pp. 34–36) Olivia doesn't understand this counsel. Why? Discuss what it means to be smart. Tell your family stories of people making choices and have them explain why the choices are smart or not so smart. Agree on some things you can all do to become smarter.

3. Read "Best Friends" (pp. 40–42). Invite each family member to say what he or she will do to become a better friend to the others. For example: "I will be a better friend to Bill by really listening to him."

4. Do the "What Should I Wear?" activity on pages 24–25. Then have family members dress for activities of their choice. For example, appear in your basketball or dance costume and say, "I'm going to Primary." Let others say "do" or "don't" and explain why.

5. Read the poem "God's Love" (p. 7) and enjoy Strawberry Squares (p. 43) as you draw pictures of Heavenly Father's creations.



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Topical Index to this Issue of the *Friend*

(FLF) = For Little Friends
(f) = Funstuf
(IFC) = inside front cover
(v) = verse

Baptism 46
Bishop 10
Book of Mormon IFC, 13, 44
Child of God 30 (FLF)
Choose the Right 8, 24, 44, 46
Creation 7 (v), 32 (FLF)
Faith IFC, 14, 37
Family 17, 40, 43
Heavenly Father IFC, 2, 4, 7 (v), 32 (FLF)
Holy Ghost 4, 13, 20, 34, 46
Jesus Christ 2, 4, 7 (v), 14, 23 (f), 32 (FLF), 37, 44
Love and Kindness 17, 26 (f), 30 (FLF), 40, 44
Missionary Work IFC, 4, 44, 46
Modesty 24, 44
My Gospel Standards IFC, 2, 4, 8, 13, 14, 24, 26 (f), 30 (FLF), 32 (FLF), 34, 40, 44
Pornography 44
Prayer 2, 4, 13, 20
Prophets IFC, 2, 8, 34, 36, 38, 44
Quorum of the Seventy 8
Quorum of the Twelve Apostles 6, 12, 13, 22, 48
Repentance 8
Scriptures 4, 13, 14, 23 (f), 26 (f), 32 (FLF), 37
Service 2, 10
Testimony 4, 13, 14, 46

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