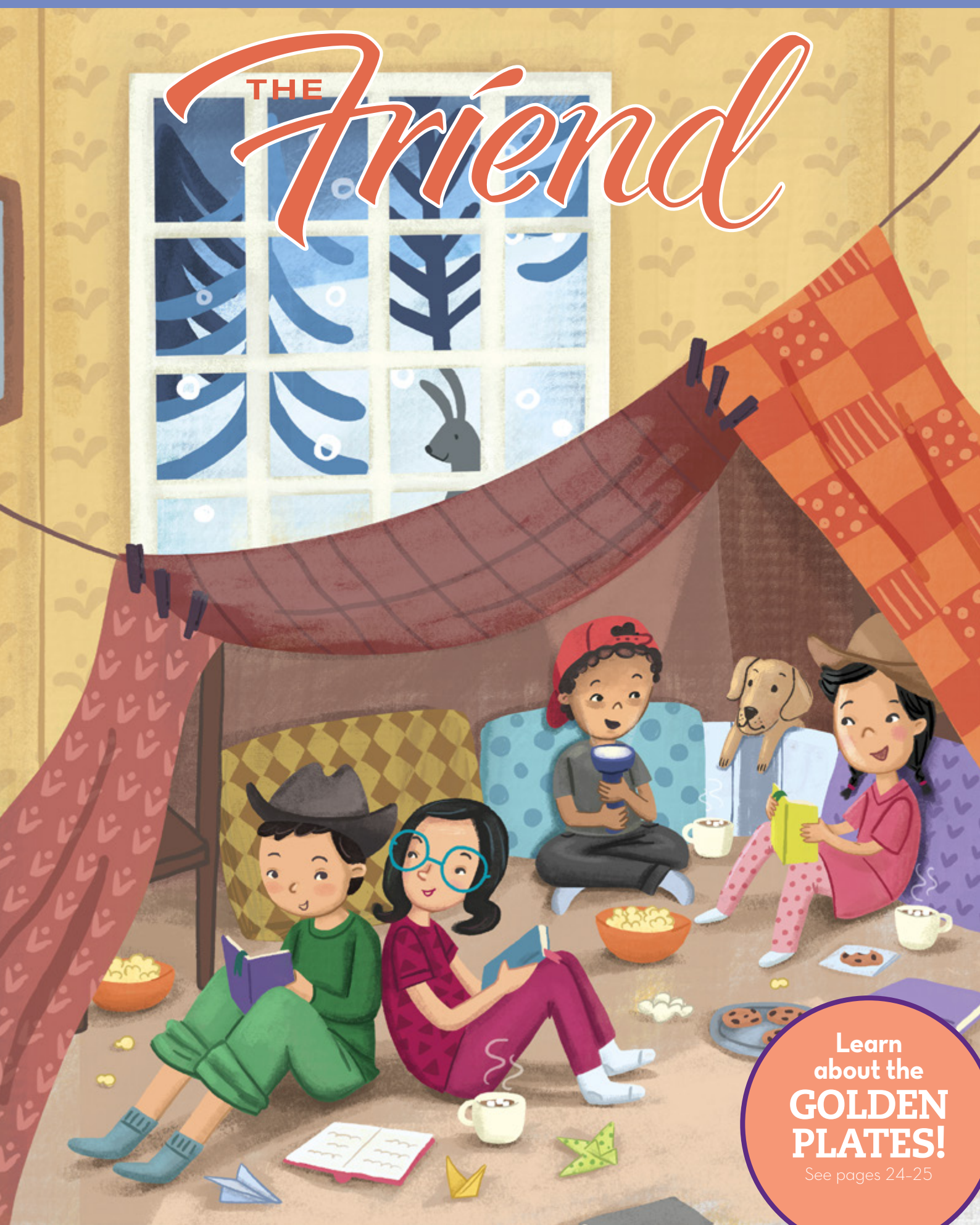


THE Friend



Learn
about the
**GOLDEN
PLATES!**

See pages 24-25

Buckets of Mud



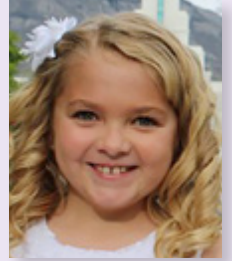
I liked the story “Buckets of Mud” (June 2016). We get a lot of rain where we live. Some people’s houses got flooded, so my dad went to help. There was an age limit, so I couldn’t go with him, but if it happens again, I want to help!

Travis A., age 11, Texas, USA

How I Read the Friend

I feel happy when I read the *Friend*! My favorite way to read it is to use the Gospel Library app. The phone reads it to me, and I follow along with it in my magazine.

Camryn C., age 9, Utah, USA



Armor of God

For family home evening, we read and talked about the *whole armor of God* (June 2016). It was fun to dress up in our own armor!

Alex, Hunter, and Savannah V., ages 7, 5, and 5, Utah, USA

Friend Journal

I cut out pictures from the *Friend* and glued them in a notebook to make a journal. It was fun, and it felt good!

Paige S., age 9, Indiana, USA



Dear Friends,

Spending time with your family can be fun, but sometimes family members don’t get along. What can you do? Find some help on pages 16 and 34.

No matter what your family is like, you are important and loved!

We love you,

The Friend

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

Look, Stretch!
It’s your cousin!



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

STORIES AND FEATURES

- 2 **From the First Presidency:** The Lord's Prayer / President Henry B. Eyring
- 4 Friendship Brownies
- 6 Family Night Fun
- ◆ 8 **CTR Story:** The Best Part of the Week
- ◆ 12 **Answers from an Apostle:** Elder Gary E. Stevenson
- 14 **Friends with Heart:** Sharing Love with Friends
- 16 Question Corner
- 18 Multiplication Master
- ◆ 20 **Friend to Friend:** Obedience Helps Us Be Happy / Elder L. Whitney Clayton
- ◆ 22 Danger at the Ice Pond
- ◆ 24 Golden Plates to Book of Mormon
- 26 Show and Tell
- 30 Matt and Mandy
- 39 Stop and Flip

FOR OLDER KIDS

- 31 For Older Kids
- ◆ 32 The Dance Drama
- 34 I Can Be a Peacemaker When I . . .
- 35 Snacks & Crafts
- ◆ 36 Me? A Bully?
- 38 Forever Family

Front cover by Julissa Mora

Back cover by Dana Regan

MUSIC

- ◆ 29 Choose the Right

THINGS TO MAKE AND DO

- 10 Funstuff: Frogs and Flowers
- 11 Conference Cards
- 17 Funstuff: Find It!
- ◆ 28 **Church History Figures:** Baptism and the Priesthood Restored

FRIEND JUNIOR

- ◆ IBC For Parents of Little Ones
- ◆ FJ1 Jesus Loves Me
- ◆ FJ2 Explorer Everett
- ◆ FJ3 Heavenly Father and Jesus Love You
- ◆ FJ4 **Stories of Jesus:** When Jesus Was a Child
- FJ7 Coloring Page
- ◆ FJ8 Double Happy



Hidden CTR Rings

Level 1: Twice as happy

Level 2: Brownie ring

Level 3: Choose to obey

Volume 47 Number 2 February 2017

The First Presidency:
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The Quorum of the Twelve Apostles:
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McConkie

Advisers: Brian K. Ashton, Jean B. Bingham,
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Managing Art Director: J. Scott Knudsen

Art Director: Mark W. Robison

Design: Thomas S. Child, Brad Teare

Intellectual Property Coordinator:
Collette Nebeker Aune

Production: Marlene Roscheck

Prepress: Joshua Dennis

Printing Director: Steven T. Lewis

Distribution Director: Troy K. Vellinga

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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.lds.org.

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

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

Submit manuscripts or art to:

Friend Editorial, 50 E. North Temple St. Rm. 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,

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POSTMASTER: Send all UAA to CFS (see DMM 507.1.5.2). **NONPOSTAL AND MILITARY**

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

Canada Post Information: Publication Agreement #40017431.



By President Henry B. Eyring
First Counselor in the First Presidency

The Lord's PRAYER



When Jesus Christ lived on earth, His disciples noticed that He prayed often to His Heavenly Father. They asked Him to teach them how to pray. The prayer He gave is sometimes called the Lord's Prayer. Jesus prayed:

holy or sacred

Our Father which art in heaven, Hallowed be thy name.

The prayer begins with reverence for our Heavenly Father.

Thy kingdom come.

When we have a testimony that this is the true Church of Jesus Christ, the kingdom of God, we feel joy in its progress and want to build it up.

Thy will be done in earth, as it is in heaven. Give us this day our daily bread.

We pray that even the smallest task will be done as God would have it done. It makes all the difference to work and to pray for His success more than for our own.

And forgive our debts, as we forgive our debtors.

We must forgive to be forgiven.

And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen ([Matthew 6:9-13](#)).

We can remain clean with Heavenly Father's protection, the Savior's Atonement, and the constant companionship of the Holy Ghost.

We don't often use these exact words when we pray. But the words of this prayer are a perfect example of what we should ask Heavenly Father for. I know that God the Father lives. He hears and answers our prayers. ♦

REMEMBER TO PRAY

The Lord's Prayer can help us learn how to pray. When we pray, we can use our own words to talk to Heavenly Father about our day and our joys and worries. He wants us to pray to Him.

DEAR HEAVENLY FATHER,

I THANK THEE FOR ...

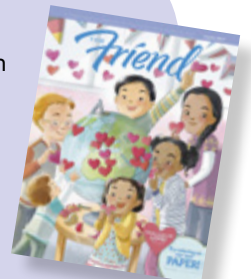
PLEASE FORGIVE
ME FOR...

I ASK THEE FOR...

HERE'S WHAT
HAPPENED TODAY...

IN THE NAME OF
JESUS CHRIST, AMEN.

Copy the words above onto pieces of paper and use them to make a mobile. Hang it somewhere to remind you to pray every day. You could decorate your mobile with pictures from the *Friend*!



FRIENDSHIP

By Brian Johanson

(Based on a true story)

“Charity is the pure love of Christ, and it endureth forever; and whoso is found possessed of it at the last day, it shall be well with him” (Moroni 7:47).

It felt just like any other Sunday morning in Primary. Brother Barrow and Brother Jensen sat at the front of the class.

“Good morning,” said Brother Barrow. “Did everyone have a good week?”

Miles popped up in his seat next to me. “Yeah! I had fun this weekend!” he said. He told about a park he went to.

After everyone had taken a turn to talk, Brother Jensen began marking the roll. “Hmm,” he said, looking up at us. “Samantha isn’t here again. Does anyone know who she is? I’ve never met her before.”

I raised my hand. “I know who she is,” I said. “I’ve seen her at school.”

“Thank you, Grace. Could you tell us more about her?”

I thought about Samantha. It seemed like she always played by herself. “She’s pretty shy,” I said. “I don’t think she has very many friends.”

“I think we should do something special to invite her to Primary,” said Brother Jensen. “How would everyone feel about coming to my house this week to make brownies and a card for her?”

“That’s a great idea!” said Miles.

“I want to come too!” said Haylee.

“Sounds good,” said Brother Jensen. “I’ll call your parents so we can find a time to get together.”

Finally the day came. We met at Brother Jensen’s house, and we were ready to bake!

“Who wants to mix the cocoa and baking soda?” Brother Barrow asked.

“I do!” said Mason.

Soon we all had jobs to do. Before we knew it, the brownies were in the oven.

“OK, everyone, while we wait for the brownies to bake, let’s make the card,” said Brother Jensen.

Our card was actually a big poster. We got out



BROWNIES



Later Samantha and her mom started coming to church!

Just shows the power of friendship ... and brownies!

crayons and markers and wrote things like “We miss you!” and “Come to Primary!” By the time we were done writing and drawing pictures, the brownies were done.

We put the brownies on a plate and went together to Samantha’s house. Brother Jensen knocked on the door, and Samantha’s mom answered.

“SURPRISE!” we shouted.

“We just want to invite your daughter to Primary,” said Brother Barrow.

“That is so thoughtful,” she said. “Thank you all so much.” She called to Samantha, and she came to the door. “Look, Samantha. See what they brought you!”

“Thank you,” she said shyly.

I waved to her from the back of the group. “Hi, Samantha! I’m Grace, from school.”

“We hope you can come to our Primary class this week!” said John.

At recess the next day, I was sitting with my friends and saw Samantha. “Hi!” I said. “Do you want to play with us?”

“No,” she said, looking down. “But thanks anyway.”

I smiled at her. Samantha smiled back a little bit. “OK,” I said. “Some other time.”

Samantha didn’t come to Primary that Sunday. I was kind of sad, but I was still glad we invited her. It felt like what Heavenly Father wanted us to do. Samantha wasn’t ready to come to Church, and that was OK. We could ask again another time. And we could definitely keep trying to get to know her. Who knows? Maybe we could all be friends! ♦

The author lives in Utah, USA.

Turn the page for an activity to go with this story!



“Reach out with love and understanding to all of our neighbors at all times.”

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

“Doctrine of Inclusion,” *Ensign*, Nov., 2001, 36.



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

FINDING FRIENDS

Read "Friendship Brownies" on page 4. There are always people who may be missing or left out. We can find them and show we love them!

1. Read [Luke 15:3-6](#). Talk about how every person is important to Jesus. We can serve Him by "finding the lost sheep," or helping people who are lonely or left out.
2. Draw some sheep on a poster board. Is there anyone in your family, Primary, or group of friends who is feeling lonely? Write one of those names on each sheep.
3. Pick one "sheep" to look out for this week. Talk together about what you can do as a family to help them and show you love them. Make a plan!



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

Brownie Hearts

Make your own friendship brownies!

Be sure to get an adult's help!

- 2 eggs
- 1/2 cup butter, melted
- 1 cup sugar
- 1 teaspoon vanilla
- 1/2 cup flour
- 1/3 cup cocoa powder
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- heart-shaped cookie cutter (optional)



1. Preheat the oven to 350°F (175°C).
2. Mix the eggs, butter, sugar, and vanilla. Stir in the flour, cocoa powder, baking powder, and salt.
3. Pour into a greased 9x9-inch (23x23-cm) pan, and bake for 20-25 minutes. The brownies are done when you stick a toothpick in the middle and it comes out clean.
4. Cut out heart shapes like the pattern below (or use a cookie cutter if you have one), and share the brownie love with your family and friends!



NEW FRIENDS!

Here are some ideas to help someone who is sad or lonely:

- Be a good listener. Find out what they like to talk about.
- Be a friend. Find out what you have in common and what you can learn from them.
- Watch to see what someone needs, and then ask if you can do it for them.



BONUS TREAT

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

- Spread cream cheese or chocolate-hazelnut spread on slices of toast.
- Top with strawberries, bananas, or other fruit. Enjoy!



MORE FHE IDEAS

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



IDEA 1: Read "Obedience Helps Us Be Happy." Solve the code, and make a list of ways you can obey this week.



IDEA 2: Use the scripture figures to tell the story "Golden Plates to Book of Mormon." Move Joseph Smith and the golden plates around the path as you read. Where should Oliver Cowdery and the quill go on the path?



IDEA 3: Read Matt and Mandy. What did they decide at their family council? Use the ideas on "I Can Be a Peacemaker When I..." to come up with ways to solve problems your family might have.



Idea 1: 20; Idea 2: 28, 24; Idea 3: 30, 34

THE BEST PART OF THE WEEK

By Shanna D'Avila

(Based on a true story)

"I always have a happy feeling when I go to church"

(*Children's Songbook*, 157).

"Wheh!" Jenny fell back onto the chair and looked at the boxes around her. Moving to a new house was a lot of work! But it was kind of exciting too.

She could see her new neighborhood through the window, including a steeple that poked up from above the houses nearby. Jenny's family didn't go to church very often, but now there was a church building right down the street.

Maybe now we'll go to church more, Jenny thought.

When Sunday came around, Jenny and her family went to their new ward for the first time. In Primary, Jenny saw a girl she had met in school that week.

"Hi, Karen," Jenny said, feeling a little shy.

"Jenny!" said Karen. "I didn't know you were in my ward."

"We moved into a house down the street," Jenny said.

Karen asked Jenny to sit by her. Jenny was glad to have a friend at church.

The next Sunday, Jenny woke up and put on her favorite dress. She combed her hair and ate breakfast as fast as she could. She was excited to go to her new ward again. But then she saw that the rest of her family were still in their pajamas.

"Aren't we going to church?" she asked Dad.

"No, not today," Dad said. "We got a bit of a late start. We'll try to go next week."

Jenny was used to missing church, but this time felt worse than usual. She wouldn't get to go to Primary or see Karen.

At school on Monday, Karen and Jenny were talking about their weekends. "I missed you at church



yesterday,” Karen said. “Were you sick?”

Jenny’s cheeks turned red. “No,” she said. “I wanted to go, but my family didn’t.”

“Oh. Well, if you ever want to come to church and your family isn’t coming, you can sit by my family.”

Jenny smiled. “Thanks.”

The next Sunday, Jenny’s family went to church. But the Sunday after that they didn’t want to go. Jenny thought about what Karen had said and decided to give it a try.

So after her parents said it was OK, Jenny walked to the chapel. Her heart was beating fast as she looked inside. Then she saw Karen waving to her.

“I’m glad you came!” Karen whispered, scooting over to make room on the bench.

It feels good to be here, Jenny thought.

From then on, Jenny started going to church every week, even when her family didn’t. Pretty soon going to church was the best part of her week!

And Jenny started feeling different during the week too. She felt happier, and she was nicer to her brother and sisters. It was easier to stop watching videos or to change the channel when something bad came on.

One Sunday morning when Jenny came out of her room, the rest of her family were dressed in church clothes.

“We thought we’d come with you today,” Dad said.

Jenny liked being a good example. Her family didn’t go to church every Sunday after that, but they did start going more and more often. And that made church even better. ♦

The author lives in Utah, USA.

Go to
church alone?
Maybe Jenny
would give
it a try.

Print cards at CTR2017.lds.org!



CHALLENGE

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



This Sunday, try extra hard to fill your day with holy, happy activities.



Listen during the sacrament prayers and think about what is being said.



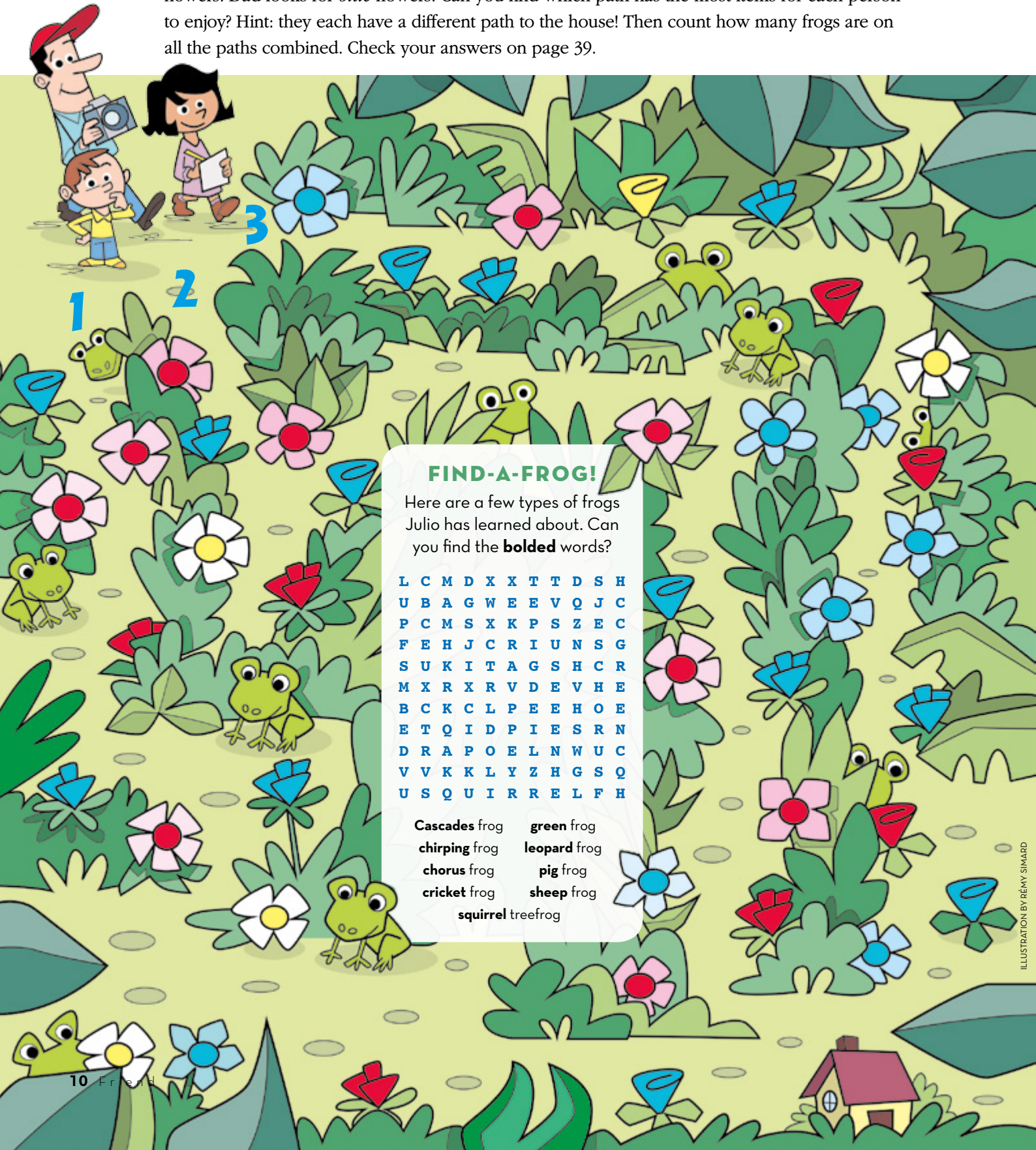
Write your feelings about Heavenly Father and Jesus Christ in a journal.



I challenge myself to ...

Frogs and Flowers

Julio enjoys nature walks with his family. He likes to take pictures of frogs. Mari likes finding *red* flowers. Dad looks for *blue* flowers. Can you find which path has the most items for each person to enjoy? Hint: they each have a different path to the house! Then count how many frogs are on all the paths combined. Check your answers on page 39.



FIND-A-FROG!

Here are a few types of frogs Julio has learned about. Can you find the **bolded** words?

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

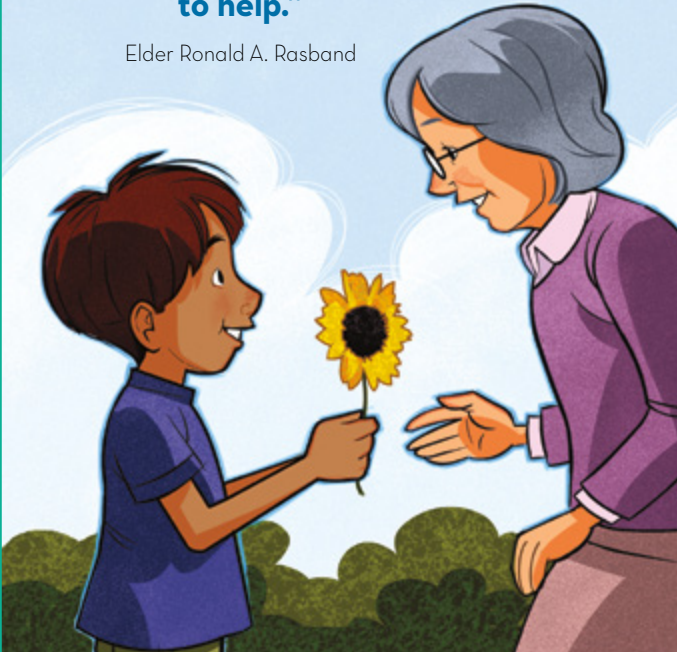
Cascades frog	green frog
chirping frog	leopard frog
chorus frog	pig frog
cricket frog	sheep frog
squirrel	treefrog

Conference Cards

Here are some of our favorite quotes from October's general conference!

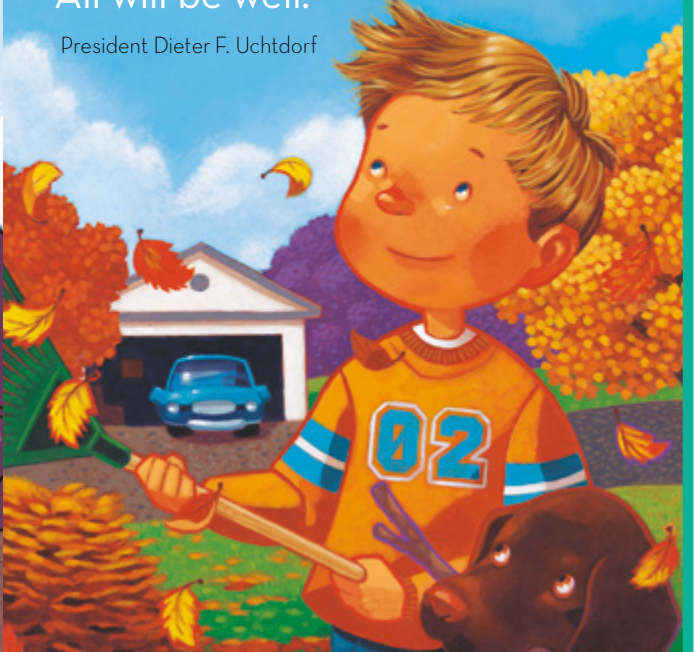
**"Heavenly Father knows
and loves each of you, and
He is always ready
to help."**

Elder Ronald A. Rasband



**"All will be
made right.
All will be well."**

President Dieter F. Uchtdorf



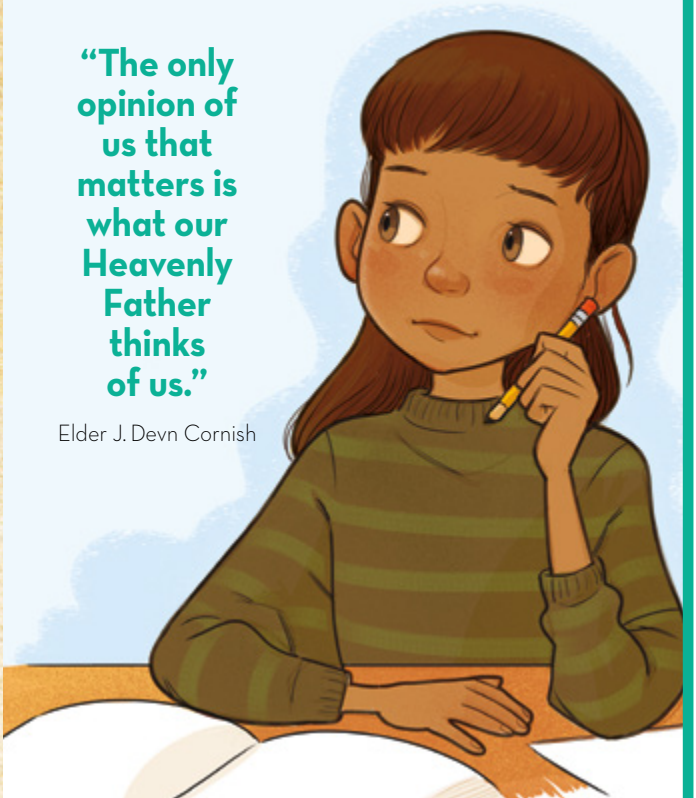
**"Prayer is
a gift from
God. We
need never
feel lost or
alone."**

Sister Carol F. McConkie



**"The only
opinion of
us that
matters is
what our
Heavenly
Father
thinks
of us."**

Elder J. Devn Cornish





By Elder Gary E. Stevenson

Of the Quorum
of the Twelve
Apostles

What are priesthood keys?

Priesthood keys aren't keys you can touch or hold in your hand, like car keys. A priesthood key is the authority or permission to act in Heavenly Father's name. Priesthood keys let Church leaders direct how the priesthood is used on earth.



The First Presidency and Quorum of the Twelve Apostles direct how the priesthood is used to bless Heavenly Father's children. They delegate, or give, some priesthood keys to bishops and branch presidents.



Jesus Christ has all of the priesthood keys. When the Church was restored, He gave priesthood keys to Joseph Smith to act as His prophet. The First Presidency and Quorum of the Twelve Apostles have these keys today.



Because priesthood keys are on the earth, we can be baptized and confirmed, receive a priesthood blessing when we are sick, and be sealed in the temple.

Locked Out!

It was freezing outside, and the cold air bit the cheeks and noses of the Stevenson family. After a fun day of skiing, they walked through the snow toward their car. They looked forward to getting in the car and warming up with the heater.

But when Elder Stevenson reached into his pocket, the car keys were gone! *Where are the keys?* he thought. Everyone anxiously waited for him to unlock the car. Without the keys, they were locked out! They couldn't open the door or start the car. They couldn't turn on the heater.

The first thing Elder Stevenson did was say a prayer. He asked Heavenly Father to help them find the car keys. Next he thought as hard as he could about where he might have dropped them. Suddenly he thought of a ski jump he had gone off earlier in the day. Maybe the keys were there in the snow.

Some of the family went back with Elder Stevenson to the top of the ski slope and skied down the run. By the time they got to the bottom of the ski jump, the sun was starting to go down. They searched for the keys as it grew darker. To their amazement, they found the keys just before it got too dark!

Praying and finding the keys to their car reminded Elder Stevenson that Heavenly Father will not leave us without help. He gives priesthood keys and authority to leaders of the Church to help lead us all safely home to Him. ♦

Adapted from "Where Are the Keys and Authority of the Priesthood?" Ensign, May 2016, 29–32.



Sharing Love with Friends

From an interview by Devan Jensen

Hi!
My name is
Rentalyn.

I live on the island of Weno in the Pacific Ocean. It's one of many islands in the Chuuk Lagoon. I show my love for my friends by dancing with them, singing with them, and inviting them to church.

A Dance about Friends

My friends and I are learning ballet from Sister Hardy, one of the missionaries. We are practicing a ballet about a girl named Lily who got lost on an island and needs her friends to show the way.

Inviting My Friends

I invite my friends Demina and Sina to church, and sometimes they go with me. I hope they will get baptized someday.



RENTALYN'S TIPS FOR SHOWING LOVE

-  Invite friends to church.
-  Have fun singing and dancing together.
-  Stay close to your family.
-  Become friends with the missionaries.

Songs of Love

My friends and I like to sing together. My favorite songs are "Kindness Begins with Me," "I Am a Child of God," and "I Love to See the Temple." I love my family, and I want to go to the temple to be sealed with them.



Visiting My Cousins

I love my cousins! I travel by boat to visit them on the island of Romanum. My uncle and cousins drive the boat. They drive the missionaries between islands too.



How do you follow Jesus by showing love?

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



Sometimes I get annoyed with my family. What can I do?



Pray to Heavenly Father and ask Him to help you be nice to your family. Hug them.

Noah F., age 10, Queensland, Australia



Giulia: Try to think about all the good times you've had with them, and think about how people aren't perfect.



Bruna: Even if they don't say sorry, I would forgive them.

Giulia and Bruna R., ages 13 and 8, São Paulo, Brazil



If my little sister is annoying me, I make her bed or make her a treat. I also like to make cards, do extra chores, and say a prayer. I feel the Spirit telling me I did the right thing.

Adeline B., age 9, Tennessee, USA



If you don't like what they are doing, ask them to stop. I love them because they love me.

Shantal S., age 4, Táchira, Venezuela



Julia: I can be kind to my family, and when I am annoyed, I can tell them that I love them and then be nice. I can follow the Savior and show them love.



Darrin: Just be happy and share with them and serve them.

Julia and Darrin S., ages 8 and 6, New Mexico, USA



I would pray, have family home evenings, and talk to them.

Luisa R., age 9, Baja California, Mexico

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

NEXT QUESTION

"I have a sister who is making bad choices. How can I help her?"

Send us your answer and photo by February 28. Email us at friend@ldschurch.org with "Question Corner" in the subject line. Use the permission statement on page 39.

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

Find It!

This group of friends wants to help a new girl at school feel welcome. Can you find the hidden objects?



Multiplication MASTER

*The test was coming.
But Luca had a plan.*



By Jessica Larsen

(Based on a true story)

"Love the Lord and do your part" (Children's Songbook, 9).

Nine times seven is sixty-three. Six times eight is . . .
forty-two? No, that's not right!

Luca furiously erased his answer.

"Time!" Luca's teacher called. "Everyone pass in your tests."

Oh no! Luca thought. *But I'm not even done!*

Luca sighed as he handed in his test. He had to get a 90 percent on his timed tests to pass his multiplication tables and become a class Multiplication Master. But he just didn't know how he was going to do it!

That night during family scripture study, Dad read



Once I wanted to learn how to do the monkey bars, but I fell. So I tried again, but I fell again. I could only get to the third bar. I prayed to Heavenly Father to help me be brave. After my prayer, I felt ready to try again. This time I made it to the fourth bar! Then the fifth! I was getting better! I knew Heavenly Father would help me be brave enough to keep trying so I could get better.

Lily S., age 7, Arkansas, USA

from the Doctrine and Covenants: “Therefore, if you will ask of me you shall receive; if you will knock it shall be opened unto you” (D&C 6:5).

Luca’s head popped up. That was the answer! Prayer!

Luca started praying every day to do well on his timed multiplication test. This would work. It *had* to work. He would finally become a Multiplication Master!

On Tuesday, Luca came home from school and grabbed his basketball.

“Do you need help studying?” Mom asked.

“Nope! I’ve got it taken care of!” Luca said as he ran out the door. He believed so much in prayer that he didn’t even take out his flash cards to practice his math.

On Friday, Luca knew he was going to pass the test. But when he sat down to take it, the answers just didn’t come, and he did even worse than before!

Luca walked home from the bus stop with his head down. He had prayed *so hard* to be a Multiplication Master. Why didn’t Heavenly Father answer his prayer?

When he got home, he shot baskets until Dad came home from work. Dad honked the car horn as he pulled up.

“How was school?” Dad asked, walking over.

“Not very good,” Luca said, looking down. “I can’t pass my multiplication test.”

“That sounds pretty discouraging,” said Dad. He held up his hands for a pass.

“I should have passed!” Luca said. “I prayed and everything. Dad, you said that Heavenly Father answers prayers. He definitely didn’t answer mine today!”

“Did you practice with your flash cards?” Dad asked.

“No.”

“Did you study?”

“No,” said Luca. “But I prayed all week!”

Dad dribbled the ball and looked at Luca. “Well, multiplication is kind of like basketball. How did you get so good at basketball?”

“I practiced,” said Luca.

“Yes, and so when we pray for Heavenly Father to help you before your games, we’re not praying for Him to magically make you a better basketball player. What do we pray for?”

“For me to remember what I practiced,” Luca said.

“Right. Prayer works best when we do our part and also ask Heavenly Father to help us.”

“So my part is studying my flash cards?” Luca asked.

“Exactly,” said Dad, passing the ball back to Luca.

Luca heaved a big sigh and took a shot. The ball bounced off the rim. “So . . . I should study hard *and* ask Heavenly Father to help me.”

“There you go!” said Dad. “Now, are you ready for a little one-on-one?”

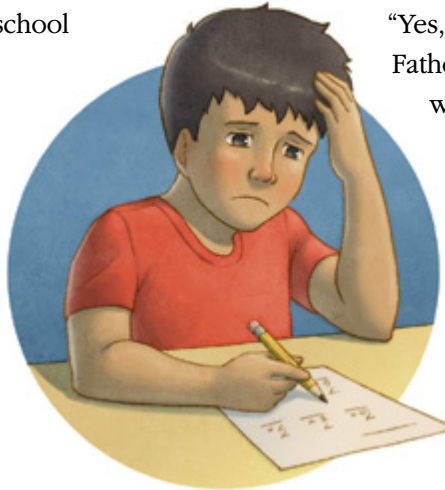
Luca grinned and stole the ball from Dad. “Sure! As long as you help me study at the same time.”

“You’re on,” said Dad. “Six times five is?”

“Thirty!” Luca took another shot. This time it swished through the hoop.

Between practice and prayer, maybe he would become a Multiplication Master after all. ♦

The author lives in Texas, USA.





By Elder L. Whitney Clayton
Of the Presidency of the Seventy

When I was young, my family was not active in the Church. My parents were good people, and they taught my brothers and me to make good choices. We always knew they loved us and wanted us to be happy.

In my home, my parents expected us to obey. Every Saturday was “work day.” Dad was a doctor, so he got up very early to go check on his patients. Before he left, he wrote a list of chores on our big chalkboard. Every week we tried to do the chores as fast as we could. But somehow the chores always lasted the whole day!

It wasn’t terrible, though. We liked spending time together. Mom made us lunch, and Dad came home to eat with us. We all took a break and sat outside together. We were happy when we obeyed.

When I was 11, Dad decided that we needed to go back to church. At first I went only to obey Dad. But

soon I gained my own testimony of Jesus Christ. I had a good feeling when I was at church. I realized later that this feeling was from the Holy Ghost.

I learned that obeying Heavenly Father makes us happy. When I went to college, I met a lot of different people. I noticed that those who were active members of the Church and followed Jesus Christ seemed happier in some ways than those who did not follow Jesus Christ. I could see the difference in their lives. I knew I wanted to be happy.

I know that the gospel of Jesus Christ is true. Living the gospel will help you be happy. If you do the good things that your parents and Church leaders teach you, the Holy Ghost will guide you and help you feel peace. You will still have tough times. But you will skip the sadness that comes from not following the commandments. Life won’t be perfect, but it will be wonderful. ♦

From an interview with Jill Hacking

Obedience Helps Us Be Happy

I Can Obey

D&C 130:21 tells us that all blessings come from obedience. Joseph Smith made a promise to be obedient. Use the chart to decode the message and see what he said! (Check your answer on page 39.)



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

“I _____ : _____
 B F T W X M A B L F R K N E X P A X G M A X

_____ , _____ . —Joseph Smith
 E H K W V H F F T G W L W H B M

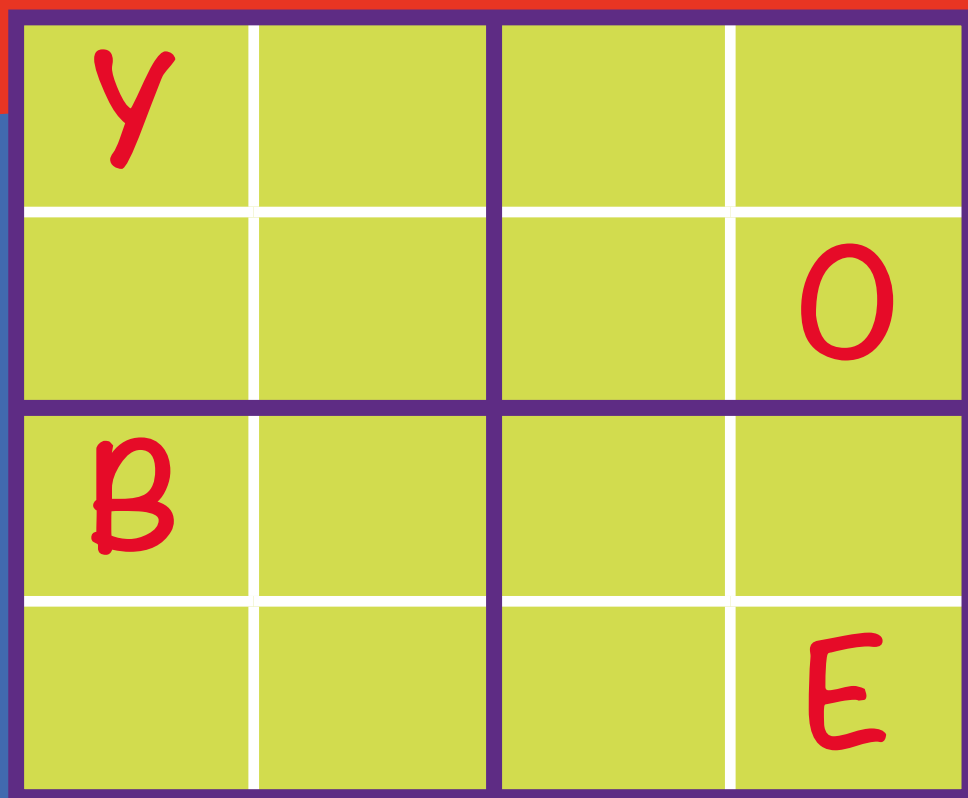
Bonus:
 Now use the code to write
 your own message!

Heavenly Father blesses us when we obey! Can you solve this puzzle?
 Every column, row, and group of four must contain the letters **OBEY**.
 Check your answer on page 39.



Bonus:

Pick a word and make
 your own letter puzzle for
 someone to solve!



DANGER

at the
Ice Pond

Alice was just trying to help. But then something went terribly wrong!

By Ana Nelson Shaw

(Based on a true story)

"Is any sick among you? ... call for the elders ... and let them pray over [her], anointing [her] with oil in the name of the Lord: And the prayer of faith shall save the sick" (James 5:14-15).

Alice wanted to watch the men who were helping Father cut big blocks of ice out on the pond. Instead she was in the kitchen, setting the table for Mother, Father, and the men.

Mother set a pan of biscuits in the oven. "You've been a good helper," she said. "Would you please go call the men for dinner?"

"Oh, yes!" Alice said. Now she could see the ice being cut!

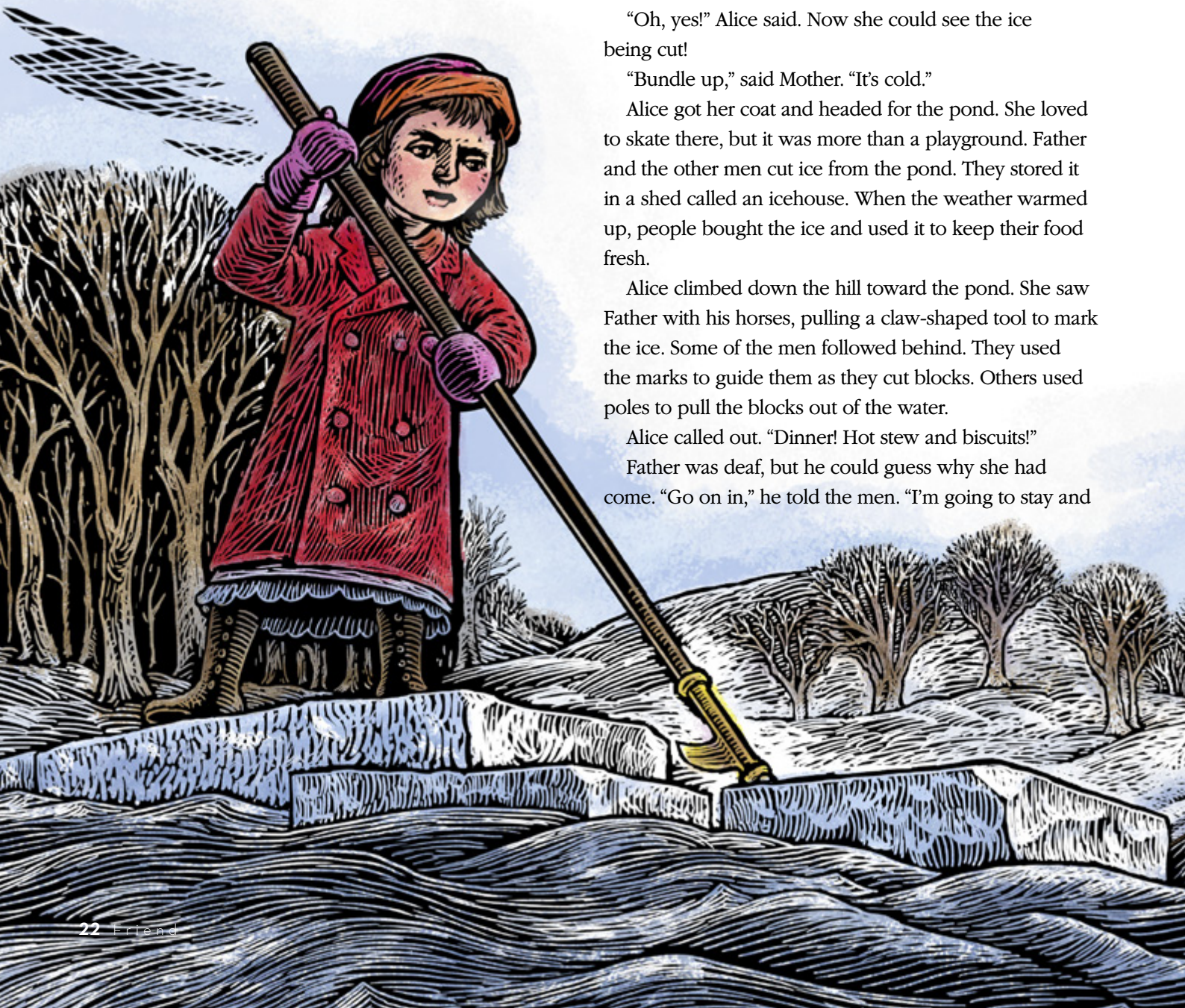
"Bundle up," said Mother. "It's cold."

Alice got her coat and headed for the pond. She loved to skate there, but it was more than a playground. Father and the other men cut ice from the pond. They stored it in a shed called an icehouse. When the weather warmed up, people bought the ice and used it to keep their food fresh.

Alice climbed down the hill toward the pond. She saw Father with his horses, pulling a claw-shaped tool to mark the ice. Some of the men followed behind. They used the marks to guide them as they cut blocks. Others used poles to pull the blocks out of the water.

Alice called out. "Dinner! Hot stew and biscuits!"

Father was deaf, but he could guess why she had come. "Go on in," he told the men. "I'm going to stay and



lift my marker out so it won't get stuck in the ice."

Alice waited while Father finished. Three big blocks floated nearby. She picked up a pole. She pulled in one block, then two. But the last block was *just* out of reach.

Then Alice noticed another block near her. It had been cut on the sides but not on the end. The men had left it attached to ice that touched the shore. It seemed like the perfect place to stand and reach the block still floating in the water. Alice stepped onto it. As she stretched out her arm, the ice broke.

Crack! With a splash, she fell into the water.

Alice screamed. She tried to keep her head above the water and saw Father turn toward her. He couldn't hear her, but he must have seen the splash! Just as her head dipped below the freezing water, she felt something tugging her toward shore. It was Father, using an ice pole. He picked Alice up and ran for home.

Alice could feel her body shivering. She knew a bad chill could make people very sick. The winter air was freezing her wet clothes. She was becoming stiff and cold, like a block of ice.

Finally they were home. Father pushed the door open. The workers stood up. Mother ran to the door. "What happened?" she asked.

"Get the oil," Father said. Mother brought a small bottle of oil that had been blessed by the priesthood.

Father spoke to the men. "If you hold the priesthood and are worthy, please help me give Alice a blessing." Several men stepped forward. Alice felt Father put a drop of oil on her head. She closed her eyes. He said something about authority and priesthood. Then the others put their hands on her head too. Father spoke. "In the name of Jesus Christ, we bless you that you will have a speedy recovery." Alice could feel her body relax. Her fear was melting away.

Father finished the blessing. Alice opened her eyes and smiled. She stretched her fingers and wiggled her toes.

"You're like a cat with nine lives," one man joked.

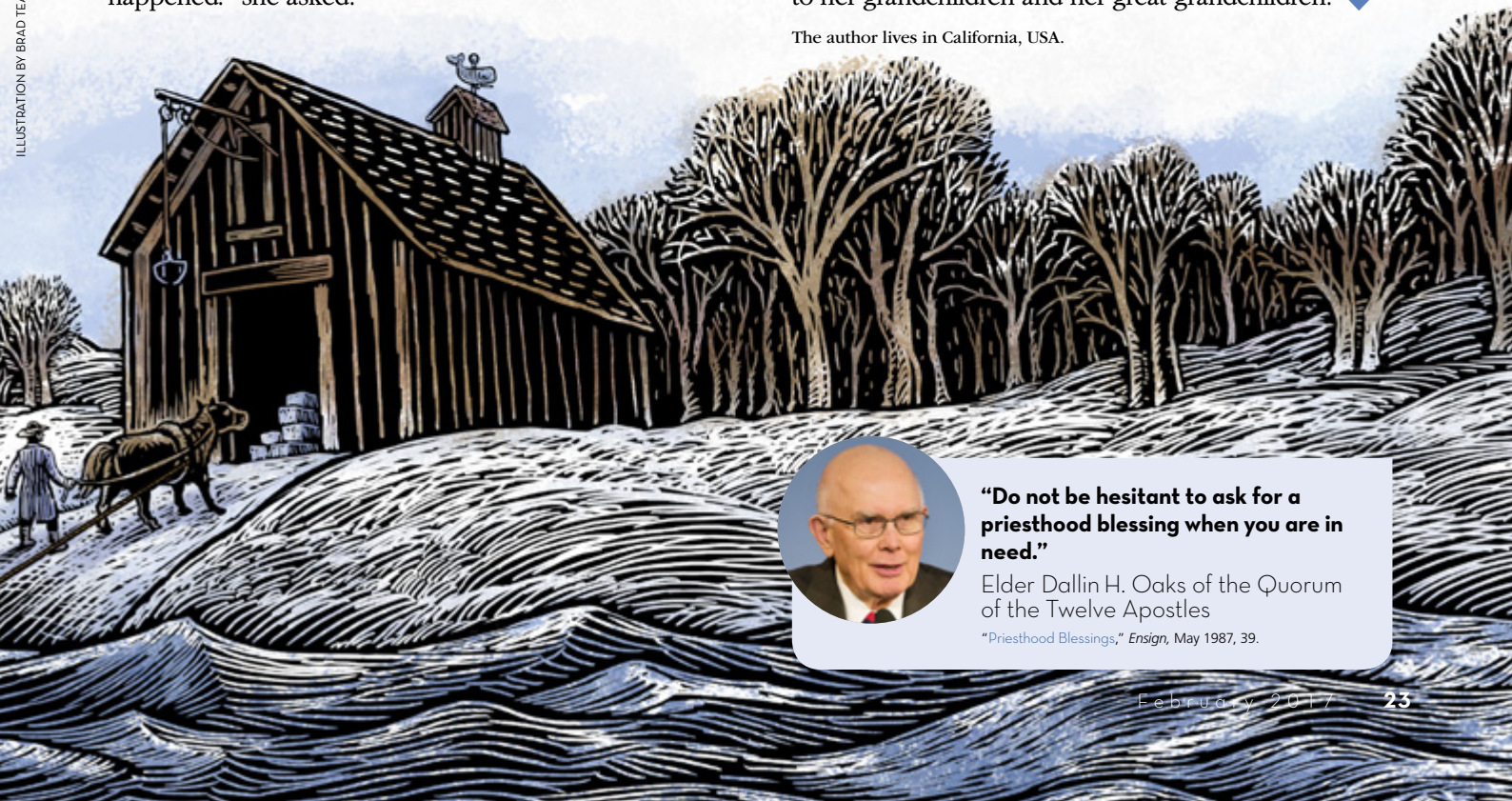
"No," said Mother. "She's the faithful daughter of a faithful father."

Father could understand Mother by watching her lips. "I think Alice has a faithful mother too," he said. "And good neighbors. Heavenly Father will bless her. She will be fine."

Alice never even caught a cold that winter. She remembered her father's blessing and lived to tell this story to her grandchildren and her great-grandchildren. ♦

The author lives in California, USA.

ILLUSTRATION BY BRAD TEARE

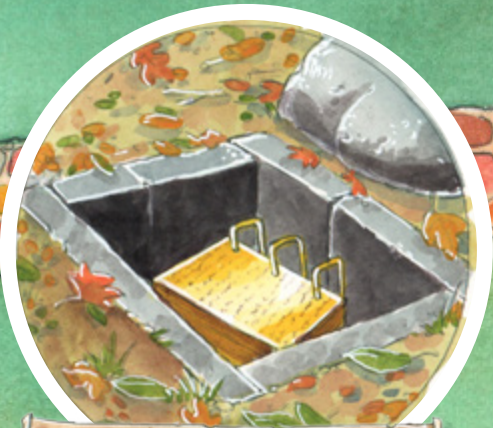


"Do not be hesitant to ask for a priesthood blessing when you are in need."

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles

"Priesthood Blessings," *Ensign*, May 1987, 39.

Golden Plates to



1. The angel Moroni showed Joseph Smith where to find the golden plates. They were buried in the Hill Cumorah.



2. Four years later, Joseph and his wife, Emma, went in a wagon to get the plates.



3. People tried to steal the plates many times. Once Joseph hid them under the bricks of the fireplace.



5. The writing on the plates was in an ancient language. Through inspiration and the power of the Holy Ghost, Heavenly Father helped Joseph Smith translate what the writing said.



4. Another time he hid them in the barn loft. Once on a trip Joseph and Emma hid the plates in a barrel of beans.

MORE ABOUT THE PLATES

- ◆ The pages were thin sheets of metal. And bolls were carved onto the metal.
- ◆ The plates were written in a language called Egyptian.
- ◆ The plates probably weighed 40-60 pounds as five bowling balls!
- ◆ Part of the plates were sealed so they could not be read. The common comes from the unsealed part. Heavenly Father will have the translation of the sealed part.

Book of Mormon



6. Joseph used a special rock called a seer stone to translate the plates. He also used a tool called the Urim and Thummim, two clear rocks bound together with metal that looked like a pair of glasses. This tool had been buried in the Hill Cumorah with the plates.

7. Joseph didn't have much schooling, so he wasn't good at writing or spelling. But Heavenly Father helped him understand what the plates said.



8. Oliver Cowdery was one of Joseph's scribes. He wrote down the words as Joseph read them out loud. Martin Harris and Emma were also scribes for a short time.



9. Only a few people saw the plates. Eight men, called the Eight Witnesses, saw and touched the plates.



10. The Three Witnesses saw the plates too. They also saw an angel and heard God's voice. You can read the testimonies of the witnesses at the beginning of the Book of Mormon.



TES

cient sym-

alled Reformed

unds (18-27 kg). That's about as much

ouldn't be opened. The Book of Mor-
venly Father has promised that some-
ealed part too (see [Ether 3:27](#), [4:4-7](#)).

Show and tell



At family home evening, I asked my brothers and sisters to write a letter to me to help me

decide if I should go to church or to my gymnastic meets that were on Sundays. I got some great answers, and they helped me decide it was more important to keep the Sabbath day holy.

Piper C., age 10, Virginia, USA



One day some of my friends wanted to play tag and one friend wanted to play Frisbee.

We started playing tag, but I noticed that my other friend looked lonely. I joined him, and soon all my friends joined us playing Frisbee. We all had fun together, and no one was left out.

Corbin K., age 10, Montana, USA



One day I was sad and grumpy. My mom said sometimes that just happens when you grow up.

I got out my scriptures and started reading to my mom. I felt the Holy Ghost comfort me.

Abigail H., age 9, Île-de-France, France



In my free time, I like to go outside with my dogs, Bane and Ivy. I am so grateful for the beauty Heavenly

Father has given me.

Tye S., age 12, Missouri, USA



After I read the scriptures, my mom helps me understand the chapter that I just read. I learned

if we are righteous, we can go back and live with Heavenly Father again.

Denzel E., age 6, Laguna, Philippines



I have made the choice to keep the Sabbath day holy. This means that I do not play on electronics on Sundays. I

know that it was a good choice, and it helps me feel the Holy Ghost.

Gage R., age 6, New York, USA



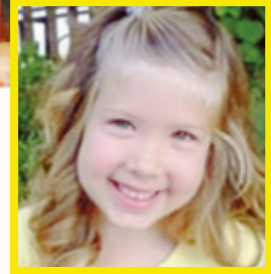
Corinne I., age 7, Idaho, USA



Laura V., age 11, Maryland, USA



The **Flora Vista Ward Primary children, Bloomfield, New Mexico Stake**, put together 100 toy bags and gave them to the nearby Children's Cancer Society in Albuquerque, New Mexico, USA. This activity was inspired by a new member of their Primary, **Katie E.** Katie had been in the hospital for cancer and got a similar toy bag that was donated by her stake in Arizona.



Look at all the missionaries in front of the temple
Samuel G., age 6, Norway, built!



Thomas G., age 10, Suffolk, England



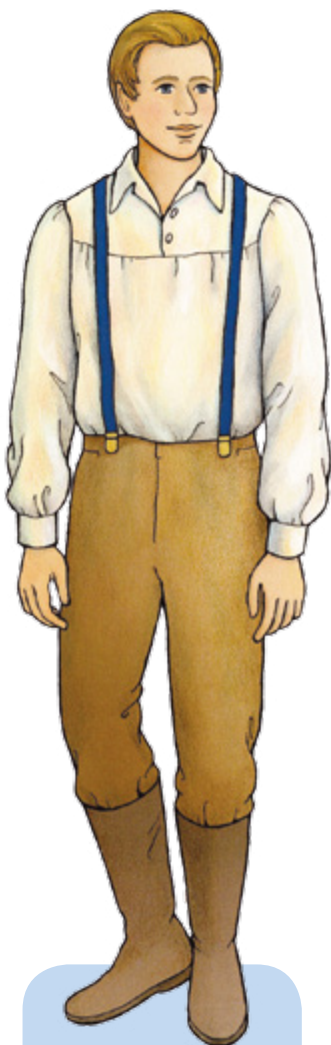
Nancy and Daniel H., ages 9 and 4, Utah, USA, like playing together. What would you write on your heart?

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

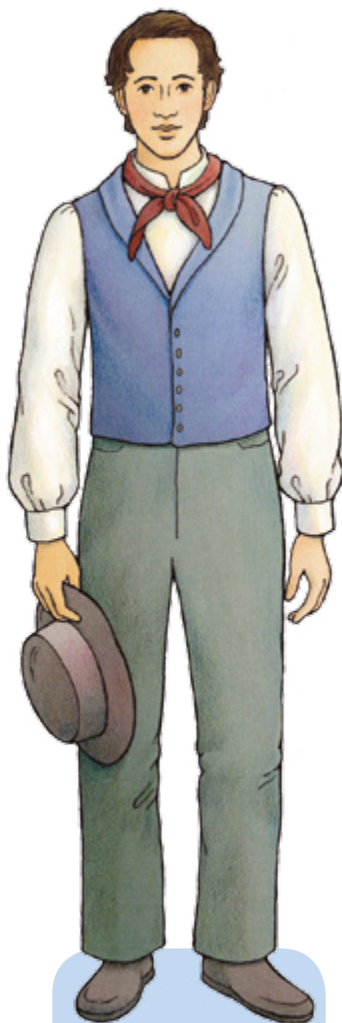


Baptism and the Priesthood Restored

Use these to share Church history stories!



Joseph Smith



Oliver Cowdery



While Joseph Smith translated the golden plates out loud, Oliver Cowdery wrote the scriptures down. When they read about being baptized, they asked God how baptisms were supposed to happen. In answer to their prayer, John the Baptist came and gave them the Aaronic Priesthood and taught them. Joseph baptized Oliver, and then Oliver baptized Joseph. Later, Peter, James, and John gave Joseph and Oliver the Melchizedek Priesthood.

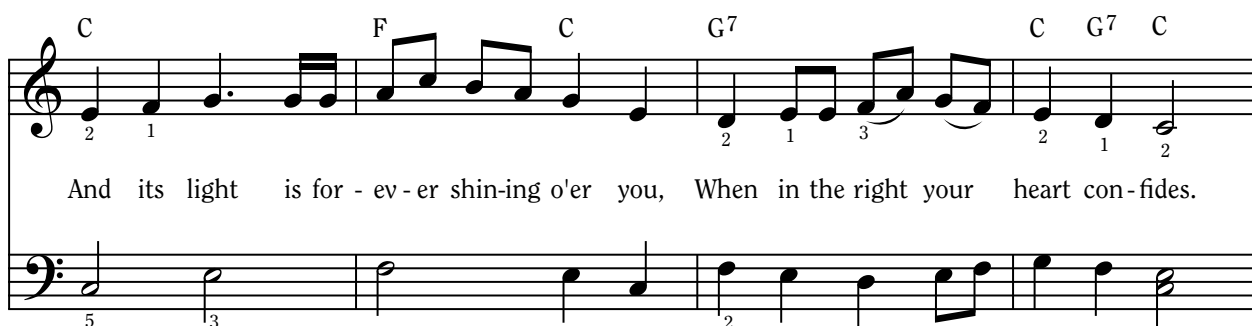
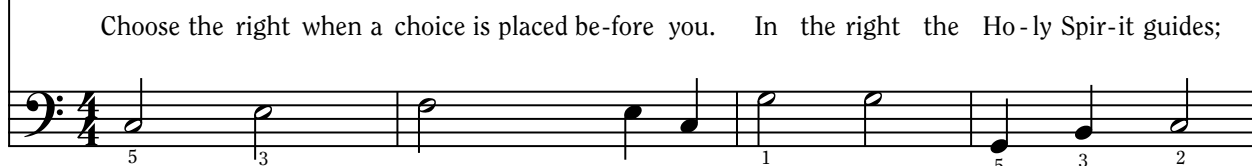
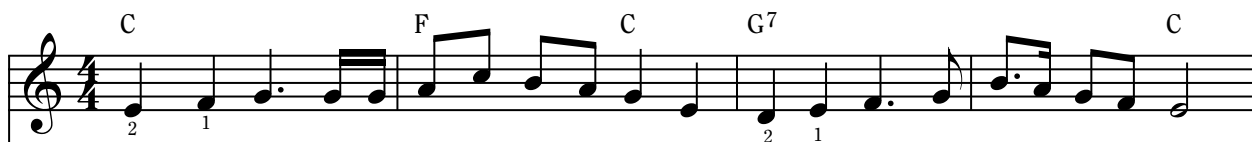
Find more Church history figures at [lessonhelps.org](https://www.lessonhelps.org) under the category "Scripture Figures."

Choose the Right

(Simplified)

Words by Joseph L. Townsend
Music by Henry A. Tuckett

Brightly ♩ = 84-96



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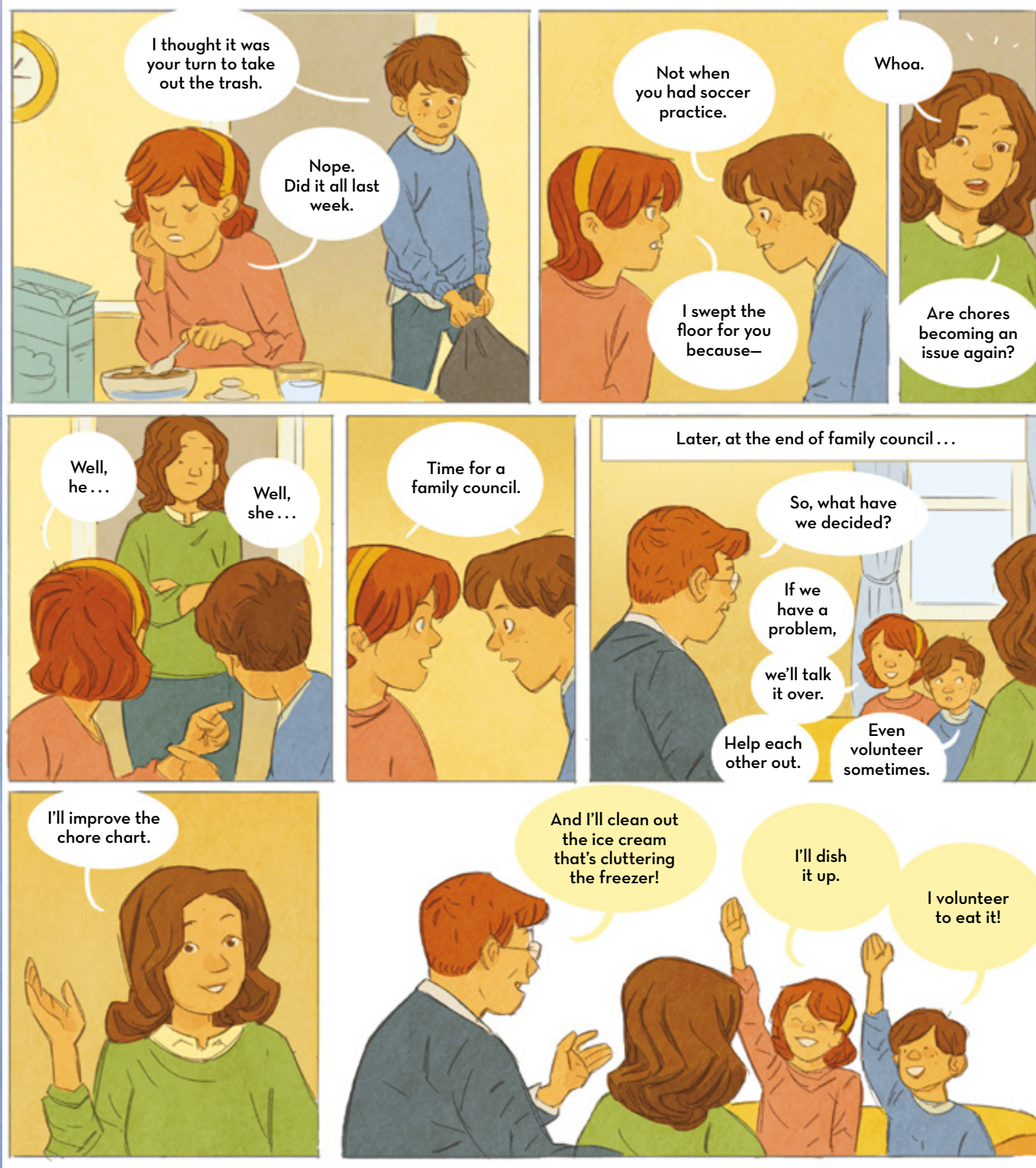
This notice must be included on each copy made.

Watch a sing-along video for this song at
children.lds.org. Click on "Videos and Music."

February 2017

29

MATT AND MANDY



for older KIDS



A house has a door on each side, and all of the doors face south. A bear is walking around the house. What color is the bear?

Answer on page 39.

MY HAIKU

If you lack wisdom,
You can say a prayer to God
And get an answer.

Laurel F., age 9, Texas, USA

Send us your gospel haiku! See page 39.

DEAR JOURNAL



Choose a favorite scripture and write about what it means to you. Draw a picture to illustrate it!



THINK ABOUT IT

"He knows all the things we don't want anyone else to know about—and loves us still."

—Elder Gerrit W. Gong of the Seventy

SECRET SERVICE

Get some friends together and make a treat for someone who needs cheering up.



I think the best part about being a member of the Church is that I can share the gospel whenever I want. I also like the fact that Mormons are all over the world!

Celestia T., age 10, California, USA

Let Us Hear from YOU!

- How do you like the For Older Kids section?
- How can we make it better?
- What issues and problems do you need help with?

Send your answers to *Friend*, 50 E. North Temple, SLC, UT 84150. Or email us at friend@ldschurch.org.

The Dance Drama



By Jane McBride

(Based on a true story)

"Choose the right way and be happy" (Children's Songbook, 160).

"Hey, Sofía! Wanna go to the Valentine's Day dance with me?"

Sofía felt her cheeks turn red. She didn't know what to say. Kyle Thornton was one of the cutest and nicest boys in the seventh grade, and here he was asking Sofía to the dance! Sofía knew she shouldn't date until she was 16, but part of her *really* wanted to go. It would be so much fun! And besides, the dance was at school, so meeting Kyle there wouldn't exactly be a *real* date. . . .

But Sofía didn't feel super comfortable with the idea.

"Um . . . can I tell you tomorrow?" she asked.

"Sure, no problem." Kyle smiled and walked to class.

After school, Sofía's best friend, Ashley, ran up to her. "I heard Kyle asked you to the dance!" she said. "That's so great!"

Sofía shrugged.

"You're going, aren't you?" Ashley asked.

"Well, my family is going to make cookies and take them to a care center that day," Sofía said. "I'm probably going to go with them."

"You're kidding, right?" Ashley said. "You can do something with your family any day. This is important, especially since *Kyle* asked you!"

Sofía knew lots of girls liked Kyle. What would they think if she said no? But how could she tell Ashley she couldn't date yet?

"I gotta go," Sofía said. "Mom needs me home right away to watch the twins."

"OK," said Ashley. "Let me know what you decide."

When Sofía got home, Mom gave her a quick hug before hurrying out the door to go visiting teaching. Sofía and her eight-year-old twin brothers, Mateo and

Leo, spent the time building block towers and cities.

As she played with her brothers, Sofía thought about the dance. All of her friends were going. She thought about Kyle and smiled. It would be fun being at a dance with him. But she knew what the prophets had said—kids shouldn't date before turning 16. She wanted to be obedient. As fun as the dance might be, Sofía knew what she had to do.

At school the next day, Sofía saw Kyle in the hallway. She took a deep breath and walked up to him. She had practiced what to say all morning.

"Thank you for asking me to go to the dance with you," she said. "But I can't go."

"Why not?" Kyle asked, his smile fading.

"I'm not going to date until I'm 16," Sofía said. "But we can still be friends."

Kyle's shoulders slumped. "OK. I guess I understand."

They said goodbye, and Sofía walked to class. She hated seeing Kyle so sad. But she also felt OK about her decision.

On Friday after school, instead of picking out an outfit and doing her hair for the dance, Sofía frosted heart-shaped cookies with Mom and Dad and her brothers. Instead of going to the school gym, Sofía went to a care center to pass out the cookies.

In the main room at the center, Sofía noticed a piano in the corner. She knew several Primary songs by heart,



so she asked her family to sing along while she played. People sitting nearby clapped at the end of each song. When she and her family finished singing "A Child's Prayer," Sofía saw that several people had tears in their eyes.

"Thank you!" one lady said. "That was even better than the cookies! Will you come back?"

Sofía smiled. "Of course!" Maybe she could even invite her friends and Kyle next time. ♦

The author lives in Colorado, USA.

IF THIS HAPPENS TO YOU...

Here's what you can do. Mark the things Sofía did in the story!

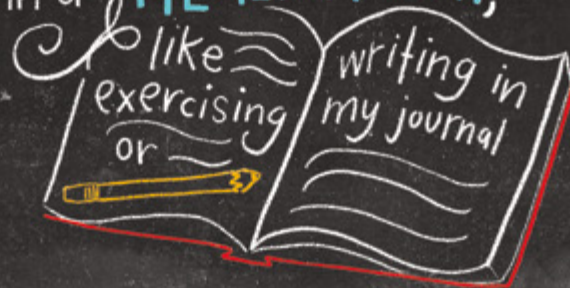
- ♦ Be polite and kind.
- ♦ Thank them for the invitation.
- ♦ Explain that you're not going to date until you're 16 or that it's a rule in your family.
- ♦ If they ask about the Church's teachings, don't be scared to tell them.
- ♦ Suggest another activity. Having friends is important no matter how old you are.





Use a
KIND VOICE
and
KIND WORDS

Let **GO** of angry feelings
in a **HEALTHY WAY**



LISTEN
to others
→ **EVEN** ←
WHEN I don't Agree

I CAN BE A **PEACEMAKER**

WHEN I...

Suggest
WAYS TO



USE "I" messages like,

"I feel _____ when you
_____. Please _____."

Say
"SORRY"

WHEN
I MAKE
a
MISTAKE

PRAY **TO** HEAVENLY
FATHER **FOR** **HELP**
in getting along

Try to **STAND**
UNDERSTAND how others
ARE **FEELING**

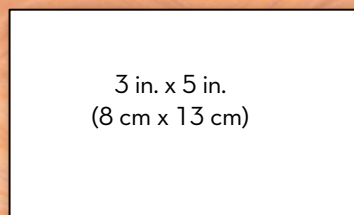
★ ★ ★
REMEMBER:

Being a peacemaker doesn't mean you let other people hurt you. If someone is being really mean to you, tell a parent, friend, or trusted adult right away. You are an important child of God, and you deserve to be treated with respect.

Origami **HEART** Bookmark



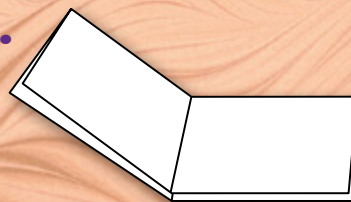
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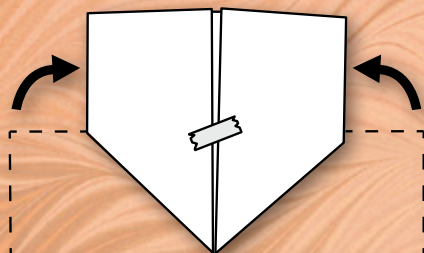


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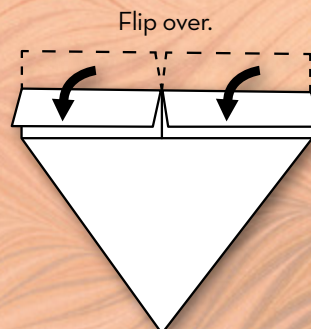


Don't forget to tape!

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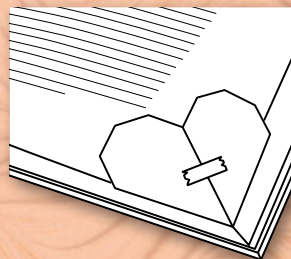


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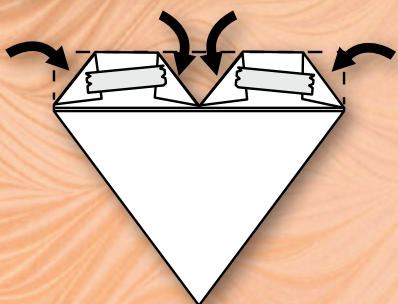


7.

Flip over and slip on the corner of a page.



6.



Pizza Time!

Make this easy pizza dough, and then get creative with the toppings!
(This makes two medium pizzas.) Be sure to get an adult's help.

3 cups all-purpose flour

1 teaspoon yeast

1 1/2 teaspoons salt

1 1/4 cups water

1. Mix all the ingredients in a bowl. Add a *little* more water if the flour doesn't all mix in. Cover the bowl with plastic wrap and set aside for at least an hour.
2. Preheat oven to 500°F (260°C) and grease two 9x13-inch (23x33-cm) baking sheets.
3. Sprinkle a large spoonful of flour on the dough and flour your hands. Use your hands to fold the flour into the dough.
4. Split the dough in two. Stretch each piece across a baking sheet. If there are any holes, just push the dough together.
5. Cover with sauce, cheese, and toppings. Bake for 15-20 minutes until the crust is golden brown.



Me? A Bully?

By Merillee Booren

(Based on a true story)

“Be ye kind one to another” (Ephesians 4:32).

It had been a great day at school. Jeff had spent all recess playing tetherball with his friend, Ben. After two years at his new school, Jeff was glad to finally have a best friend. Ben liked the same things as Jeff did, and they always had lots to talk about.

When Jeff got home, he saw Mom waiting for him. She didn't look happy at all. His smile faded away. “Jeff,” Mom said, “I got a call from the principal today. She said you’ve been bullying a boy in your class.”

“I have not!” said Jeff. He knew that bullying was wrong. A bully made people sad and afraid. Jeff had never done anything like that.

“Are you sure?” Mom asked. She made room on the couch for Jeff. “The principal said you and Ben tell Sam to go away, that he’s not in your club, and that he can’t join unless he jumps off the top of the slide.”

Jeff looked down. Sam asked to play with them almost every day. But Ben was his best friend, and they liked playing by themselves. That didn’t mean he had been a bully, did it?

“Is it wrong for Ben and me to play alone?” Jeff asked. It didn’t seem fair that someone called him a bully just for playing with his best friend.

“You two can still spend lots of time together. But when Sam is around, it’s wrong to make him feel left out and alone. The principal said you called Sam names for not jumping off the slide.”

“I did not!” Jeff said. But Ben had. And he had laughed.

“Remember how you felt when we first moved?” Mom asked.

Jeff nodded. School had been really lonely at first. He had prayed a lot to find a good friend.

“What do you wish people had done?” Mom asked.

“I wished they’d invited me to play games at recess. Or sit with them at lunch.”

“Isn’t it amazing that you have such a good friend now?” Mom said. “You can be someone who helps people who are lonely, like you used to be. I’m going to give you a challenge. Tomorrow I want you to find out three cool things about Sam. Then tell me after school.”

“I can probably do that,” Jeff said, staring at his shoes. He hadn’t meant to bully Sam. He wanted to be kind like Jesus. Tomorrow he could tell Sam he was sorry. And he could tell Ben that he wanted Sam to play too.

“Hey,” said Mom. She tipped Jeff’s chin up. “You are a good, kind boy. Sam would be lucky to have you as a friend. And guess what? I bet you’ll find out you’re lucky to have Sam as a friend too.”

Jeff smiled a little. Ben could still be his best friend. It wouldn’t hurt to have another friend too. ♦

The author lives in Utah, USA.

KINDNESS CHALLENGE

- Find out three cool things about someone you don’t know well.
- Think what Jesus would do. Memorize a Primary song like “If the Savior Stood Beside Me.”
- You don’t have to be best friends with everyone, but you can choose to be kind. Do something nice for someone you don’t get along with.



Forever Family

Alison C., age 11, Texas, USA



I wanted to create this poem because I really am comforted by the knowledge I have that families are forever. On the first day of fourth grade, my grandma, who lived in my home all my life, passed away. I'm glad to know I have the opportunity to see my grandma and family again in heaven.



Families Are Forever

One thing that keeps me going,
It keeps me feeling strong,
Is that families are forever,
And we always get along.

I love them very dearly
And know they love me too.
Heavenly Father is waiting
With our relatives who

Just came to earth for bodies
Or got older and just passed.
Grannies, grandpas, *all* ancestors
Aren't just history or past.

They really are still living.
They haven't left for good.
We'll see them up with God
In the Heavenly Neighborhood.

All of them mean something.
We're all one family.
We miss them, yes we do,
But they're waiting there for you!

Building a Temple

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

By Amie Jane Leavitt

All kinds of heavy equipment and machines are used to prepare the land so the temple can be built. Bulldozers level the ground. Excavators dig holes. Loaders and dump trucks move dirt and rocks. Once a big hole is dug, cement trucks pour the foundation. After the cement dries, the framework is built out of steel columns and beams. Then more cement is poured to make the temple's inside walls.



FUNSTUFF ANSWERS

Page 10: Path 1, Julio; 2, Mari; 3, Dad; 10 frogs

Page 21: "I made this my rule: When the Lord commands, do it."

Page 31: White. The house is at the North Pole, so the bear is a polar bear.

Y	O	E	B
E	B	Y	O
B	E	O	Y
O	Y	B	E



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ8, 4, and 20.

How to Write to the Friend

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

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

Please send your submission to:

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

May the Friend contact you
with a survey?

☐ Yes ☐ No

The following information and permission must be included:

First and last name

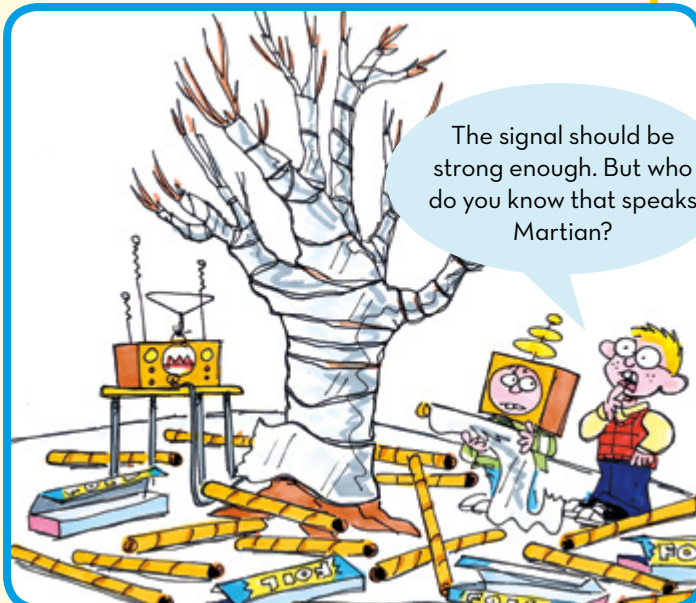
Age Boy/Girl State/Province, Country

I give my permission to The Church of Jesus Christ of Latter-day Saints to use my child's submission and photo on the Church websites and social media platforms as well as for Church reports, print products, video, publications, and training materials.

Signature of parent or legal guardian

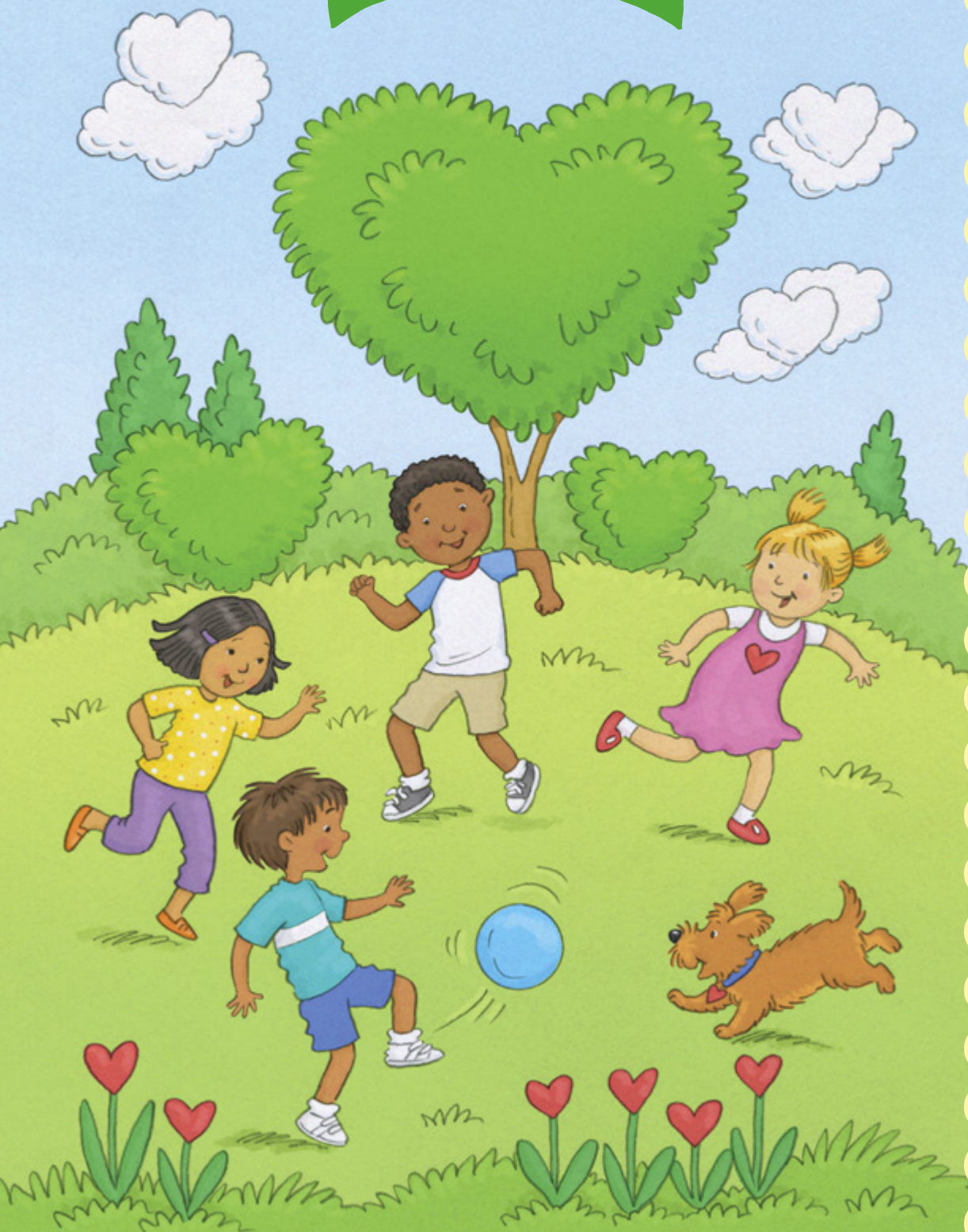
Email of parent or legal guardian

The Last Laugh



THE Friend

JUNIOR



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

For Parents of Little Ones



Three ways to teach little ones about Jesus:

Choose a wall, shelf, or scrapbook to display pictures of people who love your child. Include a picture of Jesus along with pictures of your child's favorite relatives and friends. Point to the pictures and ask him or her to name all the people. This can give you a chance to tell your child who Jesus is and that He is real.

Preschoolers are beginning to learn about the Savior. Their hearts are open to Jesus's love, and their ears are open to stories and music about Him. Long before little ones understand what Jesus has done for them, they can know He loves them—and feel love for Him in return.



At music.lds.org, you can search the *Children's Songbook* for songs about Jesus. Listen to them or sing them throughout the week. When children hear "He Sent His Son," they get a simple message about the Savior's mission. When they listen to "I'm Trying to Be Like Jesus," they learn that Jesus is kind.

At bedtime, tell stories about Jesus. Little ones will listen to almost anything that begins, "Once a long time ago..." You can visit scripturestories.lds.org and use the illustrated or animated versions of scripture stories too.

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



ACTION RHYME

Jesus Loves Me

By Amanda Hill



Jesus knows the little birds
And numbers them each one.



And all the fish in oceans blue
Are known by God's own Son.



If Jesus cares for animals
On land or in the sea,

Then think of just how much He loves
A little child like me!





Explorer Everett

By Jennifer Maddy

Explorer

Everett

likes to dig for



treasure

. He pretends that sparkly



rocks

are



gold coins

. He pretends that



sticks

are



dinosaur bones

.



Everett

runs to show



Mom

what

he found. Look out!



Everett

trips over a



rock

and hurts his



knee

. He feels very



sad



Mom

puts a



bandage

on his



knee

“Let’s say a prayer,”



Mom

says. They pray

that his



knee

will feel better. Now Explorer



Everett

is on the hunt again! As he

looks for a



treasure map

, his



knee

starts to feel better.



Everett

feels happy.

He knows that



Heavenly Father

and



Jesus

love him.

Heavenly Father and Jesus Love You

Everett knows that Heavenly Father and Jesus love him. They love you too! What do you see in the picture that shows Heavenly Father and Jesus's love? What else can you think of? Draw them into the picture too!



STORIES OF JESUS

When Jesus Was a Child

By Kim Webb Reid

When Jesus was a child,
He lived with Mary,
Joseph, and His brothers
and sisters. He learned
from His family and His
Heavenly Father to be
wise and strong.



Every year, Jesus and
His family went on
a long journey to
Jerusalem. They
went there to
celebrate a holiday
called Passover.



One year, when it was time to go home, Mary and Joseph thought Jesus was traveling with friends. After a day, they noticed He was missing. Where was Jesus?



Mary and Joseph hurried back to the city to look for Jesus. They found Him at the temple. He was teaching men about the scriptures and answering their questions. The men were surprised that He was so wise.



Jesus said He had stayed at the temple to serve His Heavenly Father. We can learn about the scriptures and tell others about Jesus. Then we will be serving Heavenly Father too! ◆

From Luke 2:41-52

I Can Show Love for Others





Double Happy

By Christine Merrill

(Based on a true story)

"Here is your class," Lilly said. It was Sam's first day in Primary. Lilly was happy to help her brother.

When Sam cried, Lilly sat by him. She helped him feel better. Sam was scared when they went to class. So Lilly stayed with him.

Lilly helped Sam every Sunday.

"Lilly, you have been a good helper with Sam," Mom said one Sunday. "Now it's time for his teacher to help him instead."

"But if I don't sit by Sam, he'll cry," Lilly said.

"I know," Mom said. "But his teacher can help."



Then you can go to your class too.”

Lilly frowned. She didn’t think this was a good idea.

“Sometimes we need to obey, even when we don’t know why,” said Dad. “When we obey our parents, it helps us learn to obey Heavenly Father.”

“OK,” Lilly said. She hoped Mom’s idea worked.

Lilly sat with her own class in Primary.

Sam cried for a little bit. His teacher helped him. Soon Sam was singing songs with the others. He liked Primary.

Lilly liked sitting with her class too.

After Primary, Dad asked how it went.

“It was great!” Lilly said. “Sam only

cried a little. We both had fun with our classes. I showed Sam how to be reverent.”

Now Lilly felt double happy. She was happy she helped Sam. And she was happy she obeyed. ♦

The author lives in Maryland, USA.

