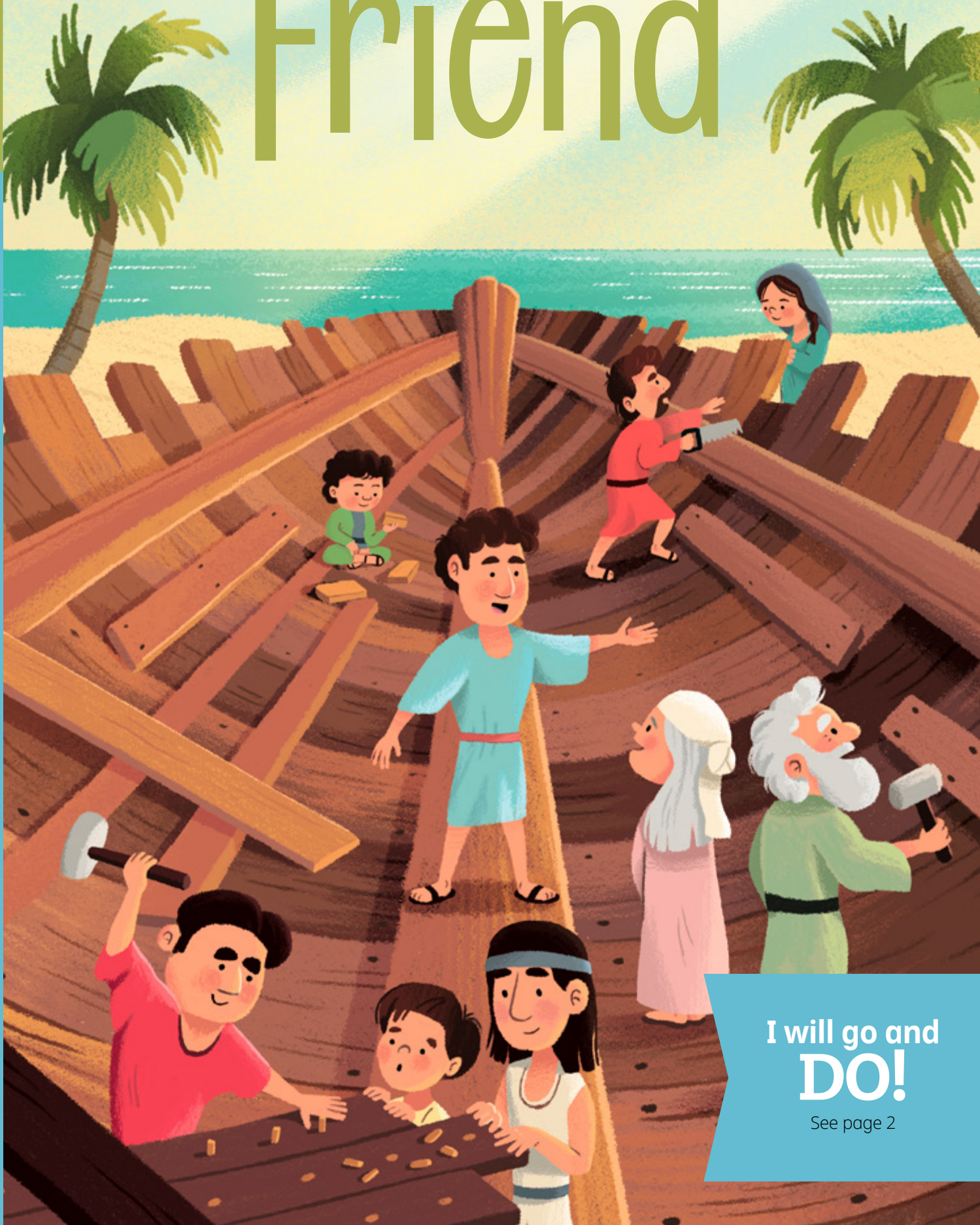


the Friend



I will go and
DO!

See page 2



Friends by Mail

Mini Spaghetti Pizzas



It was fun making the mini spaghetti pizzas (March 2019) as a family, and we all loved them!

Austin and Jade A., age 7 and 9, Texas, USA

My Friend Cover

I drew the cover of the June 2019 *Friend!*

Amelia H., age 4, Michigan, USA



Matt and Mandy



When a new *Friend* comes in the mail, I like to lay out all the Matt and Mandy pages so I can see how the story builds from last month.

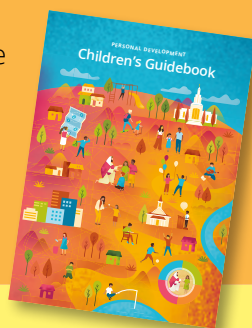
Rockwell R., age 8, Idaho, USA

Dear Friends,

If you're seven or older, you probably already have the new booklet called *Personal Development: Children's Guidebook*. It's a fun way to grow, try new things, and become more like Jesus. On page 26 of this month's magazine, you can read about how some Primary children followed Jesus by being kind and inclusive. And you'll find a beautiful new song, "I Will Walk with Jesus," on page 27.

Write and tell us how you're using your new guidebook to become more like Jesus!

Love,
The *Friend*



STANDARDS SEARCH!

Can you find a story in this issue that talks about clean language?

I found it! Page _____.

Bonus challenge!

Memorize this month's standard: "I will not swear or use crude words" (*Children's Guidebook*, 63).



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

the Friend

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

COME,
FOLLOW ME

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

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Find 3 Hidden CTR Rings

Hard: What would you pack?

Harder: Have a refreshing sip

Hardest: Happy hearts in the hospital

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By President
Henry B. Eyring

GO and DO

Second Counselor in
the First Presidency

When I was growing up, many people were out of work and homeless. The Relief Society president in our small branch was an older woman from Norway. She knew that God wanted her to care for those in need. So she asked her neighbors for old clothes. She washed the clothes and ironed them. Then she put them

in cardboard boxes on her back porch. When someone needed clothes, her neighbors would say, “Go to the house down the street. There is a lady there who will give you what you need.”

This sister found out what God wanted her to do, and then she did it! She helped hundreds of Heavenly Father’s children who were in need.

In the Book of Mormon, Nephi teaches us to follow God’s commandments, no matter how hard they seem. He said, “I will go and do the things which the Lord hath commanded” (1 Nephi 3:7).

You show your trust in God when you listen to Him and then go and do whatever He asks. ●

Adapted from “Trust in God, Then Go and Do,” Ensign, Nov. 2010, 70–73.



What can you do to help
someone today?

You Can Make a Difference!



President Eyring talked about a woman who helped hundreds of people.
Follow the paths to see how these children made a difference!



Luis

shared a copy of the *Friend* with his friend Maria.



Kaylee

stopped to help Eric after he scraped his knee.



Danielle

smiled and said hello to everyone in Primary.



Max

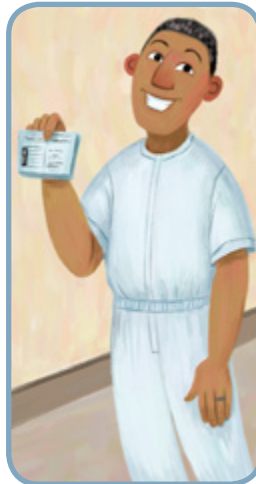
drew pictures for five people who were in the hospital.



Tamara

showed her dad how to use FamilySearch.org.

Katie was grumpy until she saw Danielle. Then she began smiling at people too!



Tamara's dad was baptized in the temple for a family member!



Maria and her grandma started learning about the Church.



When Eric saw someone else fall, he helped instead of laughing.



Max's pictures made five patients smile—and that made their nurses happy too!

BRAVE

By Charlotte Larcabal
Church Magazines
(Based on a true story)

Natalie laid her head on the back of her seat and looked out the window. She tried to focus on the houses and cars flashing past. But it wasn't easy. A bunch of older kids at the back of the bus were saying bad words again. Loudly. And it wasn't just swear words, either. The things they were talking about were not things Natalie wanted to hear.

Natalie wasn't the only one who felt uneasy. Her friend Katy frowned and stared down at her hands. Thomas looked at Natalie and shrugged his shoulders. The bad language was bothering all of them!

Natalie peeked back at the older kids. Then she hurried and turned around before anyone saw her. She could ask them to stop, but that thought made her stomach flip-flop. It probably wouldn't do much good anyway.

She decided to pray instead.

Dear Heavenly Father, she silently prayed. Please make them stop.

Natalie finished her prayer and waited. Nothing happened. The older kids kept saying the same bad words. Katy was still staring at her hands. Thomas still looked uncomfortable. Why didn't Heavenly Father do something? Why didn't He make them stop saying those bad words?

Please, Heavenly Father, she prayed silently.

Then a thought came into Natalie's mind: *Talk to the bus driver.*

She scrunched up her nose. Talk to the bus driver? What if he yelled at her? What if the older kids saw her and made fun of her?

The thought came again. *Talk to the bus driver.*



ON THE BUS

Natalie took a deep breath and walked up to the bus driver.



ILLUSTRATION BY KELLAN STOVER

Natalie felt a peaceful feeling.

Help me be brave, Heavenly Father, she prayed.

As the bus pulled up to her stop, Natalie took a deep breath and walked up to the bus driver.

“Mr. Avery?”

“Yeah?”

“Um . . . some of the older kids in the back are saying really bad words,” Natalie said quietly. But then she felt a little braver. Her voice was a little stronger. “It makes other kids and me uncomfortable. Is there something you could do about it? Please?”

Mr. Avery glanced at the back of the bus through the rearview mirror. He nodded.

“Thanks for telling me. I’ll talk to them.”

Natalie smiled and walked down the bus steps. She hopped off the last one and skipped home. She was feeling much better.

The next day, Mr. Avery smiled at Natalie as she got on the bus. “I talked to our friends in the back of the bus,” he said. “I reminded them that what they say affects those around them. I told them I didn’t want any bad language on our bus anymore. Let me know if it happens again.”

Natalie grinned. “Thanks, Mr. Avery.”

Natalie had a happy feeling in her heart. Heavenly Father *had* helped with the swearing. He didn’t make them stop. But He did help Natalie know what to do. He helped her be brave. And next time she needed courage to speak up, she knew she could do it with His help. ●

See *Come, Follow Me* for 2 Nephi 1–5.

Thanks, Natalie P., for sharing your story!

And for your great example!

MY FAMILY NIGHT

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

FUN



Jesus Loves You!

For 2 Nephi 6–10

Boats Afloat!

For 1 Nephi 16–22



Sing “Nephi’s Courage” (*Children’s Songbook*, 120–21).

Act out the story of Nephi building a boat. You can use the script on page 25. How can you do hard things like Nephi did?

Want to build a boat like Nephi? Try the ideas on pages 24–25.

You could also make a boat you can eat! (See “Treat Time.”)



Pretend Plates

For 2 Nephi 1–5



Sing “Praise to the Man” (*Hymns*, no. 27, verse one).

Prophets long ago knew that a man named Joseph would translate the scriptures (see 2 Nephi 3:7, 15). They wrote about him on the gold plates. Can you imagine how Joseph Smith felt when he translated those words?

Make your own metal plates! Wrap heavy aluminum foil around a piece of cardboard and tape it in place. Use a matchstick and press gently to write on your “plates.”

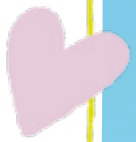


Sing “I Feel My Savior’s Love” (*Children’s Songbook*, 74–75).

The prophet Jacob

taught his people about how Jesus would help them. Because of Jesus we can “cheer up [our] hearts” (2 Nephi 10:23).

Play the matching game on page 8 to learn about how Jesus blesses our lives. How does Jesus help your family?



TREAT TIME

Banana Boats



Cut **unpeeled bananas** lengthwise about 1 inch (2.5 cm) deep, leaving 1/2 inch (1 cm) uncut at each of the ends.



Stuff the slit bananas with **mini marshmallows** and **chocolate chips**. Then wrap in foil and place them on a baking sheet. Bake at 350°F (180°C) for about 10 minutes.

Grape Bites



Stick **toothpicks** into individual **grapes** and dip them in **yogurt**. If you want, dip them in a topping, like shredded coconut or nuts.

Place grapes on a plate and freeze for about 2 hours.

Cowboy Salsa



Mix **1 can corn** (drained), **1 can pinto beans** (drained), **2 chopped tomatoes**, **1 chopped avocado**, and **1/4 cup Italian dressing**. Serve with chips for dipping.

Picture the Temple

For 2 Nephi 11–25



Sing “I Love to See the Temple” (*Children’s Songbook*, 95).

Prophets said long ago that one day there would be a temple many people would visit (see 2 Nephi 12:2–3). Now there are temples all around the world!

Read “A Temple for Ítalo” on page 10. Why are temples so important?

Draw your own picture of the temple, like Ítalo did! You can look at temples around the world at temples.ChurchofJesusChrist.org. Click on “Photo Gallery.”



Learning Little by Little

For 2 Nephi 26–30




Sing “Do As I’m Doing” (*Children’s Songbook*, 276).

God helps us learn about Him little by little (see 2 Nephi 28:30). He doesn’t expect us to know everything at once.

Sit in a circle to play this game. The first person says, “I’m going to church, and I’m going to bring ____.” The next person repeats what the first person said and adds their own item at the end. Continue going around the circle, repeating all the items and adding more one by one. Can you remember them all?


Blessings from Jesus



Because Jesus died for us . . .



. . . we can repent and be forgiven
(see Doctrine and Covenants 19:16).



Because Jesus did the very hardest thing . . .



Because Jesus paid for our sins . . .

Match the cards to finish each sentence.
Hint: The colors of the boxes can help!



. . . He understands us perfectly
(see 2 Nephi 9:21).



Because Jesus felt all our pain . . .



. . . we can do hard things with His help
(see Philippians 4:13).



. . . everyone who dies will live again
(see 2 Nephi 9:22).



See *Come, Follow Me* for 2 Nephi 6–10.



“We talk of Christ,
we rejoice in Christ.”

(2 Nephi 25:26)





A TEMPLE FOR ÍTALO

He couldn't wait to go inside someday!

By Sadey Ludlow

(Based on a true story)

"I love to see the temple. I'm going there someday" (Children's Songbook, 95).

Ítalo was excited for the ward temple trip. They were going to the Recife Brazil Temple. It was 15 hours away!

Ítalo, his older brother, Henrique, and their parents left early in the morning. As they rode along, Ítalo kept thinking about something Mom had told him. "This year, you can see how beautiful the temple is from the outside," she said. "Next year, you'll be old enough to see how beautiful it is on the inside."

Ítalo hadn't been to any temple before. But he had been watching the new temple being built in Fortaleza, where his family lived. It was amazing!

They stopped for lunch. Ítalo had his favorite, *feijoada*, black bean stew with rice. While he ate, he kept thinking about the temple. When the temple in Fortaleza was finally dedicated, it would be a temple his family could visit over and over again. They wouldn't have to drive so far.

The sun was setting when Ítalo and his family arrived at the temple in Recife. "*Que bonito!*" Ítalo said. "How beautiful!" He couldn't stop smiling.

The next morning, Mom showed Ítalo where he would be waiting with his friends from the ward. "Even though you can't go inside the temple yet," she said, "pay attention to the special spirit you can feel while you're on the temple grounds." Then the rest of Ítalo's family went inside the temple.



Members of the ward sat with Ítalo and the other children on the grass near the temple. They read stories from *O Livro de Mórmon* (the Book of Mormon) together. *Reading scriptures is a good way to get ready for the temple*, Ítalo thought. He felt calm and safe. *Mom's right*, he thought. *There is a special feeling here.*

Then the adults took Ítalo and the other children for a walk around the temple grounds. That's when Ítalo noticed the words over the entrance to the temple. "*Santidade ao Senhor. A casa do Senhor*," they said. "Holiness to the Lord: the House of the Lord."

No wonder I feel so peaceful here, he thought. *This is God's house.*

When the temple trip was over, Ítalo and his family returned home. He wanted to remember how he had felt at the temple. What could he do?

Sometimes Ítalo felt he could draw his feelings better than he could write about them. So he drew a picture of the temple. Then he showed it to Mom and Dad.

"This will remind me of where I want to go," he said. He kept the picture in his room where he could look at it each day.

"I want to be ready," he said. "Because I want to go inside someday!" ●

The author lives in Utah, USA.



What can you do to get ready
to go to the temple?



See *Come, Follow Me* for 2 Nephi 11–25.



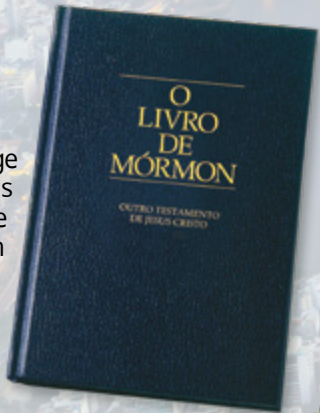
We're Margo and Paolo.
We're traveling around the world to learn about children of God. Join us as we visit Brazil!



Soon there will be 11 temples in Brazil! On page 10, you can read about a Brazilian boy's first temple trip.

Brazil is the largest country in South America. More than a million members of the Church live there.

The main language spoken in Brazil is Portuguese. This is the Book of Mormon in Portuguese.



ILLUSTRATIONS BY KATIE MCDEE



PHOTO BY GETTY IMAGES

Football (soccer) is the most popular sport in Brazil.

The Amazon River is the longest river in the world. And the Amazon rainforest is the biggest rainforest in the world! It's home to many amazing animals, like this red-eyed tree frog.



A giant statue of Jesus Christ stands on a mountaintop near the city of Rio de Janeiro.

Meet some friends from Brazil!



I like going to church with my little sister and my parents. I feel the Savior's love when I am with my family in sacrament meeting. I feel it when I am in Primary too. I know that Jesus lives and loves us.

Yago V., age 4, with his sister, Laís, age 2, Minas Gerais, Brazil



Before my baptism, I was afraid of drowning because I could not swim. My father said I could trust Jesus to be with me. After that I felt great courage and knew I was not alone. The day of my baptism was one of the best days of my life.

Ana Luiza M., age 9, Paraná, Brazil

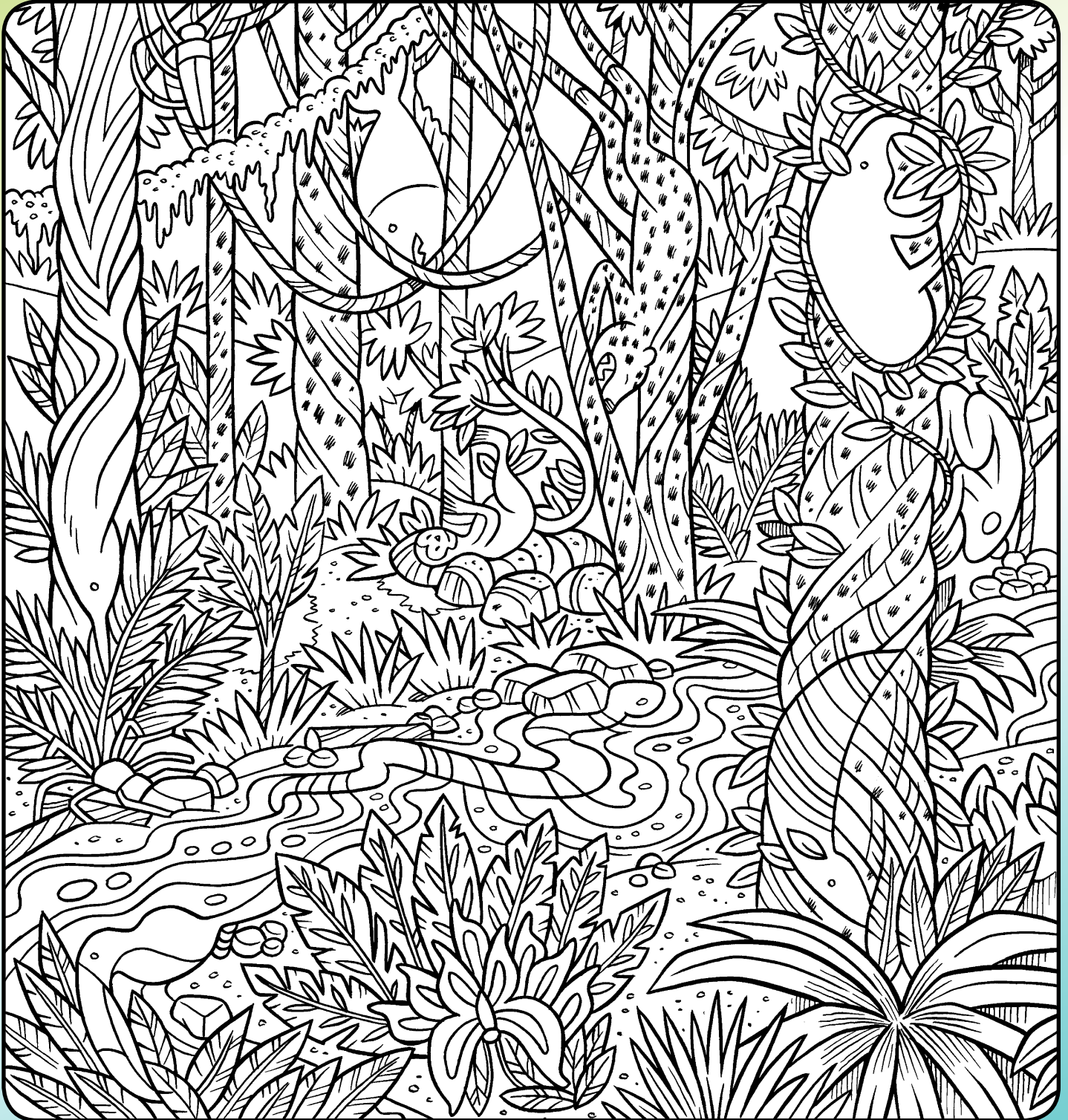
Thanks for exploring Brazil with us. See you next time!



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

Find It!

About half of Brazil is covered in rainforest. Can you find and color all 12 animals and insects in this rainforest scene? Look on page 39 for help.



Can you think of three scripture stories with animals in them?



Go to page 12 to learn more about Brazil.

ELDER JEFFREY R. HOLLAND

Of the Quorum of the Twelve Apostles



He loves all sports. His wife, Patricia, was a class officer and cheerleader at their high school.



He was worried when he started college and thought about giving up, but Sister Holland told him to have faith.



He'll turn 80 this year. His birthday is December 3!

He and Sister Holland have three children.



“Heaven is cheering you on today, tomorrow, and forever.”

Elder Jeffrey R. Holland

“Tomorrow the Lord Will Do Wonders among You,” *Ensign*, May 2016, 127.

Packing for Grandma's House

I've never spent the night away from home. What if I get scared at Grandma's house?



By Jane McBride

(Based on a true story)
The author lives in Colorado, USA.

I know!
I'll take some
of my favorite
things with me!



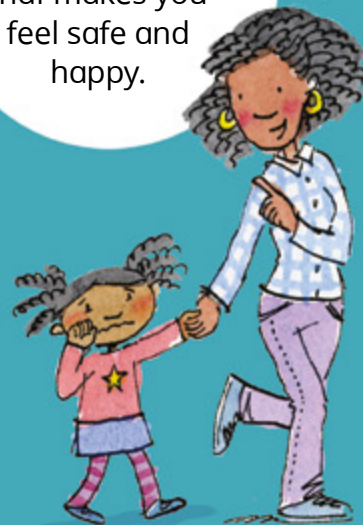
It won't
all fit!



Mommy! I can't fit everything in my backpack to take to Grandma's!



Maybe just pick something that makes you feel safe and happy.



Now I'm all ready to go!





By Elder Brian K. Taylor
Of the Seventy

When I was 11 years old, I loved basketball. My oldest brother loved it too. He played on the basketball team in college. He had to decide whether to serve a mission or keep playing on the team.

One night at dinner, he was talking with our family about whether or not to serve a mission. I just blurted out, “If you go on a mission, I’ll go on a mission.” Everyone was silent as my brother thought about what I said.

My brother did decide to go on a mission! In fact, all four of my

brothers served missions. When it was time for me to decide whether or not to serve, it wasn’t a question. I had already made that choice!

Someone else who loved basketball helped me prepare for my mission too. His name is Devin Durrant, and he was one of my teammates in college. He became my hero.

He asked me if I knew what it felt like to make the winning shot in a basketball game. I said yes. Then he said, “It’s great. But it can’t compare to how you’ll feel when you teach and baptize someone on your mission.” I never forgot that.

Through these great examples in my life, Heavenly Father showed me that His work was more important than basketball. What matters most is living the gospel of Jesus Christ so we can live with Heavenly Father again. ●



More Important
--- Than ---
BASKETBALL



*From an interview
with Tiffany Leary.*

Missionary Basketball

Play this game to practice sharing the gospel!



1. Cut out the squares below and crumple them into balls.
2. Set a bowl at the end of a table or desk. Then take turns shooting the balls into the bowl.
3. When a ball lands in the bowl, open the paper and read the question. Practice answering it as if you were talking to someone who wants to learn more about the Church.

**What church
do you go to?**

(Tip: Use the
full name of the
Church.)

**Do you believe
in the Bible?**

**Are you a
Christian?**

**Why do you
believe in God?**

**Who is
Joseph
Smith?**

**What is the
Book of
Mormon?**

Anxious but All Right

By Kirstin Smith

(Based on a true story)

"Be still, and know that I am God" (Psalm 46:10).

As soon as the bell rang, Lincoln started walking to the parking lot as fast as he could. He couldn't wait to get home from school!

He stood on his tiptoes, looking at all the buses and cars in the pickup lane. Classmates rushed by him, laughing and talking. But Lincoln didn't feel like joining them. He prayed that his mom would get there soon. Finally he saw their blue minivan.

"Hi, buddy," Mom said as the van door slid open. Lincoln climbed in and pulled the door shut. All the noise went quiet. It was like he had clicked the mute button on the TV remote.

Lincoln sighed with relief. The quiet felt so good.

"How was your day?" Mom asked.

Instead of answering, Lincoln started to cry.

Mom looked at him in the rearview mirror.

"Uh oh, what happened?" she asked. "Are you OK? Did you get hurt?"



Lincoln wanted to answer, but his throat felt tight. Even if he could talk, he didn't know what to say.

"I don't know," he finally mumbled.

"You don't know why you're crying?"

Mom asked.

Lincoln shrugged. "I feel worried and nervous and scared, and I don't even know why!" He cried harder, glad that he didn't have to hold it in anymore.

"It sounds like you are feeling anxious," Mom said. "Sometimes

I feel like that too. I actually feel that way a lot."

"You do?" Lincoln asked, wiping his cheeks with his sleeve.

"Yep. For me, it happens when I'm tired or I've been around a lot of people without a break."

Lincoln nodded. That sounded like his day today! He was glad he

wasn't the only one who felt this way sometimes.

But there was still something he didn't understand.

"At church I learned that when we choose the right, we feel good inside," Lincoln said. "I don't think I did anything bad today, but I still feel terrible!"

Mom looked at him with a smile. "Our feelings can be funny like that. Not all unhappy feelings are



Lincoln thanked Heavenly Father for helping him feel better and learn more about his feelings. He could use the ideas he'd learned next time he felt anxious too. Things were going to be OK! ●

The author lives in Utah, USA.

because of bad choices. There are lots of reasons we can feel unhappy or anxious. Sometimes we don't even know why we feel the way we do."

Lincoln thought about that during the rest of the drive. He was glad his anxious feelings weren't because of something he did wrong. When they got home, they said a prayer together and asked Heavenly Father for help. Then Mom helped him figure out some things he could try to feel better.

First Lincoln got a snack. Then he played with his toys for a while. After that, he read a few chapters of a book he had gotten for his birthday.

Pretty soon, his body felt more relaxed. The nervous thoughts weren't racing through his brain anymore.



FEELING ANXIOUS?

Do you have anxious feelings like Lincoln?

Nervous

Can't calm down
or stop worrying

Upset

Jumpy

You aren't alone! These feelings don't always mean you've done something wrong. Sometimes they are just part of life. And sometimes when you just wait, anxious feelings will pass. Talk to a parent or other adult you trust about how you are feeling. Turn the page for other ideas that can help.



Six Ways to Feel Better

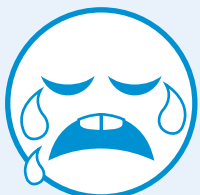
When you're upset, color the face that matches how you feel, or draw a new face. Then color the ideas for feeling better. Try one of the ideas!



I feel angry.



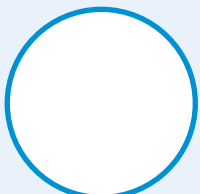
I feel scared.



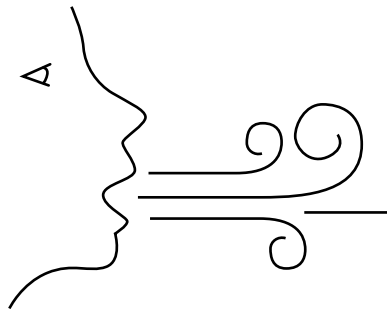
I feel sad.



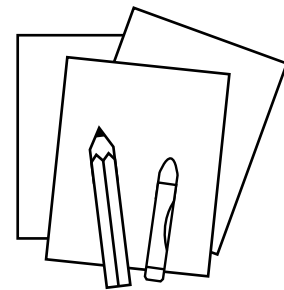
I feel worried.



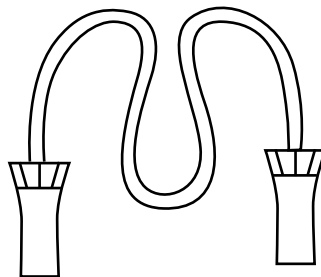
I feel _____.



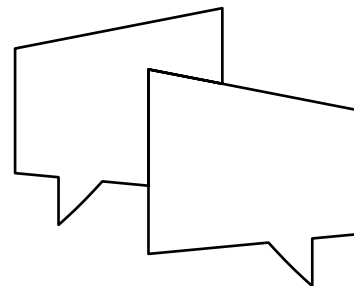
Slowly breathe in and out.
Let your body relax.



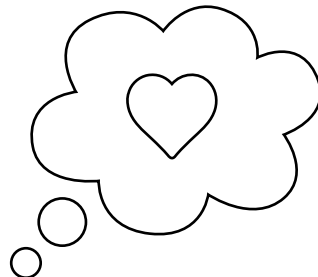
Write in a journal or color a picture about how you feel.



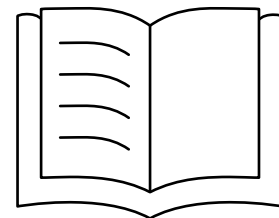
Try an activity that gets your body moving.



Talk to someone about how you feel.



Be kind to yourself. Try to think nice thoughts about yourself.



Say a prayer and read a few scriptures. God loves you, no matter what!

When I feel anxious, I like to practice soccer.



And I find someone to talk to when I'm sad.



By TeAroha P., age 9, Texas, USA

It was Sunday, and my family and I were watching videos about service. We saw one about some people who helped others from another village who had lost their homes.* They even closed the school and let 11 families live there.

I decided I wanted to help too. I asked my parents if we could have a garage sale and donate the money we earned to the village. My mom told me she didn't know how to send the money straight to the village, but we could donate the money to the Church Humanitarian Aid Fund. She explained that the Humanitarian Aid Fund uses the money to help places like that village.

I went to my room and looked for toys I could sell in the garage sale. My mom and other family members helped find other things we could sell. I made a

goal for how much money I wanted to donate.

We had our garage sale on a Saturday morning and were able to raise most of the money. We donated the things we didn't sell to a thrift store. I also donated some of my money from chores to help reach the goal, and my parents told me they would help too.

Finally I was able to reach my goal and donate the money for people like the villagers who had lost their homes. It might take longer for me to save up for things I want after donating some of my money, but I'm glad I was able to help them. My mom said that doing this blessed our family because we were helping others. ●

*** Want to see the video? Check it out here:**
<https://bit.ly/2Wn2ag8>



Scripture BOATS

Who Am I?

Match each person with their story.

- 1** God warned me He was going to flood the earth. He told me to build a huge ship called an ark so my family and the animals could survive.
- 2** We were on a boat with Jesus when a storm came. Jesus calmed the wind and the waves.
- 3** My brother and I built ships to travel to a promised land. I asked God to make stones glow to give us light in our ships.
- 4** Our boat couldn't land because the harbor was frozen! I led our group in prayer asking God for help. The ice broke long enough for our boat to pass through.



Lucy Mack Smith



Jesus's disciples



Noah

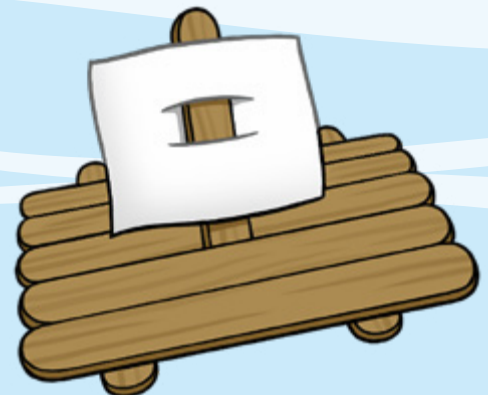


The brother of Jared

Build Your Own

Here are some ideas for making different kinds of boats. What ideas can you come up with?

Use half of an avocado skin as the main part of a ship.



Glue or tape craft sticks together to make a floating raft.



Nephi Builds a Ship

Use this script to act out parts of 1 Nephi 17.

Narrator: After Nephi's family traveled through the wilderness, they came to an ocean. The Lord told Nephi to make tools and build a ship.

[Nephi is building. Laman and Lemuel walk over.]

Nephi: Brothers, come help me build our boat!

Laman: No! You don't know how to build something like that.

Lemuel: You are foolish, like our father.

Nephi: The Lord will lead us to a promised land, just like He led the people of Moses. I'm sad you don't believe God's promises.

Laman: *[angrily turning to Lemuel]* Let's throw him in the ocean!

[Laman and Lemuel try to grab Nephi, but Nephi steps back.]

Nephi: I can do anything God commands me to do.

[Nephi stretches his hand toward Laman and Lemuel. They start shaking and fall on their knees.]

Laman: I felt the power of the Lord!



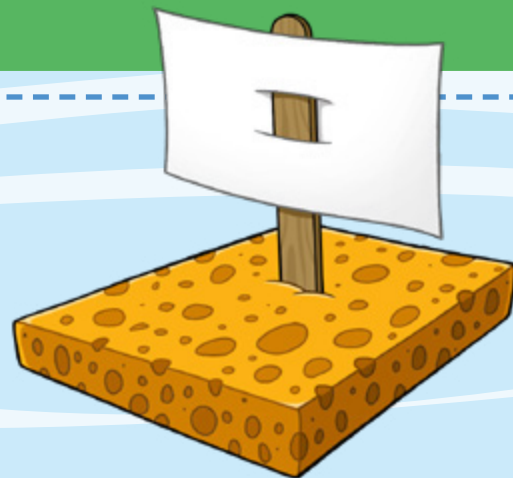
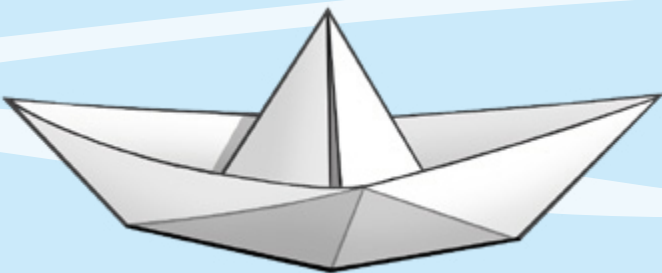
Lemuel: I did too! It made me shake!

[Nephi helps them to their feet.]

Nephi: I hope you will believe in God. Now let's finish this boat together.

Narrator: Nephi and his family finished their ship and sailed to the promised land.

Fold a boat out of paper.



Use sticks and paper to decorate a sailing sponge.

See *Come, Follow Me* for 1 Nephi 16–22.

A KIND Primary Class



Jayden P., age 10, Idaho, USA

Once I went to a family reunion in another state. It was a lot of fun. When Sunday came, I was nervous to go to a different ward. The only people I knew at church were my family. I wanted to stay home, but I knew going to church was important.

When we got to Primary, my nervous feeling went away a little. I started to feel comfortable with the

other kids. They shared their scriptures with me, they talked to me, and they helped me answer questions. We became friends.

I was glad I went to church and thankful that everyone was so nice to me. I hope I get to go to that ward and see my friends sometime again. ●

Kindness Challenge

Aria is new at church. Fill in the speech bubbles with what you could say. How could you help a visitor feel welcome?



I Will Walk with Jesus

Earnestly ♩ = 80-88

Words and music by Stephen P. Schank

B^b E^b B^b E^b B^b E^b B^b E^b

1. Je - sus walked in wis - dom; Je - sus grew in truth.
 2. I can grow like Je - sus. I will try each day,
 3. I will trust in Je - sus. I will hear His call.

B^b E^b B^b Cm⁷ F B^b E^b

He showed love to God and man while in His youth. Je - sus wants to guide me.
 Prom - is - ing to walk His path and there to stay. Stan - ding by my Sav - ior,
 He will nev - er leave me, e - ven when I fall. Je - sus gives me pow - er,

B^b E^b Cm B^b E^b F

Je - sus shows the way, Call - ing me to come and walk with Him each day.
 safe with - in His care, Step by step I'll fol - low, and His love I'll share.
 lifts and com - forts me, Help - ing me to live and grow e - ter - nal - ly.

Chorus B^b E^b F B^b Gm Cm⁷

As I walk with Je - sus to my home a - bove, He will bless me with His Spir - it and

F⁷ B^b Gm Cm⁷ D⁷ Gm

fill me with His love, Change my heart for - ev - er and help me clear - ly see.

E^b B^b Cm⁷ F⁷ B^b E^b B^b E^b B^b

I will walk with Je - sus, and He will walk with me.

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 This notice must appear on each copy made.

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

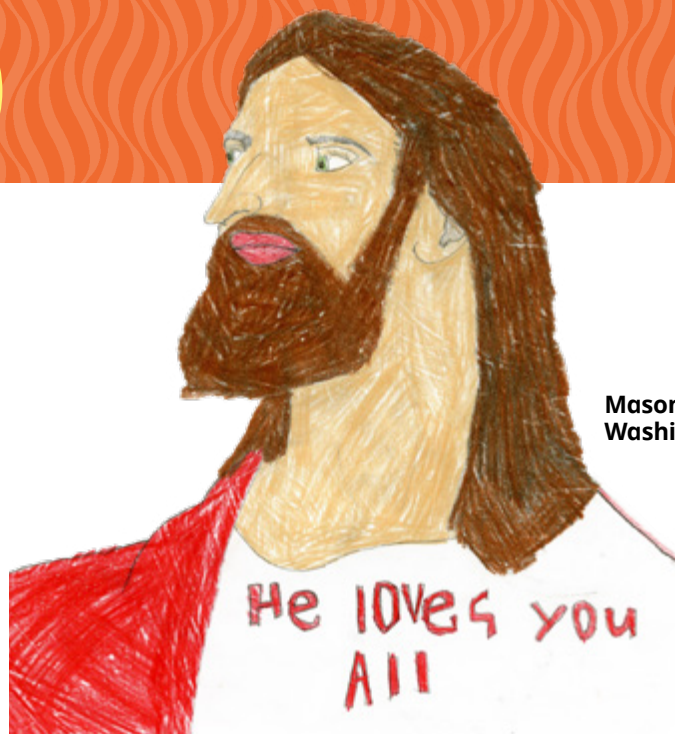
Show and tell



On our way driving home from a swim meet, it was dark and snowing. My mom was worried and asked us to pray. I remembered how Jesus taught us to pray when we need help. So I bowed my head and closed my eyes to pray to get home safely. After I prayed and opened my eyes, I felt a warm feeling in my heart. Then I heard a still, small voice whisper, "Everything will be all right."

Peichi C., age 10, Massachusetts, USA

Peichi C., age 10, Massachusetts, USA



Mason R., age 10, Washington, USA



I felt very happy to enter the waters of baptism. My brother, who served a mission, baptized me!

Astrid V., age 8, Arequipa, Peru



We raked leaves and shoveled snow for our elderly friend.

Collin F., age 6, Ohio, USA



David K., age 9, New Jersey, USA



We have family living in Tonga and were sad when a cyclone hit there. We decided to send water purifiers so that they could have clean drinking water. We worked to earn money to send three boxes of purifiers. Our family in Tonga had enough to share with their community.

Christopher and Kalea L., both age 8, Saskatchewan, Canada



Lynn P., age 11, Santa Cruz, Bolivia



I help my brother with math. I help my dad by caring for him.

George E., age 8, Missouri, USA



Primary children in the **San Luis Province, Argentina**, practiced for the Primary program and were excited to present it!



There was a boy who was being mean at school. I talked about it with my family. I prayed to Heavenly Father for the boy to find friends and to stop bullying. We soon became friends!
Matias M., age 7, Lithuania

Emily I., age 11, Utah, USA



I like to invite my friends to come to church or to activities with me.
Jacob K., age 12, New South Wales, Australia

I'm Always in God's Sight

The skies are blue.
The snow is white.
And everything I do
Is in God's sight.
No matter what others say
During this lovely day,
God knows everything I think and do,
So I'll do my best to be true.

Esther M., age 9, New York, USA



Maren F., age 9, Florida, USA

MATT AND MANDY



for older KIDS

FAMILY HISTORY CORNER



Use an online map to explore places where your parents, grandparents, or ancestors lived.

BRAIN TEASER

What goes up but never goes down? (See page 39)



A LOOK INSIDE THE TEMPLE

Some temples have paintings on the walls to remind us of Heavenly Father and Jesus Christ's beautiful creations. The temple in this photo took 40 years to build and is now closed for renovation. Can you guess which temple it is? (See page 39)



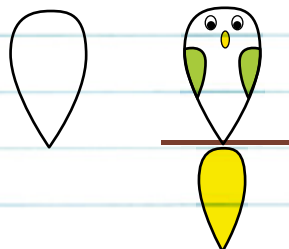
SECRET SERVICE!

- Return someone's cart at the grocery store.
- Visit elderly people in a nursing home.
- Bring a treat to a neighbor. Ring the doorbell and run away before they see you!



ART CHALLENGE

Draw a parrot from an upside-down raindrop. Thanks to Nathaniel T. for the idea!



A NEW FRIEND

There was a new kid at my school in my grade, and I knew he would feel good if he had a friend. So I went over and introduced myself and got to know him. I found out he was pretty cool. I'm glad I could minister and be a good friend.

Gerad J., age 11, Arizona, USA

Send in your idea for an art challenge!



Riding to the Rescue



By Carolyn Colton

(Based on a true story)

“The Lord God will help me” (2 Nephi 7:7).

“This is going to be great!” Sterling said as he looked out the truck window. The sun was just rising over the horizon. The range stretched as far as he could see, full of sagebrush, a few twisted cedar trees, and one lonely cabin.

“Yeah!” his friend Glen said back. “I can’t wait to ride the range with Marcus.”

“And eat his famous sourdough biscuits,” Sterling said.

Sterling’s dad drove up to the cabin and parked the truck. He was dropping them off to help Marcus with their families’ cattle. The boys ran to the cabin as the 70-year-old cowherder walked out, smiling big. A cowboy hat covered his head.

“Here are my cowhands!” Marcus said. “I was starting to think you wouldn’t make it. I’m sure glad to see you.” Marcus spoke a few minutes with Sterling’s dad, then waved as the dust settled behind the truck.

Marcus fed them breakfast—delicious sourdough biscuits, eggs, and bacon. Then they saddled their horses and began riding the range, looking for cattle who were wandering. They set out big blocks of salt for the cattle to lick so they would be healthy.

After lunch they rode under the cloudless sky to a far corner of the range. It was hot and dusty, so Marcus led them to a spring of water to have a drink and cool off. Soon they were ready to get back to work.

But as Marcus swung his leg over his horse, his sharp spurs accidentally hit the horse under the tail. The horse bucked and threw Marcus to the ground on top of a big rock. Marcus screamed in pain.

“Marcus!” yelled Glen.

“Are you OK?” said Sterling.

“I can’t move,” Marcus moaned. Then his eyes closed. He had passed out!

The boys looked at each other, eyes wide. “What



should we do?" said Sterling.

"We need to find someone to help us," said Glen.

"He needs a doctor."

Sterling and Glen were scared. They were miles away from other people and didn't have phones to call for help. They didn't even know exactly where they were.

"I'll be right back," Sterling said. He walked around a pile of rocks, knelt in the dirt, and bowed his head. "Heavenly Father, Marcus is really hurt, and we don't know how to help. Please let me know what to do."

Sterling heard a clear voice in his head. *Ride north.*

He hurried back to Glen and Marcus. "I'm going to find help," he said to Glen. "You stay here with Marcus." Glen looked relieved.

Sterling climbed on his horse and started riding north. After about an hour of nothing but sky and sagebrush, he saw a cloud of dust in the distance. A truck was coming slowly across the range. Sterling galloped to the truck

and waved it down. It was two shearpherders looking for their lost sheep!

Sterling told them about Marcus. The shearpherders knew where the spring was and drove right to Marcus and Glen. They carefully lifted Marcus into the back of the truck and drove him to the hospital. Sterling and Glen took the horses back to Marcus's cabin and waited for their parents to pick them up.

"Thank you, Heavenly Father," Sterling prayed quietly. "Thank you for helping us help Marcus."

A few months later, Sterling saw Marcus after his broken bones had healed. "There's my brave, smart cowhand!" Marcus said. "Thanks for saving my life with your quick thinking."

Sterling smiled. He was glad Marcus was OK. "It wasn't me," he said. "I was just following Heavenly Father's directions." ●

The author lives in Maryland, USA.

Brazilian Limeade

In Brazil, this frosty drink is called *limonada suíça*. Be sure to get an adult's help.

3 limes

4 cups water

14-oz can sweetened condensed milk (about 396 g)

1 cup ice

1. Cut off the ends of the limes. Then cut the limes into wedges.
2. Put the limes and water in a blender. Pulse 5–7 times. Then strain the juice using a mesh strainer.
3. Put juice back in blender and add sweetened condensed milk. Blend until smooth and frothy. Add ice to blender and blend again. Enjoy!



Paper-Plate Hearts

Make this craft to share with someone you love.

paper plates

scissors

hole punch

yarn

1. Fold a paper plate in half and use scissors to cut out a heart.
2. Unfold the plate and punch holes around the heart. (If you don't have a hole punch, you could use a pen to poke the holes.)
3. Thread yarn through one of the holes and tie a knot to keep it in place. Then loop the yarn through a hole across from your knot.
4. Keep looping your yarn through all the holes until it's crisscrossed across the heart. Tie a knot at the end.
5. At the top of the plate, punch another hole and tie a piece of yarn through it to hang it up.

Book of Mormon Puzzle

Fill in the empty squares so that all six pictures are in each row (across), each column (up and down), and each blue box.



What do these symbols remind you of in the story of Nephi and his family?

	Hint: Which symbol is missing here?				

By Juliann Tenney Doman

(Based on a true story)

*“Let us run with patience the race that is set before us”
(Hebrews 12:1).*

Josie yawned as she slowed her jog to a walk. Today was the big race! She had been looking forward to this day for months. But instead of feeling excited during warm-ups, Josie felt tired.

“How’s it going?” her older sister, Christine, asked. She sat down with Josie on the grass so they could stretch their legs.

“I’m really tired today,” Josie said, reaching for her toes.

She had been sick and had to miss several days of school. So last night she stayed up late catching up on her schoolwork.

“I hope I don’t let our team down,” Josie said.

“Just do the best you can,” Christine said. “Looks like we’re about to start!”

The girls jogged over to join their teammates. As they lined up with the other runners, Josie closed her eyes and took a deep breath. She knew her team was counting on her to run fast, like she usually did. The race time from the top five runners on their team would determine whether their team went on to the finals. She barely had

time to get in position when the gun sounded to start the race. *Bang!* The runners pushed off the starting line and sprinted forward.

Josie pumped her arms and lengthened her steps. She knew she needed to get ahead in the beginning if she wanted to be a top finisher. At first Josie could keep up with the other lead runners. But when she tried to

Keep
Going,
Josie!



run faster, she couldn't.

Josie breathed harder. She just couldn't get her legs to move any faster. The runners behind her started passing her. Usually *Josie* was the one doing the passing! *Maybe I should just give up*, she thought.

Josie looked down at the ground as she heard another runner pass her. "Keep going, Josie!" the runner said as she ran by. Josie looked up. Then she smiled. It was one of her teammates.

"You can do it!" another teammate said as she ran past. One by one as Josie's teammates passed her, they encouraged her to keep running.

Josie felt a surge of determination. Maybe she wouldn't be in the top five, but she could still finish the race. She focused on her steps and didn't stop until she finally crossed the finish line.

"I'm sorry I . . . didn't help us . . . qualify for the next race," she said between big breaths.

"Our team *did* qualify!" Josie's coach said as she ran over to the girls. Everyone on the team cheered, and Christine threw her arms around Josie in a big hug.

That night as Josie knelt to pray, she thought about how her teammates had helped her. Their words gave her strength to keep going when she wanted to quit.

Josie looked up at the picture of Jesus hanging above her bed. *Jesus does the same thing for us*, she thought. She smiled as she imagined the Savior cheering her on.

"Keep going, Josie! I am here to help you." She wanted to help others too.

Josie thanked Heavenly Father for His help in running the race and for her wonderful teammates. She felt like she could do anything with Jesus cheering her on! ●

The author lives in Utah, USA.



Sometimes I'm afraid to try new things.
What if I fail?
—Afraid in Accra



Dear Afraid,

All people who are really good at something started out as beginners! You won't be an expert when you first try, and that's OK. It's all part of the adventure! When you mess up, just try again. Life is about learning and growing.

You can do it!

The *Friend*

Trace the lines to learn more about how these people kept trying.

President Dallin H. Oaks,
Apostle and former Utah Supreme Court Justice



Was told by his first violin teacher that he would never be successful.



Bessie Coleman,
famous pilot



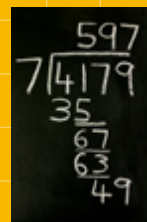
Was never a top student, popular in school, or the president of anything when she was younger.



Jean B. Bingham,
Relief Society General President



Struggled in school, especially with long division.



Ludwig van Beethoven,
world-famous composer



Was rejected by every flight school she applied to in the United States.



Want to try something new? Your *Children's Guidebook* can help you set a goal. Don't give up if you don't reach it right away!

Book of Mormon Art Show!



Lindsay C., age 9, South Carolina, USA



Maxwell G., age 6, Texas, USA

FUNSTUFF ANSWERS

Page 14

Page 31: your age; Salt Lake Temple



HIDDEN CTR RINGS

Did you find the rings?
Look on pages 17, 34, and 3.

How to Write to the *Friend*

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

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

The Last Laugh



Please send your submission to:

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

May the *Friend* contact you
with a survey?

Yes No

The following information and permission must be included:

First and last name _____

Age _____ Boy/Girl _____ State/Province, Country _____

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

Signature of parent or legal guardian _____ Date _____

Email of parent or legal guardian _____



the
Friend
junior



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16791 Feb 20

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

Come, Follow Me

for Little Ones

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

For 2 Nephi 1–5

Read 2 Nephi 2:6 together and help your little ones say, "Jesus Christ saved me." Watch a sing-along video about the Savior at children.ChurchofJesusChrist.org. Then color or draw a picture of Jesus together (see page FJ7 in the April or May 2019 *Friend*) and hang it somewhere you'll see it this week.

For 2 Nephi 11–25

Read 2 Nephi 12:2 and help your little ones say, "The temple is the house of the Lord." Then use items around your house to build a model temple. You could look at pictures of different temples in the photo gallery at temples.ChurchofJesusChrist.org.

For 2 Nephi 6–10

Read 2 Nephi 10:23 together and help your little ones say, "I can make good choices." Flip through the *Friend* and help your children smile and give a thumbs up—or whatever gesture means "good job" in your culture—whenever you find a picture of someone making a good decision.



For 2 Nephi 26–30

Read 2 Nephi 28:2 and help your little ones say, "We love the Book of Mormon!" Help your children act out some Book of Mormon stories. (For example, page 25 has a simple script you could use.) Or watch a video at BookofMormonVideos.org.

Hi, Friends!



I handed my dad his tools while he was fixing his truck!

Will, age 5, Utah, USA



I like to paint temples on rocks and hide them in the park for people to find!

Evie, age 3, Arkansas, USA



The *Friend* helps us with our home evening!

Aaron and Isabella, ages 2 and 5, Santiago, Chile



I say my prayers.

Eli, age 4, Victoria, Australia

Layla Makes Good Choices



Layla

likes making good choices! In the morning,



Layla

helps



Daddy

put



bowls

on the



table

for breakfast. In the afternoon,



Layla

plays

quietly while



Mommy

rocks the



baby

. In the evening,



Layla

puts on her



pajamas

when



Daddy

asks. Good choices make



Layla

and



Mommy

and



Daddy

happy! When we make good choices, we are following



Jesus

See *Come, Follow Me* for 2 Nephi 1-5.

I Can Make Good Choices

Heavenly Father is happy when we choose the right!
Point to the good choices.



Nephi's Broken Bow



One day in the wilderness, Nephi's hunting bow broke. His family was worried. They didn't know how they would get food without it.



Nephi had faith.
He made a new
bow and arrow.
His father, Lehi,
prayed for help.

They looked at the Liahona. It was
a special compass the Lord gave
them. When they kept the
commandments, the Liahona
showed them where to go.



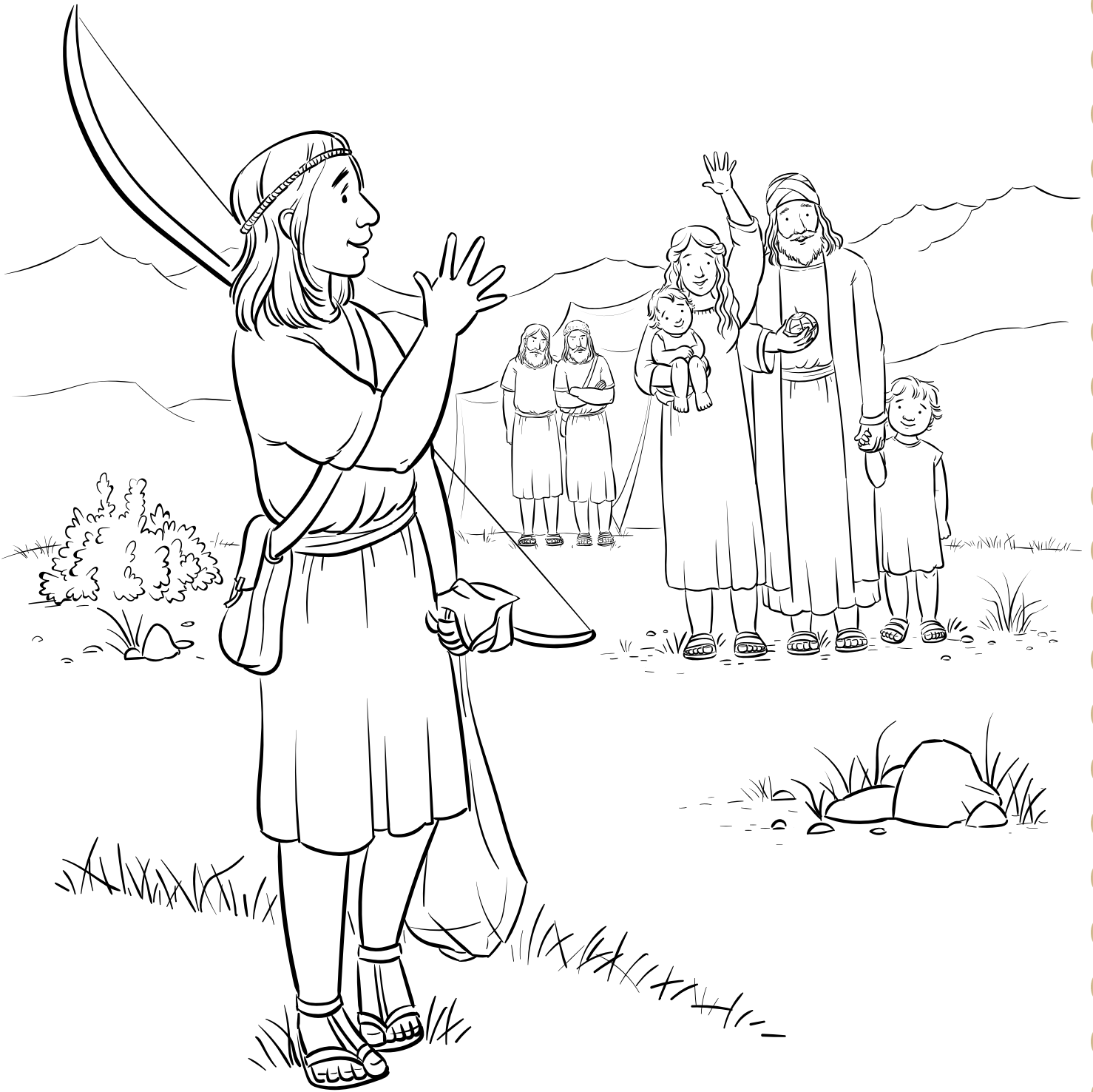
Nephi was able to
find food for his
family!



When bad or sad things happen, I won't give up!
Heavenly Father will help me solve problems. ●

Read about this story in 1 Nephi 16.

Nephi Trusted God



How can you be brave like Nephi?



By Makenzie Parsons
(Based on a true story)

David, Mom, and Grandma got out of the car. David was holding two toy dinosaurs. He made noises like they were roaring at each other.

“Don’t forget Grandma’s cane,” Mom said.

“OK,” David said. He got the cane. He gave it to Grandma.

“Thank you,” she said. Usually her smile was big. But today it was small.

They went inside. Grandma said she needed to take a nap. David played with his dinosaurs in the kitchen. Mom made dinner.

“Is Grandma sad?” David asked.

“She is missing her friends,” Mom said. “Now that she lives with us, she doesn’t see them very much.”

I would miss my friends if I couldn’t see them, David thought. He wanted Grandma to be happy.

FREE

Dinosaur Hugs

Then David had an idea. He got his markers. He made a big card. He drew lots of dinosaurs on it.

“Mom,” David said. “Can you help me write some words?”

“Sure,” Mom said.





When they finished, David took the card to Grandma's room. He knocked softly on the door.

"Come in," Grandma said. She was lying on the bed, but she wasn't asleep.

"I made you a present," David said.

Grandma opened the card. She read, "Free hugs every day! From, David and the dinosaurs."

Grandma smiled a big smile. "Thank you, David," she said. "I love hugs. But the dinosaurs don't need to hug me. Just you."

David laughed. He gave Grandma a big hug. He loved his grandma! ●

The author lives in Utah, USA.