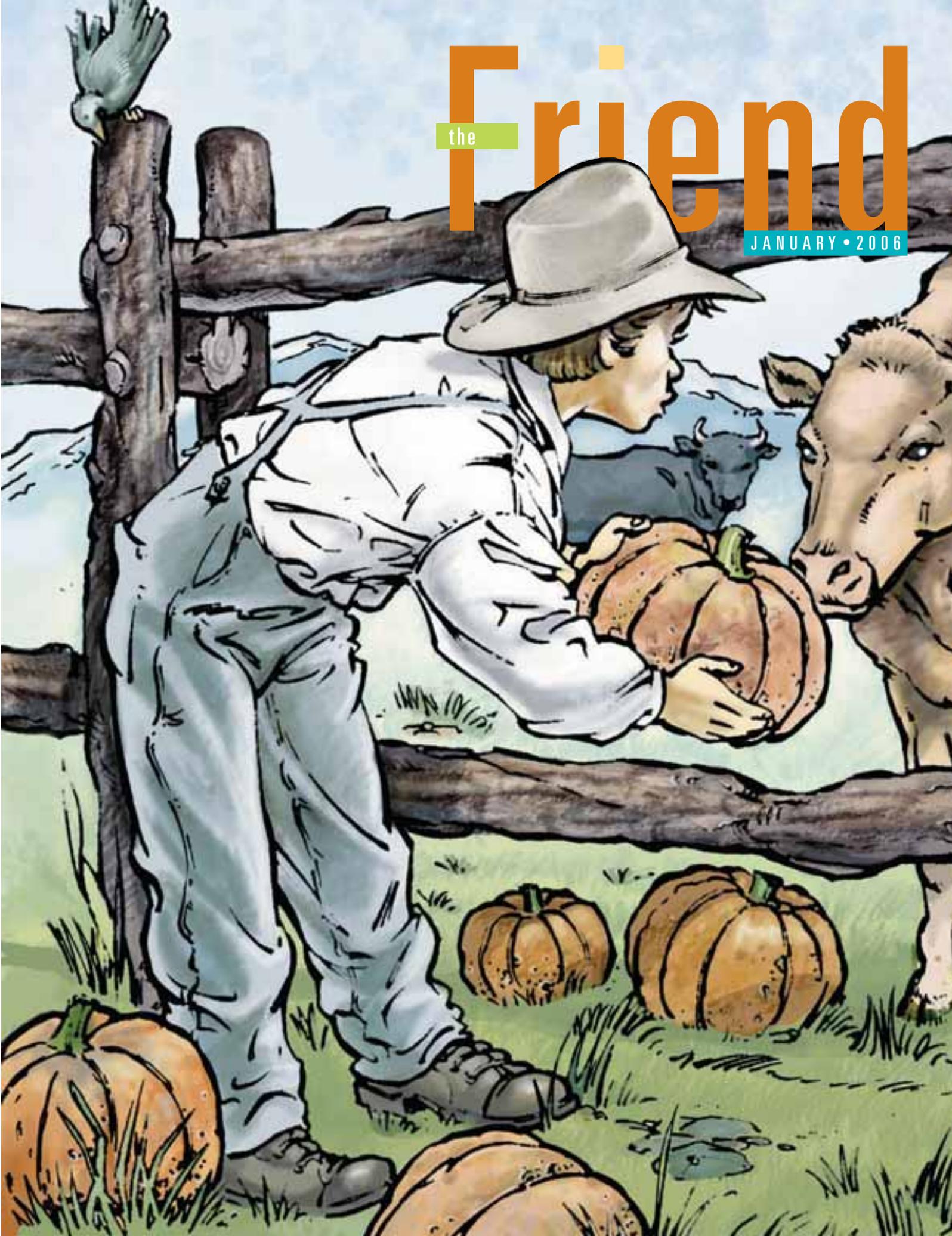


# the Friend

JANUARY • 2006



# Friends by Mail



## Praying for Ginger

**O**n a windy Sunday morning the doors of our chicken shed blew open while we were at church. All nine of our chickens escaped. When we got home, we found three chickens in the garden and five in our yard. But we couldn't find Ginger though we looked and looked. That night there was a terrible storm with wind, rain, and lightning. We were all worried that Ginger would not survive. All of us prayed that she would be safe.

The next morning a delivery man came to the front door with a package. When Mom opened the door, Ginger walked right into the house. I learned that if you need help, you can pray. Heavenly Father will answer your prayer, even if it is a small prayer for a pet chicken.

Dallin P., age 9  
Utah



## Canal Warning

**O**ne day my family went to a reception. There was a canal behind the home where the reception was being held. After eating refreshments, my brothers,

sister, and I went out to jump on the trampoline in the backyard. My mom told me to watch my two-year-old brother, Jadon. We were jumping on the trampoline when I realized that I didn't know where Jadon was. I had a feeling that I should look over at the fence by the canal. I looked there and saw Jadon climbing over the fence, saying, "Water, water!" I ran over and picked him up. I told him how dangerous it was to go into the canal. I felt good that I had listened to the Holy Ghost.

Nicole L., age 10  
Idaho



## The Campout

**M**y dad took my sister, Cathy, and me to a daddy-daughter campout. We had lots of fun. At night we listened to stories and sang songs around a big bonfire. We roasted marshmallows and ate s'mores before going to bed.

Cathy and I woke up in the middle of the night because there was a big rainstorm. I said a prayer that our tent would not blow down like it had at our last campout. When I woke up in the morning, the tent was still standing. I thanked Heavenly Father.

Susan D., age 7  
Virginia



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the **friend**

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



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

**HIDDEN CTR RING**

Heavenly Father has made many promises to His children. As we choose the right, we know we can receive those promises. In each issue of the *Friend* this year, we have hidden a picture of a CTR ring. As you look for the ring hidden in this issue, think of promises recorded in the scriptures.





# Walk the High Road

BY PRESIDENT GORDON B. HINCKLEY

**M**y dear young friends, you are the strength of the present, the hope of the future. You are the sum of all the generations that have gone before, the promise of all that will come hereafter.

You must know, as you've been told, that you are not alone in this world. There are hundreds of thousands of you. You live in many lands. You speak various languages. And every one of you has something divine within you.

You are second to none. Your Eternal Father is the great Master of the universe. He rules over all, but He also will listen to your prayers and hear you as you speak with Him. He will answer your prayers. He will not leave you alone.

In my quiet moments, I think of the future with all of its wonderful possibilities and with all of its terrible temptations. I wonder what will happen to you in the next 10 years. Where will you be? What will you be doing? That will depend on the choices you make, some of which may seem unimportant at the time but which will have tremendous consequences.

You have the potential to become anything to which you set your mind. You have a mind and a body and a spirit. With these three working together, you can walk the high road that leads to achievement and happiness. But this will require effort and sacrifice and faith. You will be expected to put forth great effort and to use



**President Hinckley teaches us to build happy futures through prayer, faith, and keeping the commandments.**

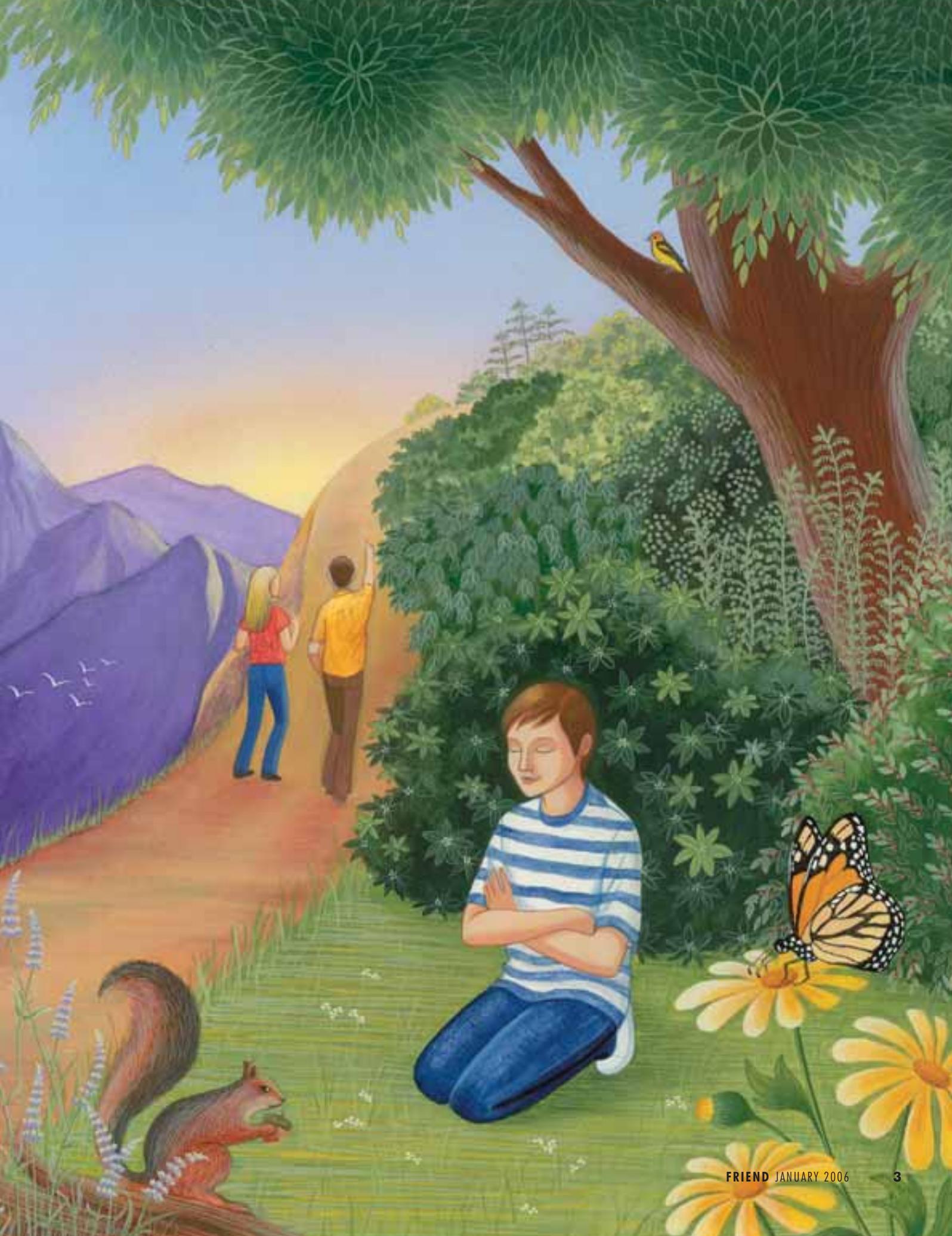
your best talents to make your way to the most wonderful future of which you are capable. Occasionally, there will likely be serious disappointments. But there will be helping hands along the way to give you encouragement and strength to move forward.

As you walk the road of life, be careful of your friends. They can make you or break you. Be generous in helping the unfortunate and those in distress. But bind to you friends of your own kind, friends who will encourage you, stand with you, live as you desire to live; who will enjoy the same kind of entertainment; and who will resist the evil that you determine to resist.

Never assume that you can make it alone. You need the help of the Lord. Never hesitate to get on your knees in some private place and speak with Him. What a marvelous and wonderful thing is prayer. Think of it. We can actually speak with our Father in Heaven. He will hear and respond, but we need to listen to that response. Nothing is too serious and nothing too unimportant to share with Him. He has said, "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). He continues, "For my yoke is easy, and my burden is light" (v. 30).

Faith in the Lord Jesus Christ must be a beacon light before you, a polar star in your sky. ●

*From an April 2004 general Young Women meeting address.*





# S N

BY G. C. BUCKNER  
(Based on a true story)

*I will lift up mine eyes unto the hills, from whence cometh my help* (Psalm 121:1).

Kenny leaned against Sly's shoulder, feeling the warmth of the animal in the cold winter air. "You're a regular stove, Sly," he said. The black horse flicked his ears and kept eating. Kenny threaded his fingers through the horse's silky black mane and looked across the corral at the huge mounds of snow heaped along the fences. His father said it was the most snow they'd had in 14 years.

Picking up the pitchfork, Kenny went to feed the rest of the animals. For the past three days, he'd had to do all the chores by himself. His dad was sick with a high fever, and it was hard for him to breathe.

"Hey, Kenny."

He looked up to see his neighbor standing at the gate, bundled up so just his eyes showed. He'd been sick too.

"When's your father going into Ely next? My wife is real sick and we could use some medicine."

Kenny's father was a teamster as well as a farmer. Every few days he drove his wagon and team of horses from Lund, Nevada, to Ely, taking milk, grain, and other produce raised by the farmers in Lund. He brought back the mail, medicine, and other needed items.

"I'll tell him you were asking," Kenny said. Then he trudged back to the house through the snow.

His mother stood at the stove, fixing breakfast. "Your father wants to talk to you," she said.

Kenny took off his hat and gloves and walked into the other room. In the dim light he could see his father's face against the pillow.

"Did it snow again last night?" Father asked.

"Some. But the sky's clear this morning." Kenny



# O W

hesitated, not wanting to tell him that the neighbor was asking about medicine from Ely. Father was too sick to go anywhere, and it would just worry him.

But he seemed to already know. He pushed himself up on one elbow and looked at Kenny. “What do you think about riding Sly into Ely? People need medicine, and the mail needs to go through.”

Excitement stirred in Kenny’s stomach. Ride to Ely? By himself?

“Sly is our best horse,” Father said. “He hasn’t been to Ely much, but you know the way.”

Kenny nodded. He had ridden to Ely in the wagon with his father lots of times. “I’ll do it,” he said. Fear was only a tiny fist curled deep in his heart. He hardly paid attention to it.

When Kenny awoke the next morning, it was still

dark outside. His mother had hot mush, eggs, venison, and thick slices of buttered bread ready for him. In a cloth bag was more food for him to eat on the way.

“You spend the night in Ely with Aunt Sarah and Uncle Rod.” She laid a small stack of papers tied with string on the table. “Here are the names of medicines that you will need to pick up.”

Kenny tucked the papers in the saddlebag along with the mail. His little sisters watched with solemn eyes.

“When will you be back?” Thelma asked.

“Tomorrow night,” Kenny replied.

“Stay on the road,” his father warned. “Don’t take any shortcuts. The snow will be drifted bad in places.” Then his family knelt for morning prayer, and his father asked for a special blessing on Kenny and Sly.

The air was icy when they set out. It was still dark, but a rim of light showed along the eastern horizon.

Someone had already broken a trail through the flats, so the first part went smoothly. But when they reached the hills, the trail ended. Kenny looked at the untracked

snow that lay glittering before them. If he squinted, he could see a slight indentation where the road wound through the hills.

“Here we go,” Kenny said and nudged Sly in the ribs. The horse stepped forward, the soft snow giving way under his hooves. In some places, it was so deep it came up to the horse’s belly. Sly would paw at it, breaking a trail and moving forward.

When the sun was somewhere near the top of the sky, Kenny pulled Sly to a stop to eat lunch. His mother had packed sandwiches and apples. Kenny gave the apples to Sly, who munched them happily, the juice dribbling off his floppy lips. Then they set out again.

As they climbed higher in the hills, the indentation in the snow that showed the road grew fainter and fainter until it disappeared. Snow was drifted in huge mounds, creating hills where there had been no hills and smooth places where there had been ravines. Kenny reined Sly to

a halt and looked around. It was as if he had turned a corner and found himself lost in a completely foreign world. The tiny fist of fear in his heart suddenly grew large.

“Heavenly Father,” he whispered, “I don’t know which way to go. Please help me.” He took a deep breath and urged the horse on.

Suddenly Sly sank up to his neck in snow. Kenny panicked, his head pounding. “Please, Heavenly Father, please help us.” Desperate, he looked around at the flat whiteness imprisoning them. He gripped the reins, fighting an impulse to jump off the horse and run. Common sense told him he wouldn’t be able to run. He’d be completely buried.

Then suddenly he could feel Sly’s muscles moving underneath him. Sly was slowly, patiently pawing at the snow, digging his way out. Kenny reached down and began moving the snow burying his own legs.

It seemed like hours before he and his horse had



cleared a space around them. Sly stood for a moment, panting, then lunged heavily to the right, stumbled, and caught himself. Finally they were standing on the road.

Kenny looked around him. They could turn around and go back home. He could tell his father he couldn't go any farther. He'd understand. But Sly started walking again, carefully placing each hoof. Again Kenny prayed. "What shall I do? Shall I keep going or turn around? I think I'm lost."

A quiet voice said, "Look up at the mountains."

Kenny looked up past the hills to the mountains that surrounded their valley. The mountains hadn't changed. They were right where they'd always been—familiar, sturdy. Suddenly Kenny knew where he was. It was as if he could see the road the way it looked in summer. There were the mountains, there were the hills, and there was the road. He could imagine how it wound up the hill.

"I think we're supposed to keep going," he said to his horse, but Sly was already going.

The sun was beginning to set when, at last, Kenny saw what he'd been looking for—a clear indentation in the snow that was the road. And farther on, he saw something even better. Someone with a sled had driven down the road, packing the snow and making a clear trail all the way to Ely.

It was well past dark when Kenny knocked on Aunt Sarah's door.

"Kenny! What are you doing here? You look frozen solid."

"I'm OK," Kenny said, his knees trembling. "But I need to take care of my horse."

Later, over a bowl of warm stew, he told his aunt and uncle about his ride to Ely, and how his father and others were sick and needed medicine.

"You get some rest tonight," his uncle



said. "We'll get the medicine first thing in the morning. Going back will be easier because you've already broken a trail." He looked at Kenny hard. "Grown men have gotten lost or stranded in that deep snow."

Kenny laid his spoon beside his bowl and looked at his uncle. "I had help," he said. He thought about the

quiet voice and the mountains and how Sly seemed to know just what to do. Heavenly Father was watching out for them. ●



"Never fail daily to seek for help through prayer. . . . You shall be warned of dangers and shall be guided through the whisperings of the Holy Spirit."

**President Boyd K. Packer, Acting President of the Quorum of the Twelve Apostles, "The Word of Wisdom: The Principle and the Promises," Ensign, May 1996, 19.**



# GUIDED and PREPARED



From an interview with Elder Gerald A. Mead, Area Seventy, Idaho Area; by Kimberly Webb

*Prepare your hearts unto the Lord, and serve him only (1 Samuel 7:3).*

I was raised in a Latter-day Saint community but was not a member of the Church. My mother used to say to me, “Be a good example to all these Latter-day Saint boys and girls!”

Even though I wasn’t a member, I attended Primary. Students got out of school an hour early on Wednesdays to go, and if I hadn’t gone to Primary with my classmates, I would have been the only one left in my school class! I learned to pray in Primary.

After school I’d go to my dad’s bakery, stand on a can next to him, and learn about running a bakery. When I’d leave to go play



At age 17 with his ward basketball team (he is holding the trophy)

with my friends, one of my Primary teachers would step out from where she worked as a dishwasher, take hold of my hand, and say, “Are you being a good boy?” It didn’t

matter what I had on my mind, whether it was good or not. I would say, "Yes." If I had been planning mischief, my plans would change. I knew that she loved me.

Another one of my friends was an older man who owned a flower shop. I'd often go see him, and he'd let me use his microscope. When he died, I didn't know where he went. I was afraid. I worried about it for almost two years. I came to the point where I had to know if Heavenly Father was really there.

One night, while sleeping outside, I knelt by my cot and poured my heart out to the Lord for a long time. I asked Heavenly Father, "Are You there and do You love me?" As I was kneeling there, I felt a warmth from the bottom of my feet to the top of my head. I heard and



*At about age 8 with his dog, Millie*

around to stay with the Latter-day Saints.

As I stood where the Nauvoo Temple now stands, I felt the same warm feeling I'd felt as a little boy. I felt it again at Carthage Jail when they showed us the room where the Prophet Joseph Smith was martyred. Later we went to New York and visited the Hill Cumorah and the Sacred Grove. I felt the same feeling again. That Sunday as I walked into the chapel with my Latter-day Saint friends, I had an overwhelming feeling that I was home. I came home from that trip knowing that Joseph Smith was God's prophet.

Today I have 9 children and 33 grandchildren. I see how the Lord's hand molded the life of one little boy so that he could grow up and have an eternal family. It was no accident that I was raised in a loving Latter-day Saint



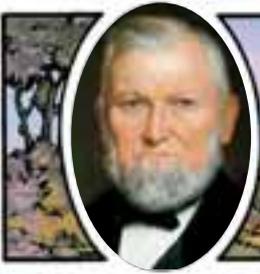
*With his wife, Karen, and their nine children*

felt these words: "Yes, I'm here, and yes, I love you." I know that if Heavenly Father knew and cared about a little boy in Wyoming, He knows and cares about all of us!

At age 15, I went on a Scout jamboree. There were 50 boys who weren't members of the Church and 250 who were. On the way, we made stops so the Latter-day Saints could see Church history sites while the others went swimming. As we got off the train to go to the lake, it was almost like invisible hands turned me

community with a good family and friends. I didn't realize it at the time, but I was being nurtured and prepared to join the Church and to be given the opportunity for eternal blessings.

Each of us has the divine potential of eternal life. Children, you are being prepared for and guided to that opportunity. Families are meant to be forever. Be good boys and girls so you can receive all the blessings Heavenly Father wants you to have. ●



FROM THE LIFE OF PRESIDENT WILFORD WOODRUFF

# Saved by Providence



President Wilford Woodruff almost died many times while growing up. While still a child, he fell into a pot of boiling water, broke several bones, was kicked in the stomach by an ox, fell out of a tree, nearly froze to death in a snowstorm, and was bitten by a sick dog!

I can't believe I broke my leg again.

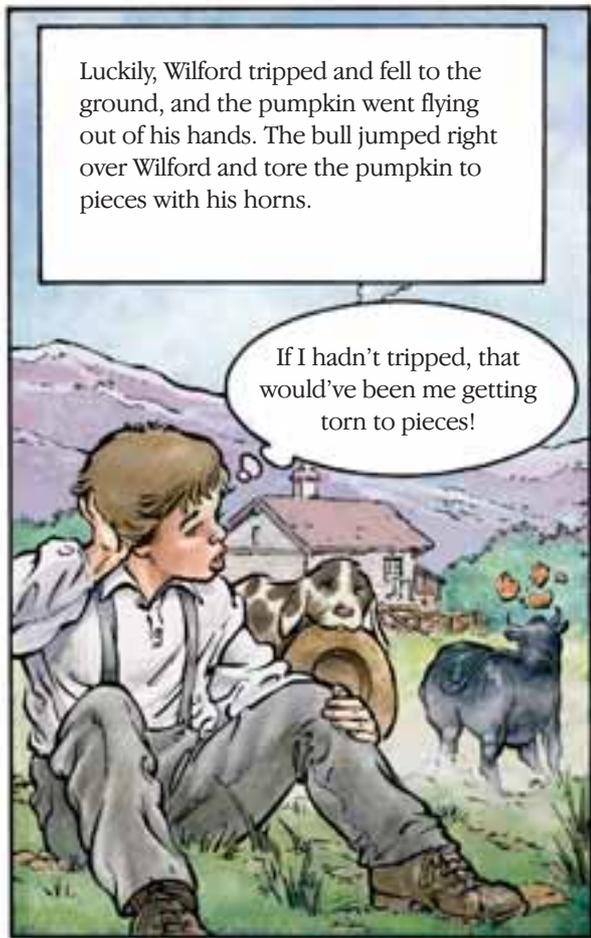
One day, Wilford was feeding pumpkins to his father's cattle in a pasture.

He noticed that one large bull was eating more than his fair share, so Wilford decided to take one of his pumpkins away.

He ate one of that cow's pumpkins! I'll show him who's boss.

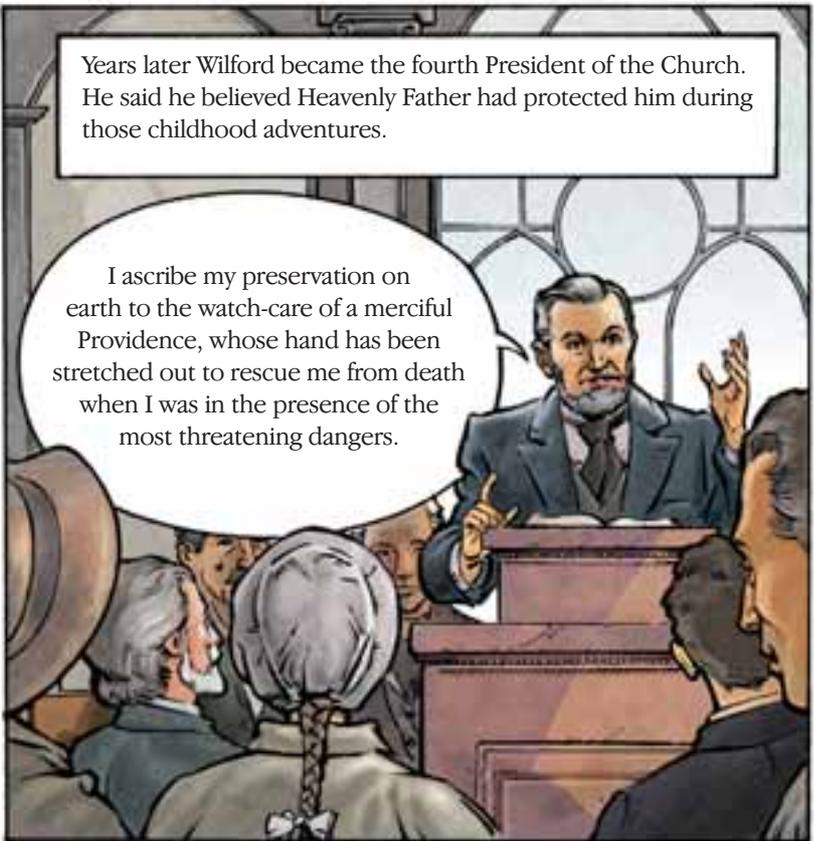


The bull was so mad at Wilford that he started chasing him down the pasture hill.



Luckily, Wilford tripped and fell to the ground, and the pumpkin went flying out of his hands. The bull jumped right over Wilford and tore the pumpkin to pieces with his horns.

If I hadn't tripped, that would've been me getting torn to pieces!



Years later Wilford became the fourth President of the Church. He said he believed Heavenly Father had protected him during those childhood adventures.

I ascribe my preservation on earth to the watch-care of a merciful Providence, whose hand has been stretched out to rescue me from death when I was in the presence of the most threatening dangers.

Adapted from Susan Arrington Madsen, *The Lord Needed a Prophet* (1990), 59–60.



# A New Heart

BY CLAUDIA G. REMINGTON

(Based on a true story)

*For with the heart man believeth unto righteousness*  
(Romans 10:10).

Anna Lisa sat dejectedly in her Aunt Lois and Uncle Owen's house and worried about her father. He was in a hospital far away getting a new heart so he could be healthy. Her mother was with him, and her aunt and uncle were taking care of her.

Aunt Lois was sewing, Uncle Owen was watching a football game, and Anna Lisa had nothing to do. It was Sunday, but her aunt and uncle didn't go to church. No one offered to take Anna Lisa, so she stayed home too. Anna Lisa sighed.

"Why don't you go downstairs and snoop around? There are some old toys and books down there," Aunt Lois said. She must have read her mind—or heard her sigh.

Anna Lisa made her way down the rickety stairs to the basement, which smelled cool and damp and musty and was full of all kinds of things. There was an old washing machine, several trunks, various pieces of furniture, and lots of boxes. At first she didn't see the toys or books, but then she noticed a box with BOOKS written on the side. She opened it carefully and found a treasure—dozens of children's books. Anna Lisa read all afternoon until Aunt Lois called her for supper.

As Anna Lisa put the books back in the box, she saw another book that caught her attention. It read Book of Mormon on the cover, but it didn't look like the one her mom and dad owned. This one was a gold color with black letters, and its pages were uneven on the sides

and crinkly. She decided to take it upstairs.

"You must have found something interesting down there," Aunt Lois said as she dished up a bowl of tomato soup in the kitchen.

"I found a box of books."

"Your mother has told me how much you like to read. I'm glad you found something good."

That night in bed, Anna Lisa looked at the Book of Mormon. There were no chapters or verses—just paragraphs like other books. Anna Lisa tried to read some of it, but it was hard for her, and she finally put it aside.

The next evening, Anna Lisa showed the book to Uncle Owen as he sat reading the newspaper. "Have you read it?" she asked him.

"No, I never did. When your mom and dad joined the Church they gave us a Book of Mormon. But we were busy with our trucking business, and I wasn't interested. This one must have been in our basement for years. Maybe missionaries brought it to my grandparents."

"It's hard for me to read," Anna Lisa said. "My dad reads to me sometimes from the Book of Mormon. Could you read some of it to me?"

Uncle Owen looked at his newspaper, and Anna Lisa knew that he'd rather read that, but he looked at her with a kind face as if he knew she was missing her dad. He smiled and opened the book.

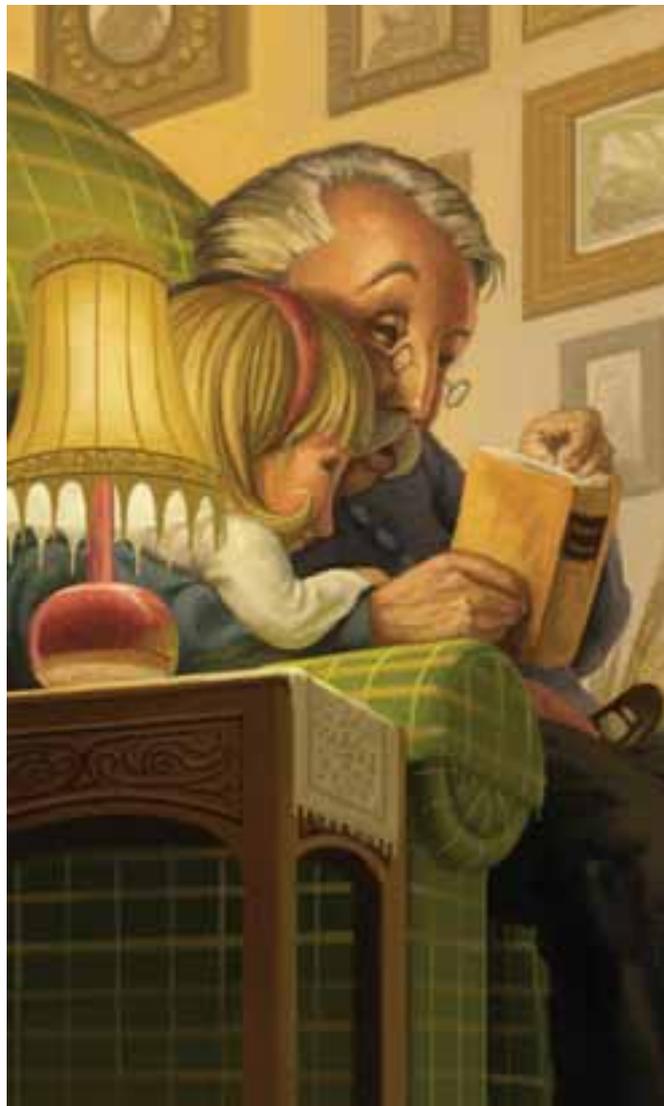
"What part should I read?"

Anna Lisa snuggled up next to her uncle. "Well, I've heard the first part a lot, about Nephi and his brothers and crossing the sea. Why don't you just open it up in the middle—it will be a surprise."

Uncle Owen smiled at her and opened to the middle. He began to read.

“Behold, he changed their hearts; yea, he awakened them out of a deep sleep, and they awoke unto God. Behold, they were in the midst of darkness; nevertheless, their souls were illuminated by the light of the everlasting word’ ” (Alma 5:7).

Anna Lisa sat up straight. “That’s what’s happening to my dad—a change of heart. And he said that they will



put him in a deep sleep while it happens.”

Uncle Owen laughed gently. “I think this is talking about a different kind of change of heart, like deciding to believe in God.”

Anna Lisa leaned against Uncle Owen as he read more. She began to feel very sleepy, but as she dozed off a little, she could still hear Uncle Owen reading. Then he was silent, but when she looked up, she saw that he was reading to himself. And when Aunt Lois came and got her and led her up to bed, he was still reading. The next morning, when Anna Lisa went down to breakfast, he was still reading from the book.

“Did you read all night, Uncle Owen?” she asked.

“Well, no,” he said, “but I read very late, and when I woke up I started reading again.” He laid the book carefully on the table and came to breakfast, but after breakfast, he read some more. Anna Lisa was glad he liked the book so much.

That night her mother called and told her that her father was doing just fine, but he needed to stay in the hospital a little while longer. Anna Lisa sighed one of her big sighs. She wanted very much to see her parents again.

Every night that week, before Anna Lisa went to bed, Uncle Owen read to her from the Book of Mormon, and Aunt Lois sat and listened too. On Saturday night, Anna Lisa said, “Could we go to church tomorrow? I want to be in my Primary class.”

“But you won’t know anybody. It won’t be your own class with your friends,” Aunt Lois said.

“I know, but it will feel the same; people will be nice.”

Uncle Owen and Aunt Lois looked at each other. Then Uncle Owen ruffled Anna Lisa’s hair. “OK. We’ll take you.”

As Anna Lisa drifted off to sleep that night, she felt very happy. She knew there was more than one way to have a new heart. Maybe her uncle as well as her dad would receive one. ●

# GUESS WHO



**1** He is fifth in seniority in the Quorum of the Twelve Apostles.

**2** He worked for his father's car dealership in the early 1950s and was the top-selling salesperson. He later took over the company from his father.

**3** On October 6, 1985, two days before his birthday, he was called to be an Apostle.

**4** He is the only boy in his family. He has three sisters.

**5** He served in the United States Army Reserve and earned the rank of first lieutenant.

**6** He first met his wife, Barbara, at the Hello Day Dance at the University of Utah.

**7** He served as mission president of the Canada Toronto Mission.

**8** The Prophet Joseph Smith is his great-great uncle, and Hyrum Smith is his great-great grandfather.

**9** He couldn't be shy on his mission in England. He and his companions held street meetings in a marketplace or town square by setting up a stand, singing hymns, and bearing their testimonies to the people who had gathered to hear them.



**The members of the Quorum of the Twelve Apostles are prophets, seers, and revelators and stand as special witnesses of Jesus Christ. They have the responsibility to testify of Him to the whole world. Read the clues about this member of the Quorum of the Twelve Apostles. Then find the answer on page 23.**

### Words of Wisdom

*"Our youth need to stand firm for righteousness and truth. They need the vision of the blessings that can be theirs as they demonstrate their love for Heavenly Father and the Lord Jesus Christ through their willingness to serve" ("One More," Ensign, May 2005, 71).*

*(See Ensign, Mar. 1986, 6-11; May 2005, 69-71; Friend, June 1992, 6-7.)*



# McKay and the Whale

BY HOLLY K. SIMMONS

(Based on a true story)

*"I am sorry" is not always easy to say (Children's Songbook, 98).*

McKay felt terrible! He had been playing with his bubblegum and gotten it all over his hands. Then, to make matters worse, he had wiped the bubblegum off his hands and onto his bedroom wall. He knew his mother and father would be coming to tuck him into bed any minute, and he was afraid. He didn't want to get into trouble, so he piled a toy box and some toys on top of each other until they hid the bubblegum mess.

When Mother walked into his bedroom, she said, "McKay, why are your toys stacked up like that?"

He shrugged his shoulders, hoping she wouldn't figure it out.

Father came in and sat next to McKay on the bed. "Well, shall we read scriptures?" he asked.

"Yes," McKay said. He loved reading with his parents every night.

Father began to read the story of Jonah and the whale.\* McKay closed his eyes and listened. He could understand why Jonah didn't want to go to the city of Nineveh and teach his enemies about the gospel. That would be a scary and hard thing to do.

McKay's father read about Jonah running away so that he wouldn't have to obey God. But God knew

where Jonah was no matter where he went. Heavenly Father had to send a whale to swallow Jonah in order to teach him a lesson.

McKay frowned. He thought about Jonah trying to run away and hide from God. McKay remembered the bubblegum mess on the wall. Even though his mother and father couldn't see it, Heavenly Father could. "Mom, Dad," McKay said, "I'm hiding something." He went to the wall and uncovered the mess.

"Yikes!" Mother said. "I'll get a washcloth and some cleaner."

Father shook his head. "Why did you try to hide that?" he asked.

"Because I was afraid, and I didn't want to get into trouble. I'm sorry."

Mother handed him the washcloth. "Here," she said. "I'll spray the cleaner. You scrub."

After he finished cleaning the wall, McKay knelt with his parents and said a prayer. Then, he climbed into bed. "I'm glad you learned a lesson tonight," Father said.

McKay smiled and said, "And I didn't even have to be swallowed by a whale!"

His parents laughed and kissed McKay good night. McKay didn't feel terrible anymore. In fact, he fell asleep feeling great. ●

\*See *Jonah 1-3* and "*Jonah and the Whale Cutouts*," page 17.



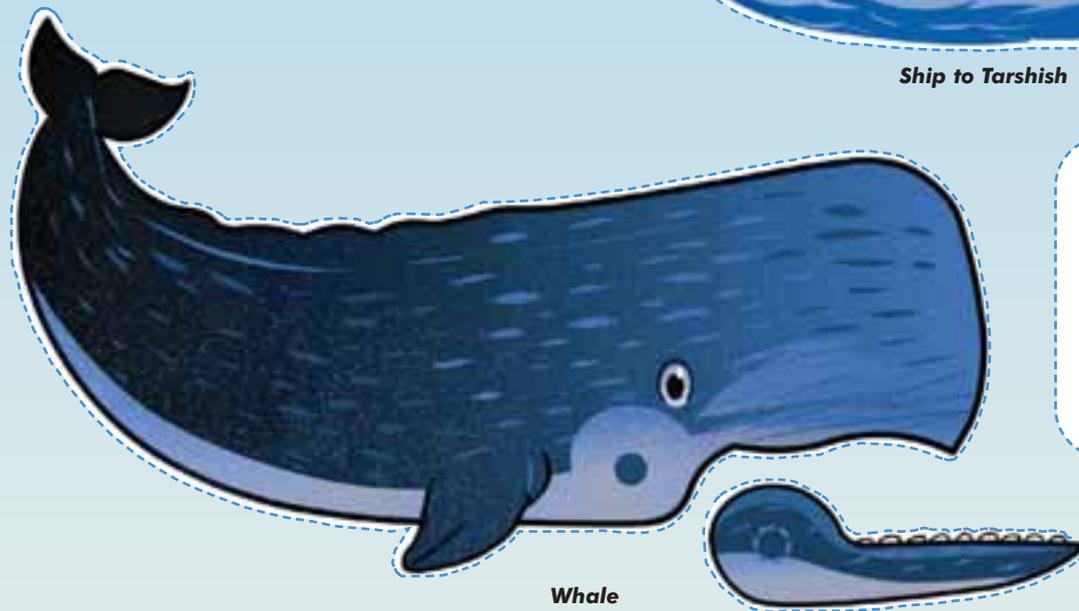
People of Nineveh



Jonah



Ship to Tarshish



Whale



Sailors

# Jonah and the Whale Cutouts

## Instructions

Remove this page from the magazine, mount it on heavy paper, then cut out the figures. Use a brass paper fastener to attach the whale's jaws together where indicated. If you want to use the cutouts with a flannel board, glue flannel to the back of the figures. For stick puppets, glue wooden craft sticks on the backs of the cutouts. These figures can help you tell the story of Jonah in a family home evening lesson or Primary talk (see Jonah 1–3).

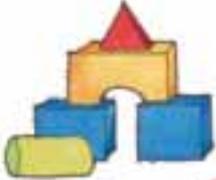
**Note:** If you do not wish to remove pages from the magazine, this activity may be copied, traced, or printed from the Internet at [www.lds.org](http://www.lds.org). Click on Gospel Library.



# Tommy Likes 2 Share

BY MINDY RILEY



Tommy likes **2** share his  .



Tommy likes **2** share his  .



Tommy likes **2** share his  .  
rocks



Tommy likes **2** share his  .



Tommy likes **2** share his  .



Tommy likes **2** share his  .  
glove



Tommy likes **2** share his  .  
doll



Tommy likes **2** share his  .



# Plastic Play Dough

BY SHERRY TIMBERMAN

This dough will dry to a hard, plastic-like consistency. You can make beads, animals, paperweights, or any other treasure that you want to last.

- 1/4 cup white glue**
- 1/4 cup water**
- 10 drops food coloring of your choice**
- 1/4 cup flour**
- 1 cup cornstarch**

1. Cover the work area with waxed paper or a plastic tablecloth.

2. In a medium bowl, mix together the glue, water, and food coloring.

3. Mix the flour and cornstarch together in a small bowl. Then add to the wet mixture and mix until a stiff dough forms. (If you live in a humid climate, you may need to use less cornstarch.)

4. Remove the dough from the bowl and knead on a lightly floured surface for 1 minute.

5. Mold the dough into shapes. If the dough becomes too dry, wet your hands. When you are finished with your creation, let it finish air-drying until thoroughly dry and hard. Drying time varies according to the size and thickness of the object.



**PROMISES  
IN THE  
SCRIPTURES**



**Genesis 9:12-17**

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**PROMISES  
IN THE  
SCRIPTURES**



**Moroni 10:3-5**

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**D&C 59:9-16**

**PROMISES  
IN THE  
SCRIPTURES**



**3 Nephi 27:6**

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**PROMISES  
IN THE  
SCRIPTURES**



**Matthew 11:28-30**

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**Malachi 3:10**

**PROMISES  
IN THE  
SCRIPTURES**



**Alma 40:3-4, 23**

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**PROMISES  
IN THE  
SCRIPTURES**



**John 14:27**

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**D&C 34:5-8**

# PROMISES in the SCRIPTURES

BY LINDA MAGLEBY

*For he will fulfil all his promises which he shall make unto you, for he has fulfilled his promises which he has made unto our fathers (Alma 37:17).*



There once was a young boy who had a very important question. He wanted to know which church was right so he could join it. He read a promise in the Bible in James 1:5: "If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him." The boy believed that promise. He believed that if he sincerely asked Heavenly Father which church was right, he would get an answer.

You have probably guessed that the boy's name was Joseph Smith. He studied the scriptures and believed in the promise. He prayed and was given a wonderful answer—Heavenly Father and Jesus Christ appeared and told him not to join any of the churches. Joseph learned for himself that the promise in James is true,



that a person who lacks wisdom can pray to Heavenly Father and receive an answer. Many answers will come not from a heavenly appearance but through the promptings of the Holy Ghost.

There are many stories in the scriptures about Heavenly Father making promises. The scriptures also teach us that Heavenly Father always keeps His promises. When we study the scriptures, we learn about His promises to us. ●

### Scripture Bookmarks

To make the bookmarks on page 20, mount the page on heavy paper, cut on the solid black lines, fold along the dotted lines, and glue backs together. Read each scripture and write on the blank lines the promise made. Keep these bookmarks in your scriptures as a reminder to read every day.

**Note:** *If you do not wish to remove pages from the magazine, this activity may be copied, traced, or printed from the Internet at [www.lds.org](http://www.lds.org). Click on Gospel Library.*

## Sharing Time Ideas

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

1. Heavenly Father and Jesus Christ made promises to the children of Israel. Tell the story of the children of Israel in Egypt (see Exodus 5). The Lord promised to bring them out of bondage (see Exodus 6:6–7) and told Moses and Aaron to ask Pharaoh to let the children of Israel go. The Lord promised to send plagues until Pharaoh agreed. Divide the children into small groups. Give each group a slip of paper with one of the following scriptures written on it: (1) Exodus 7:20–21; (2) Exodus 8:6; (3) Exodus 8:17; (4) Exodus 8:24; (5) Exodus 9:6; (6) Exodus 9:10; (7) Exodus 9:23; (8) Exodus 10:14–15; (9) Exodus 10:22. Have the groups read the scripture together, determine which plague was sent, and draw a picture representing it. Gather the pictures, and present the story of the plagues to the group in a roller box (see TNGC, pp. 178–79). Have the children tell about the plagues as their pictures are shown. Explain that Pharaoh hardened his heart until the 10th plague, the death of the firstborn of all the Egyptians, when he finally let the children of Israel go. The children of Israel were spared as the angel of death “passed over” their homes and they passed through the Red Sea on dry ground (see Exodus 12–14). Testify that Heavenly Father blessed the children of Israel and kept His promise to bring them out of bondage.

*For younger children:* Tell the story of the plagues of Egypt in your own words, and invite the children to draw a picture of one of them.

2. Make a copy of the bookmark on page 20 for each child, or write the scripture references on the board (Genesis 9:12–17; Moroni 10:3–5; D&C 59:9–16; 3 Nephi 27:6; Matthew 11:28–30; Malachi 3:10; Alma 40:3–4, 23; John 14:27; D&C 34:5–8). Divide the children into groups, and have each group look up a scripture, read it, and find the promise. Have each group report to the whole Primary by reading or summarizing the scripture and telling how we are all blessed because of the promise. As each group reports, have the children fill in the promise made on the blank lines on their bookmarks. Encourage them to keep this bookmark in their scriptures as a reminder to read every day. Testify of Heavenly Father and Jesus's love for us. Their promises bless all of us. Sing “I Feel My Savior's Love” (pp. 74–75).

3. Use the following scriptures, pictures, and songs to reinforce the idea that Heavenly Father and Jesus Christ keep Their promises. Place the pictures in random order around the room. As you read a scripture, have the children listen for what was promised. Discuss how the Lord has fulfilled or will fulfill the promise. Have a child choose the corresponding picture and place it in front of the room. Sing the song. Repeat with the next scripture, picture, and song. (1) 2 Nephi 25:21 (records will be preserved), GAK 406 (Joseph Receives the Gold Plates), “The Golden Plates” (p. 86); (2) Abraham 2:9–11 (priesthood to be taken to all nations), GAK 408 (Melchizedek Priesthood Restoration), “The Priesthood Is Restored” (p. 89); (3) 1 Nephi 2:20 (Nephi will be taken to the promised land if he obeys), GAK 304 (Lehi and His People Arrive in the Promised Land), “Nephi's Courage” (pp. 120–21); (4) John 14:26 (the Holy Ghost will comfort us), GAK 602 (The Gift of the Holy Ghost), “The Holy Ghost” (p. 105);



(5) D&C 89:18–20 (blessings of the Word of Wisdom), GAK 114 (Daniel Refusing the King's Meat and Wine), “The Lord Gave Me a Temple” (p. 153); (6) D&C 109:13 (blessings of the temple), GAK 502 (Salt Lake Temple) or a picture of a temple in your area, “I Love to See the Temple” (p. 95).

4. Invite the children to turn to the word Promise in the Topical Guide. Teach them how to read the Topical Guide and that each time they see the letter *p* it means *promise*. Divide the children into groups of five or six. Have each group list four or five things they learn about the promises of the Lord as they read the Topical Guide. Invite them to share what they have learned, and make a list on the board. Sing “For Thy Bounteous Blessings” (p. 21) in a round. Invite the children to turn to D&C 82:10, and explain that the Lord's promises require specific actions on our part. When we do what He asks, the Lord blesses us according to the promise. Mark, discuss, and memorize the scripture (see TNGC, p. 171–72). Give each group a beanbag. As you sing “I'm Trying to Be like Jesus” (pp. 78–79), have the children in each group toss the beanbag among the group members. When the music stops, have the child from each group with the beanbag say one thing he or she will do this week to be worthy of the promises of the Lord. Continue the game as time permits. Bear testimony of the great promises that have been given to the faithful. Sing the fourth verse of “I Am a Child of God” (pp. 2–3).

*For younger children:* Explain in your own words D&C 82:10 using examples from the scriptures of promises fulfilled. Then play the beanbag game.

5. *Song Presentation:* Teach the song “Scripture Power” (see *Friend*, Oct. 1987, 10–11, or the *2006 Outline for Sharing Time and the Children's Sacrament Meeting Presentation*). Hold up a picture of the Savior, and ask the children to listen for two things that will help us be like Him. Sing, “Because I want to be like the Savior, and I can, I'm reading His instructions, I'm following His plan.” Holding up your scriptures, ask where we read His instructions and where we find His plan. While helpers hold the picture and scriptures, sing those lines again. Ask them to listen for what “His word will give to me.” Then sing the whole line, holding up your scriptures with two hands. Explain that His words will give us power! Sing the song to that point, and when you sing the word *power*, hold up your scriptures with both hands. Tell the children, “Because I want the power of the scriptures in my life, I'm changing two things. Listen and tell me what they are.” Sing, “I'm changing how I'll live, I'm changing what I'll be.” Take answers; then sing the lines together. Lead children in the whole verse. Ask them to count on their fingers how many times they hear the word *power* as you sing the chorus. Tell them to alternate singing words of the chorus with you: for example, they sing, “scripture power”; you sing, “keeps me safe from sin.” Then have half the Primary sing with you as you continue to alternate. Bear your testimony of the scriptures.

6. *Friend* references: “A Message from Alma,” Oct. 2004, 35; “Remember the Sabbath Day,” Nov. 2004, 38; “Scriptures in a Suitcase,” June 2004, 28; “Randy's Turn,” Nov. 2004, 32; “Show You Know,” June 2003, 16; “Honor Jesus Christ,” July 2002, 23. These references and others can be found at [www.lds.org](http://www.lds.org). Click on Gospel Library.



## Old Testament Scripture Pictures

BY BRITNEY SCHETSELAAR

Figure out which picture fits in the blanks of these Old Testament scriptures. If you need help or to check your answers, look them up in your Bible.

1. "Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the \_\_\_\_\_ of heaven, and pour you out a blessing, that there shall not be room enough to receive it" (Malachi 3:10).



2. "In the beginning God created the heaven and the \_\_\_\_\_" (Genesis 1:1).



3. "Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as \_\_\_\_\_" (Isaiah 1:18).

4. "But the Lord said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: . . . for man looketh on the outward appearance, but the Lord looketh on the \_\_\_\_\_" (1 Samuel 16:7).



5. "And I am come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land unto a good land and a large, unto a land flowing with \_\_\_\_\_ (3 words)" (Exodus 3:8).

6. "Then said Daniel unto the king, O king, live for ever. My God hath sent his angel, and hath shut the \_\_\_\_\_' mouths, that they have not hurt me" (Daniel 6:21-22).

7. "Choose you this day whom ye will serve; . . . but as for me and my \_\_\_\_\_, we will serve the Lord" (Joshua 24:15).



8. "Who shall ascend into the hill of the Lord? or who shall stand in his holy place? He that hath clean \_\_\_\_\_, and a pure heart" (Psalm 24:3-4).

Special Witness Answer: Elder M. Russell Ballard



# My Goals, 2006



BY BRITNEY SCHETSELAAR

January is a great time to make goals for a new year. To get started, cut out the “My Goals, 2006” chart on page 25 and mount it on heavy paper. Cut out six small pieces of blank paper, one for each area on the chart, and write a goal on each of them. Tape them on the chart, and hang it where you can see it every day.

When you have finished writing your goals, make a “My 2006 Goal Time Capsule” by decorating a jar, box, or other container with the label on this page. Every

time you finish a goal, take it off the chart and put it in the capsule. Then make a new goal for that area.

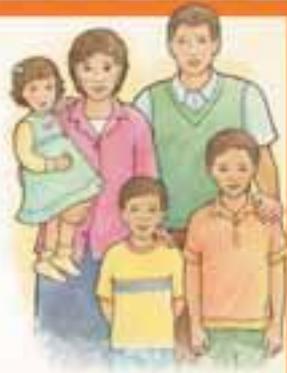
You will be surprised to see what you can do when you work hard! Next Christmas, when the year is almost over, you could put your capsule under the tree as a gift to Heavenly Father and Jesus Christ. They are happy when we learn and grow in all areas of our lives. ●

**Note:** *If you do not wish to remove pages from the magazine, this activity may be copied, traced, or printed from the Internet at [www.lds.org](http://www.lds.org). Click on Gospel Library.*

## My 2006 Goal TIME CAPSULE

Name \_\_\_\_\_

# My Goals, 2006



Home and Family



Interests and Hobbies



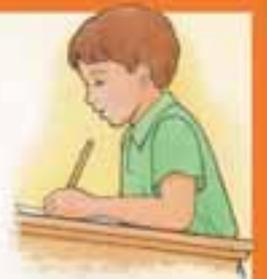
Spiritual



Physical



Friends



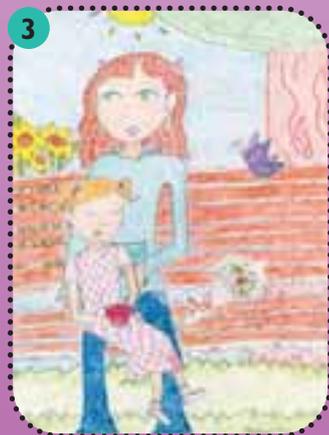
School

# Our Creative Friends

## God's Creations

God made the birds—  
Springtime too.  
He made the snow  
And the water blue.  
He made the bugs  
And the bees,  
The grass so green,  
And all the trees.  
He made the fish  
That live in the sea.  
But the best creation  
Was you and me!

*Ben W., age 10  
Illinois*



## He Is Real

He is always watching.  
He always knows we are there.  
Even when we may think  
He doesn't really care.  
He knows when we are sad  
And rejoices when we are glad.  
He listens to our prayers  
While being just and fair  
And humbles us to truth.  
I know that He is real  
Even in my youth.  
So, listen, all of you,  
Who hear me loud and clear,  
And listen to the Spirit  
As He whispers in your ear.  
So always know He loves you—  
He knows how you feel—  
And if you've listened closely,  
You'll know that He is real.

*Abrey H., age 9  
Georgia*



## My Baptism

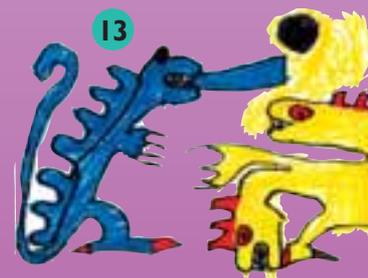
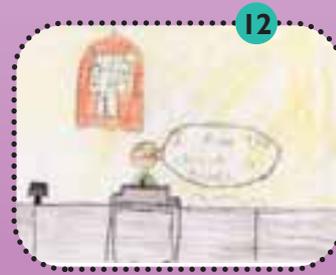
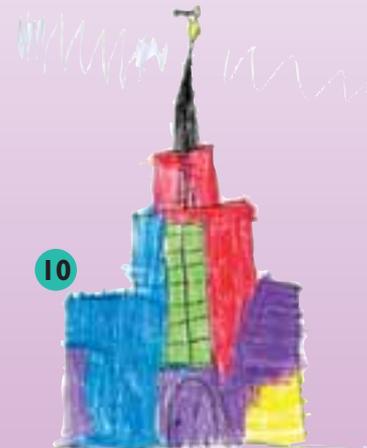
When I get baptized I will show I care  
And promise to keep the commandments in which I share.  
When I get baptized and confirmed, the Holy Ghost I'll receive.  
Men will lay their hands on my head and say a special prayer.  
When I get baptized and confirmed, I will feel the Holy Ghost in my heart.

*Clair W., age 8  
China*

## Temples

Temple shining so bright,  
Eternally a family—  
Marvelous sight!  
Pretty as a spring flower,  
Lovely as a butterfly.  
Eternally married in the temple.

*Coral Melissia N., age 11  
Arizona*



## Snow

Snow is falling everywhere!  
 Falling slowly, not a care.  
 Softly falls through neighborhoods—  
 Children with coats and hats and hoods.  
 Snow is falling; kids come in.  
 Sip hot chocolate from mugs of tin.  
 Snow is covering up the street.  
 Blizzard's coming with loads of sleet.  
 Snow is falling? No, not now.  
 Everything's icy. But how? But how?  
 Hail and sleet bang on roofs with power.  
 Families in their homes safe from the shower.  
 This is what happens when it snows.  
 That's the way that winter goes!

*Samuel G., age 9  
 Utah*



17



18

Peregrine Falcon



22



14



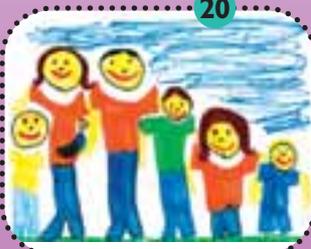
15



19



23



20



24



16



21



25

## Drawings

- 1 Allison W., age 9  
Florida
- 2 Emily S., age 7  
Connecticut
- 3 Evelyn L., age 12  
Utah
- 4 Hannab D., age 10  
Utah
- 5 Ilona S., age 10  
Latvia
- 6 Morgan E., age 11  
Minnesota
- 7 Noab S., age 5  
Virginia
- 8 Elizabeth B., age 6  
Colorado
- 9 Shae M., age 6  
Alberta, Canada
- 10 Emmerson P., age 4  
Idaho
- 11 Austyn M., age 9  
Pennsylvania
- 12 Daniel J., age 8  
Yukon, Canada
- 13 Thomas N., age 6  
Hawaii
- 14 Ryan M., age 10  
Arizona
- 15 Brady J., age 11  
Oklahoma
- 16 David O., age 11  
Texas
- 17 Ryan F., age 6  
California
- 18 Kerry C., age 8  
South Africa
- 19 Jonathan E., age 6  
Washington
- 20 Taylor C., age 5  
North Carolina
- 21 Felicity K., age 8  
Washington
- 22 Tanner S., age 6  
Utah
- 23 Mayce R., age 7  
Indiana
- 24 Andrew E., age 7  
Kentucky
- 25 Sara D., age 9  
California

Please send submissions to Our Creative Friends, Friend, 24th Floor, 50 East North Temple, Salt Lake City, Utah 84150-3220. Drawings should be done with dark pens or markers on plain paper. If an adult helps with a child's submission, credit should also be given to him or her. For scheduling reasons, submissions selected may not appear in the magazine for at least 10 months. Ages shown are those at the time of submission. Children whose writings and drawings are submitted should be at least three years old. Due to the number of submissions received, they cannot all be published, nor can they be returned.

Making Friends

# Abel & Camila León Sifuentes

OF TRUJILLO, PERU

BY MARVIN K. GARDNER





**D**ancing and singing. Playing the flute. Swimming and running races. Playing soccer and basketball. These are some of the activities that Camila León Sifuentes and her brother, Abel, of Los Laureles Ward, Trujillo Peru Laureles Stake, enjoy.

Other activities also keep them busy: Doing chores around the house. Helping care for their younger sisters—María Fé and María Pía (four-year-old twins) and the new baby, Valeria. And taking care of 12 colorful parakeets that live in cages in the courtyard. As Camila feeds the parakeets, she explains, “Mama says every day is their birthday, because they are always happy and singing.”

Something else also keeps Camila and Abel busy: Being prepared. Eight-year-old Camila was recently baptized and confirmed, and 11-year-old Abel is looking forward to receiving the Aaronic Priesthood soon. Both say it is important to prepare carefully for these steps in life.

“I wanted to be baptized,” says Camila, “because I wanted to feel closer to Heavenly Father and be strong in the Church.”

“And I want to receive the Aaronic Priesthood,” Abel says. “It will be a gift of great worth from the Lord. Before the Savior died, He gave the sacrament to His Apostles. When I’m a deacon, I’ll be able to serve the sacrament to people in my ward. It will be marvelous to have the priesthood.”

Abel struggles with a learning disability. But his parents, Hugo and Mary Ann, say that he is a hard worker, has a tender heart, and is making great progress.

They are finding many ways to help Abel, Camila, and their other children prepare for life. “We’re trying to teach them how to make wise decisions,” says their dad.

Family home evening and one-on-one talks with parents have helped the most. “In family home evening we sing songs, read scriptures, pray, and have activities and refreshments,” says Camila. “All of us, even the twins, take turns conducting the meeting, giving lessons, and directing the music.”

Abel remembers a recent family home evening taught by his dad—who is also his stake president. “He gave us a lesson about the priesthood. He explained that the oath and covenant of the priesthood is a promise between God and man and that through the priesthood we can serve God and other people. I want to prepare well to receive it.”

Family prayer and scripture study are also important preparation. Each morning when the parents wake up the children, they all gather on the parents’ bed. There they sing a hymn, kneel and pray, and take turns reading scriptures aloud before having breakfast and getting ready for school. They talk about the principles in the scriptures.

“It’s really a challenge to get everybody up so early,” says their mom. “But since we’ve been studying

**Abel is preparing to receive the Aaronic Priesthood, and Camila was recently baptized and confirmed. Left: With their parents, grandmother, and twin sisters. Below: Camila’s scripture case has the Lima Peru Temple stitched on the cover.**





**Above: "In family home evening we sing songs, read scriptures, pray, and have activities and refreshments," says Camila.**

**Below: "When I'm a deacon," says Abel, "I'll be able to serve the sacrament to people in my ward. It will be marvelous to have the priesthood."**

the scriptures every morning, the children are understanding them better. When we didn't do it, we felt we were sending our children out to school unprotected. But now they are going out into the world more prepared. We hope that during the day they might think of something we read about."

Camila and Abel are also preparing by attending Primary, fasting, paying tithing, and taking notes during general conference broadcasts. They carry their scriptures to church with them. As a family they have traveled the eight hours to the Lima Peru Temple. The children visit the grounds while their parents are in the temple.

Talking with the bishop has helped too. "When I met with the bishop," says Camila, "he said I should ask Heavenly Father if I should be baptized. So I prayed and asked God, and He told me yes. I felt the answer in my soul."

Abel had an interview with the bishop to talk about receiving the Aaronic Priesthood. "I'm grateful for my bishop and other leaders who guide me," he says. Abel and his family recently attended a Priesthood Preview. All the boys turning 12 during the year were invited to attend the program with their parents and families. They heard talks and testimonies by leaders, teachers, and one of the boys. Abel and some of his friends stood up in front and sang "A Young Man

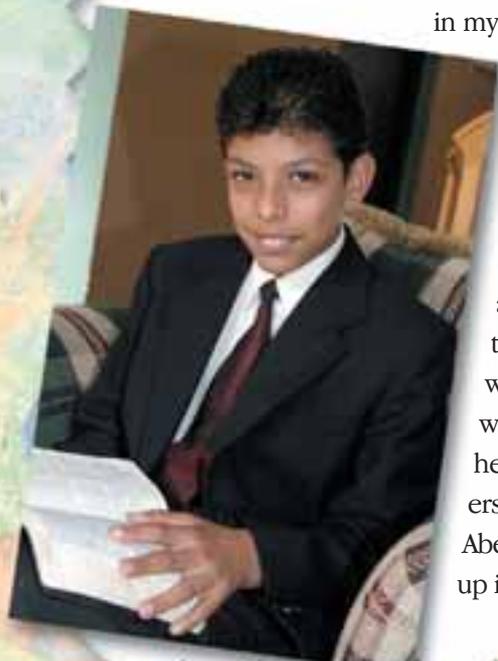
Prepared" (*Children's Songbook*, 166–67), a song about the priesthood. Parents gave letters to their sons encouraging them in their preparation. "I felt the Spirit there," says Abel.

Camila and Abel feel that all of the preparation has been worth it. "When my father baptized me," says Camila, "I felt joy. When he gave me the gift of the Holy Ghost, I felt as if I were in a temple. The Holy Ghost helps me feel at peace and come closer to God. He helps me know right from wrong."

The Holy Ghost recently helped Camila make an important decision about her standards. "I wanted to dance in a presentation," she says, "but the costumes all the girls were wearing were short skirts. I talked with my mother, and she said to pray about it and choose the right. I thought a lot about it and talked with my dance teacher. She said I could wear a longer skirt, and my grandmother made me one. As I danced I felt happy, and I felt the Holy Ghost with me. I was the only girl wearing a longer skirt, but nobody made fun of me. Some of my friends said they were learning from me."

Abel and Camila are discovering that preparing for baptism and confirmation and for the priesthood is helping them prepare for other important events in life. They are looking forward to going on missions, being married in the temple, becoming parents, and serving in the Church.

"I want to make good decisions because I love Heavenly Father," says Abel. ●



# Friends in the News



**Aaron W.**, 8, Wisconsin, enjoys Cub Scouts, soccer, baseball, and football. In second grade, he received an excellence award for respect.



**Sylvie K.**, 4, California, likes to sing, dance, and swim. She gave her first talk in Primary and is good at making people laugh. She is learning the Articles of Faith.



**Mark M.**, 9, Idaho, likes to draw and play basketball. He has achieved the rank of Bear in Cub Scouts. He is memorizing the Articles of Faith.



**Elizabeth H.**, 12, Ghana, had the opportunity of attending the Accra Ghana Temple dedication. She has a strong testimony of the gospel, likes to sing, and has a beautiful smile.



**Valian F.**, 10, New Mexico, enjoys soccer, running track, public speaking, and playing with his dog, Champ. He has memorized the Articles of Faith and enjoys sharing his testimony.



**Emily Anne B.**, 11, Iowa, loves her older brothers and sister. She enjoys playing basketball and babysitting. She likes to visit a nursing home and is working to finish her Faith in God Award.



**Jace B.**, 4, Utah, enjoys hearing Book of Mormon stories. His favorite hero is Ammon. He likes animals and playing games.



**Bobbi-Anna Grace S.**, 7, New York, enjoys ballet, singing, and Primary. She is learning the Articles of Faith and likes to help with family home evening.



**Brandon R.**, 10, Quebec, Canada, often shares his testimony in Church. He likes to read, act, and play with his older brother. His favorite Primary song is "Latter-day Prophets."



**Madison B.**, 6, Utah, is a peacemaker in her family. She enjoys dressing up, writing stories, and helping to take care of her sisters and brother.



**Nathan Sam I.**, 9, Illinois, knows the names of all the states and their capitals. He can sing "I Am a Child of God" and knows how to read. He loves President Hinckley.



**Sydney K.**, 8, Ohio, likes to play the piano, do gymnastics, and participate with her neighborhood swim team. She enjoys reading the scriptures and going to activity days.



**Ezra J.**, 3, Illinois, likes to learn about Heavenly Father. He enjoys swinging and riding his tricycle and gives great lessons at family home evening about following the Holy Ghost.



**Meadow W.**, 9, Germany, enjoys drawing, running, and talking on the phone with her best friend, Stacy. She also likes ballet and enjoys attending her branch.



**Matthew U.**, 11, Texas, likes to play the piano and the viola. He enjoys designing things with his five brothers and is very consistent in his reading of the Book of Mormon.



**Kenyan M.**, 4, Florida, enjoys music. She especially likes to sing "Teach Me to Walk in the Light" and "Dearest Children, God Is Near You." She also likes earthworms.



**Christopher W.**, 5, Virginia, likes to swim, read books, and play outdoors. He gave a talk in sacrament meeting about temples and even drew his own illustrations!



**Madison P.**, 6, Colorado, enjoys drawing, swimming, and playing with her dolls. She also likes to camp and hike. She enjoys playing with her little sister, Kate.



**Daniel R.**, 11, Alberta, Canada, is a good example to his family by being kind and helpful. He loves sports and is looking forward to serving a mission as his father did.



**Kyah O.**, 5, Washington, is a wonderful big sister. She enjoys dancing, and singing Primary songs. Kyah is quick to help others.



**Carsten H.**, 7, Oregon, likes to play soccer and basketball. He plays the piano and is memorizing the Articles of Faith.



**Isabella K.**, 9, North Carolina, sings well and is a good swimmer. She has lots of friends at church and school.

Please send submissions to *Friend Editorial*, Friends in the News, 50 E. North Temple St. Rm. 2430, Salt Lake City, Utah 84150-3220, United States of America. A written statement by a parent or legal guardian granting permission to publish the child's photo must be included. Children whose pictures are submitted must be at least three years old. For scheduling reasons, submissions selected may not appear in the magazine for at least 10 months. Ages shown are those at the time of submission. Due to the number of submissions received, they cannot all be published, nor can they be returned.

# Through the WINDOW





BY RONDA GIBB HINRICHSEN

(Based on an incident from the life history of William Palmer)

*God shall supply all your need* (Philippians 4:19).

Jimmy stared out the icy window, trying to see through the dim evening light. “Please let someone come soon,” he whispered.

“Your sister’s shivering, Jimmy.” Mama’s voice sounded weaker than before. “Will you help her?”

He loosened the blanket from his bare feet. “Here. You can use mine for a while,” he said, tucking it around his sister’s shoulders. He returned to the window and again pressed his face against the glass. Suddenly, he saw a tall man standing at the end of the alley.

“Jimmy! Wait! Where are you going?” Mama called. Her only answer was the door closing behind him.

Elder Palmer shoved his hand in his overcoat pocket. One silver dollar. That was all he had, but just touching it gave him hope that he would soon find a warm room for the night.

“Please, mister.”

Elder Palmer turned to see a small boy hopping from one foot to the other, trying to keep his bare feet out of the snow.

“Could you give me ten cents to buy some bread for my sick mother and my little sister?”

“Yes! Of course, dear boy,” he said, handing him his silver dollar.

“Oh, thank you, sir. I’ll bring you back your change.”

“No, you keep it. You need it more than I do. What is your name? Where do you live?”

“Jimmy Rose, and I live there.” He pointed to a door a short distance down the alley, then darted toward it.

“Excuse me, sir.”

Dr. Gray whirled around. He hadn’t heard the man enter his office. “Yes?”

“I saw your fire through the window. May I warm myself for a few minutes?”

“By all means. Come in.”

The man put down his traveling bag and sat next to the fire.

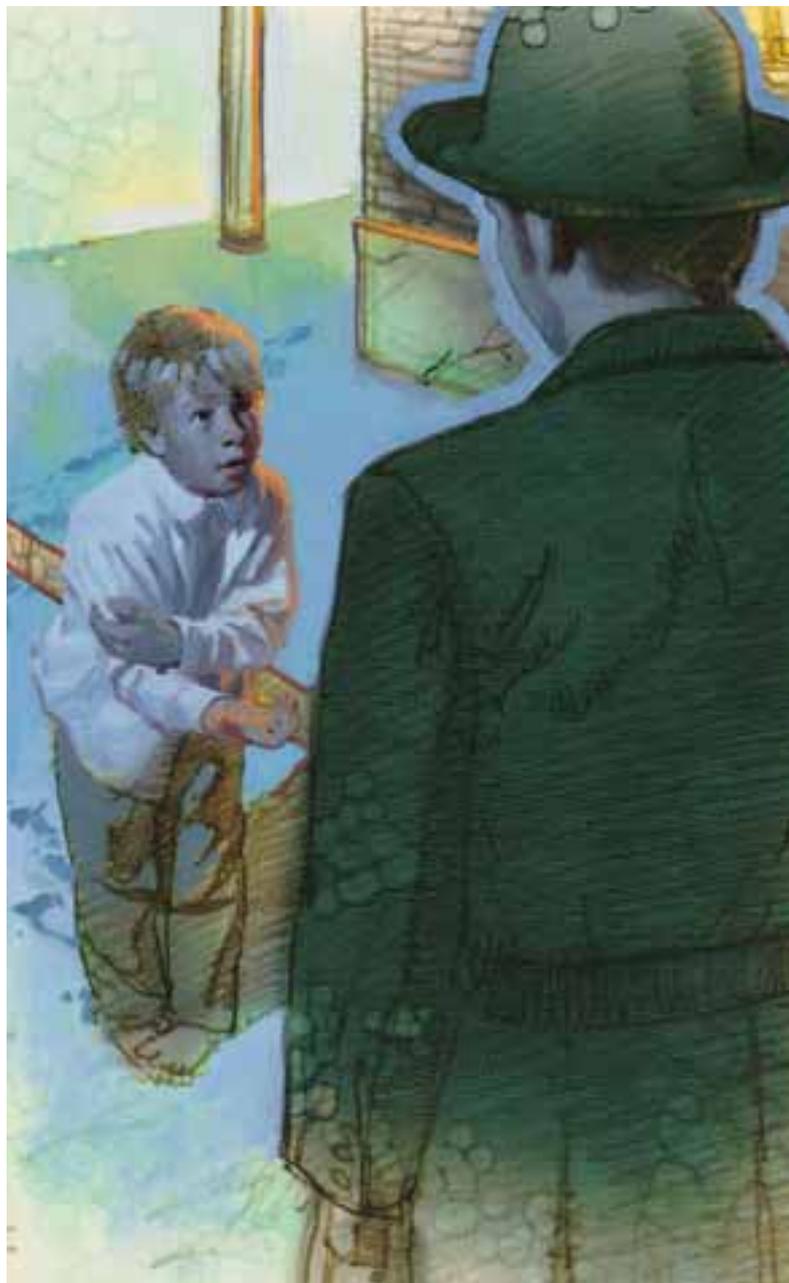
“Have you just arrived in town?” Dr. Gray asked.

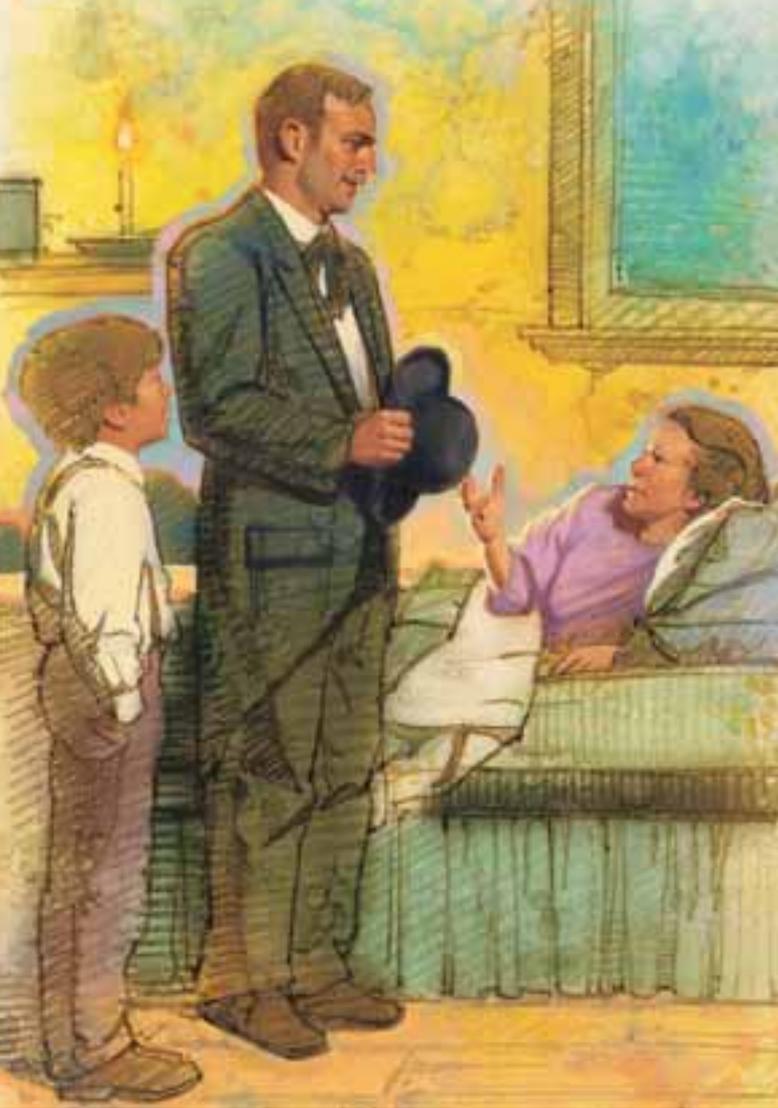
“Yes. I’m from Utah. I’m a missionary for The Church of Jesus Christ of Latter-day Saints.”

“You are a Mormon?” the doctor asked. “Where are you staying? I’d like to talk to you about your religion.”

“I’m traveling as Christ’s Apostles did, without purse or scrip, having faith that the Lord will provide.”

Dr. Gray studied his guest. “If you have that much faith in the Lord,” he said, “then I will be His helper tonight. Please come to my home and have supper with my wife and me.”





The next morning someone knocked on Jimmy's front door. He opened it.

"Hello, young man."

Jimmy grabbed Elder Palmer's arm. "Mama," he said, dragging him to her bedside, "this is the good man who gave me the dollar."

Mrs. Rose carefully lifted her head. "Thank you so much. I don't know what we would have done without you. My husband died some time back, and I've been too sick to work. Our food and coal ran out yesterday."

"But we have more now," Jimmy said, pointing to a bucket of coal. "I bought it last night."

"It looks like you've done a fine job of taking care of your family," Elder Palmer said.

Jimmy stood a little taller. "I'm trying to, sir."



"This is our Father's work, and He has laid upon us a divine injunction [responsibility] to seek out and strengthen those in need and those who are weak."

**President Gordon B. Hinckley, "What This Work is All About," *Ensign*, Aug. 2002, 7.**

Elder Palmer turned back to Jimmy's mother. "There is something more I can do for you. I am an elder in the true Church of Jesus Christ. That means that I have the authority to act in God's name and give you a blessing of health, if you desire it and have the faith to be healed."

Mrs. Rose thought for a long moment. Finally, she said, "Yes, I'd like a blessing."

A while later there was another knock on the door. The new visitor held up his medical bag and said, "Elder Palmer told me about your mother, and I've come to help."

"I am already well, doctor," Mrs. Rose said.

Jimmy started to close the door, but the doctor stopped him. "My wife ordered groceries and coal for your family, and they have just arrived. Will you help the deliveryman, Jimmy?"

"Yes, sir!" Jimmy ran outside. When he returned, the doctor was putting away his stethoscope.

"You have been quite sick," he said to Mrs. Rose, "but you now seem all right. If you're careful, you should be able to do your usual work."

"It's time for me to continue with mine too," Elder Palmer said.

"I'd like to hear more about your church," Mrs. Rose said. "Will you please come back and visit us?"

Jimmy grabbed his hand. "Yes, will you?"

"My wife asked that you return to our home too," Dr. Gray added.

Elder Palmer smiled, "I'd be honored."

Jimmy led the missionary to the door, but as he put his hand on the latch, he paused. How could he thank this man who had brought so much goodness to

his family?

"What is it, Jimmy?" Elder Palmer asked.

Jimmy swallowed hard. "I—I'm glad I saw you through the window!" he said. ●

# Scripture Figure



As you retell scripture stories, this figure can represent any man in the scriptures, such as Noah, Peter, or Lehi. The figure can be mounted on heavy paper, colored, cut out, then made into a stick puppet, a flannel board figure, or a paper sack puppet, as illustrated.

Make several and color the hair and clothing differently for each one. ●

*Note: If you do not wish to remove pages from the magazine, this activity may be copied, traced, or printed from the Internet at [www.lds.org](http://www.lds.org). Click on Gospel Library.*



Stick Puppet



Flannel Board Figure



Paper Sack Puppet

# Your Friend

BY SHANNA BUTLER  
Church Magazines

**D**id you know that you can have more fun with the *Friend* magazine besides doing the games and puzzles? Or that you can learn from more than just reading the stories? Here are some ways the *Friend* can help you and some ways you can help the *Friend* too.

## Play Day

Use a story from the *Friend* as the plot for your own play. Gather your friends and have everyone read the same story. Then, choose parts, practice, and act it out.

## Bookworms

The *Friend* has lots of great ideas. One way to remember them all is to make a book. Copy or remove the pages with your favorite ideas from the magazine, punch three holes in them, and keep them in a three-ring binder, adding ideas when you get your new issues of the *Friend*.

Other books you could make are a happy book, full of stories that will cheer you up on a sad day; a cookbook, using Kitchen Krafts ideas; a songbook,





with songs written just for you; and a prophet book, full of statements and stories from the prophets and apostles. Little friends might like a picture book made from *Friend* illustrations glued onto heavy paper.

#### A Little Friendly Competition

Have your Primary class, a group of friends, or your family read a whole issue of the *Friend* magazine. Make up questions from the magazine, divide into two teams, and keep score as you quiz each other.

#### Arty Party

Gather your siblings and draw pictures about a similar theme, like prayer. You could also write a poem to go along with your picture. Send your creations to the *Friend* for Our Creative Friends.

#### Talks and Lessons

Use the *Friend* for ideas when you need to give a talk or lesson. Don't just read a story, but tell your own story and use the *Friend* for more examples. With your parents' permission and help, you can also search for *Friend* stories or activities on your topic at [www.lds.org](http://www.lds.org) in the Gospel Library.

#### Share the Gospel

Your *Friend* magazine can help you share the gospel. Choose one story in the *Friend* each month and decide that you will follow the good example of the person in that story. Tell your family what you are trying to do, so they can help you. Your example will bless others.

When you come across a story you like or a fun game, you can invite a friend to read the story or do

the activity with you. Tell your friend about your testimony of the gospel and the topic of the story or game. Find out if your friend would like his or her own copy of the magazine.

#### Your Great Ideas

We like to hear from you, so write to Friends by Mail, Friends in the News, or Trying to Be Like Jesus. Make sure your parents sign a statement giving their permission for your submission to be published.

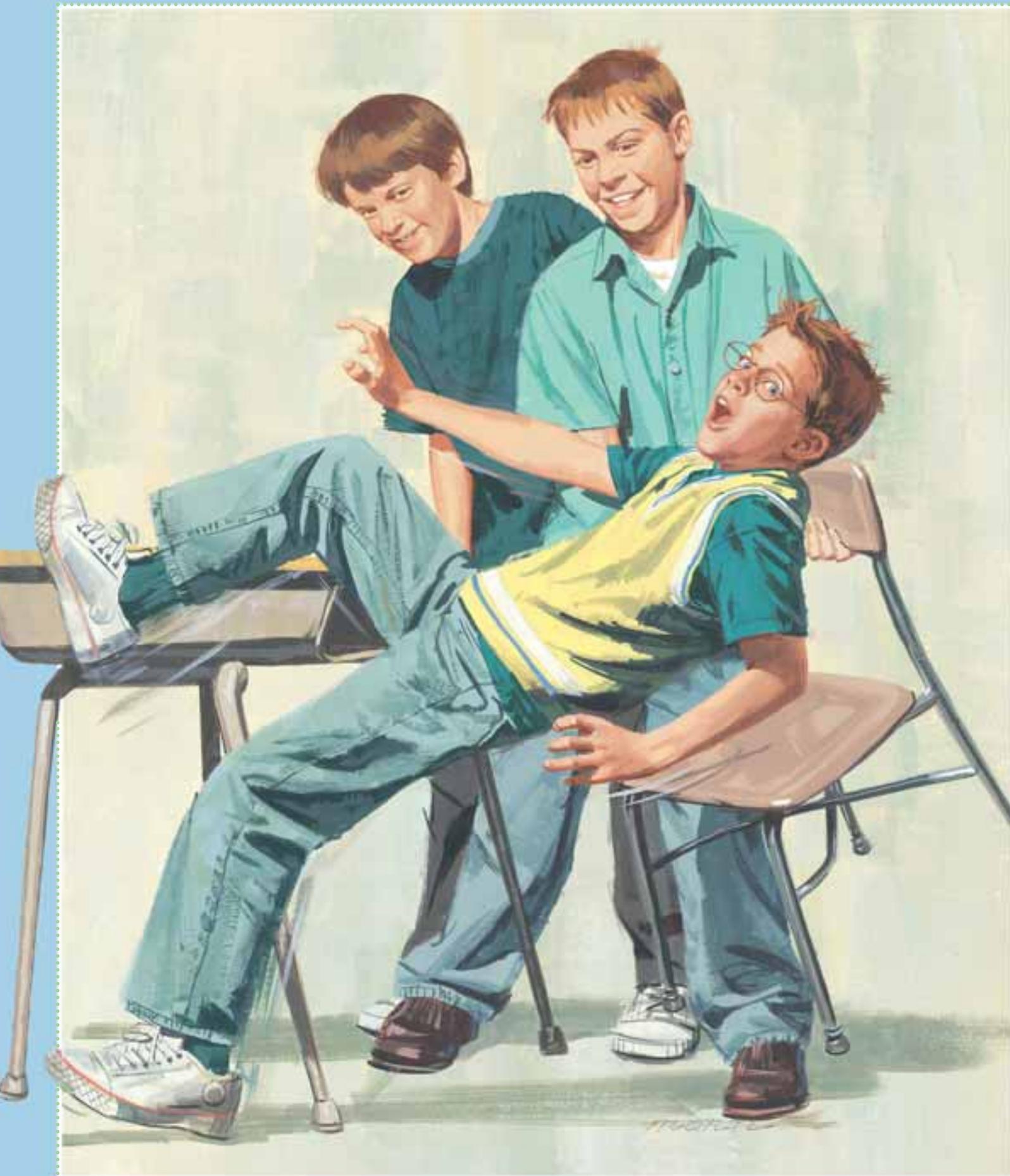
#### Learn and Grow

Even though you can get a lot of entertainment from the *Friend*, the most important thing it can give you is an opportunity to learn about Jesus Christ and to become more like Him. As you read the *Friend*, remember all you are learning about the gospel, and try to become a little better.

If you have items you would like to send the *Friend*, send them to:

**Friend Editorial**  
50 E. North Temple St. Rm 2430  
Salt Lake City, UT 84150-3220  
United States of America







# Being Brave

BY CHARMAYNE GUBLER WARNOCK

(Based on a true story)

*Be strong and of good courage, and do it*  
(1 Chronicles 28:20).

**T**he day I got sick and threw up at school was my worst day. It was also my best day. That's the day Rosella became my best friend. I was feeling sick and stupid, and she just walked over, got some paper towels, and started helping me clean up the floor. When I told her she didn't have to do that, she said, "Oh, I'm going to be a doctor when I grow up, and this doesn't bother me at all." When school was over, she walked home with me.

It seemed that Rosella wasn't ever afraid of things. Once she rescued a non-poisonous snake from some boys who were being mean to it. She carried the snake all the way home so it could live in some bushes in her backyard. I kept watching the snake and its beady, black eyes and wondering if it was going to reach around and bite her. But Rosella didn't seem worried at all.

One day Rosella and I were sitting next to each other during music class. We were practicing songs for the spring program when the intercom crackled and the principal's voice asked the music teacher to please come

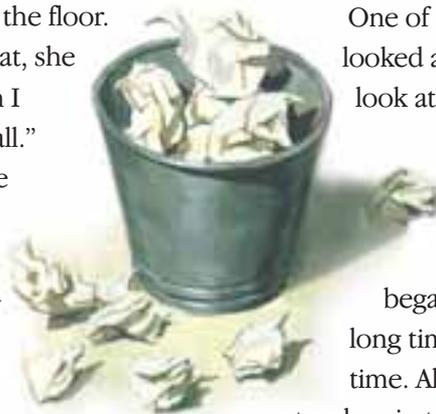
to the office. The teacher told everyone to behave. He said he would be back in a minute, but he was gone a long time.

Some of the boys in the class began throwing wads of paper at the trash can on the other side of the room. Soon the floor was littered with paper.

One of the boys who was throwing paper looked at a boy named Alan and said, "Alan, look at that mess you made. You'd better go pick up those papers."

Alan hadn't thrown any paper at all, but he didn't argue. He just nodded, got up from his chair, and began picking up the paper. It took him a long time because he picked up one wad at a time. Alan had crooked glasses, and his hair stood up in tufts all over his head. Something happened when he was born, and he didn't get enough oxygen. Because of that he had a hard time learning. Sometimes he tripped or made mistakes. But he wanted to be friends with everyone, and he smiled a lot.

After Alan had picked up all the paper, he walked back to his chair. The other boys were all grinning. When Alan turned to sit down, one of them reached over and yanked the chair out from under him. Alan sat





“Will it take courage to stand tall? Of course it will. Can you muster the courage? Of course you can. Seek strength from your Heavenly Father.”

**Bishop H. David Burton, Presiding Bishop,**  
“Stand Tall,” *Ensign*, Nov. 2001, 65–66.

down on the floor. Hard. You could see it hurt him because tears came to his eyes. But when the boys all started laughing, Alan tried to laugh too.

The next thing I knew, Rosella was standing up. She marched across the room and stood in front of those boys, glaring at them. Then she reached out her hand and helped Alan get into his chair. The whole class was silent. She asked Alan if he was hurt, and he shook his head. Then she put her hands on her hips. “Being mean to people is a really chicken way of trying to be funny,” she told the boys.

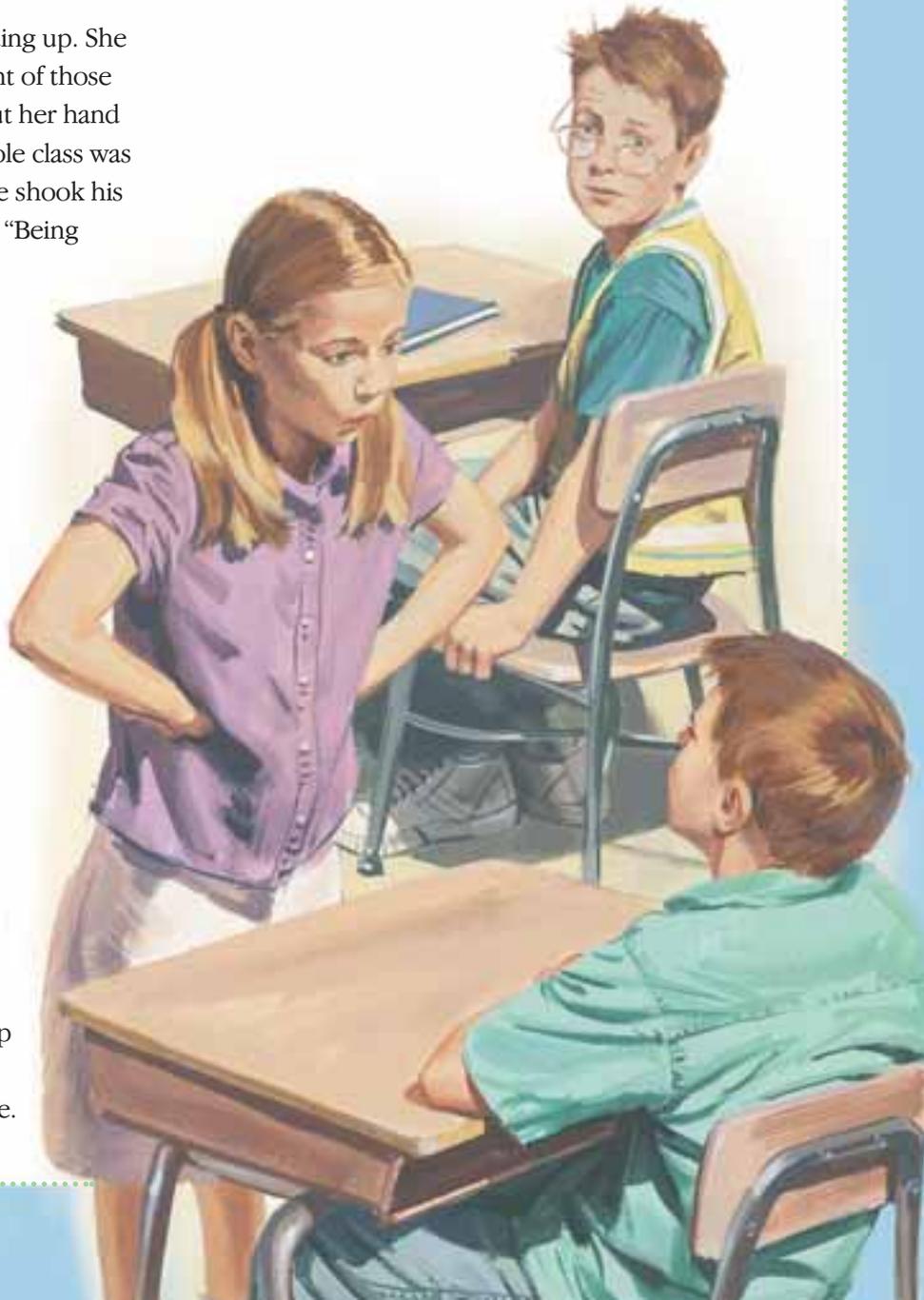
They just looked at her. She didn’t sound mean or angry, but everyone knew she meant it.

Then Rosella turned around and walked back to her chair. The class was dead quiet. I wondered what the boys would do. They usually didn’t like being told what to do, especially by a girl. I kept hoping the teacher would come back before anything else happened. Then one of the boys looked over at Alan. “Sorry we yanked your chair,” he said.

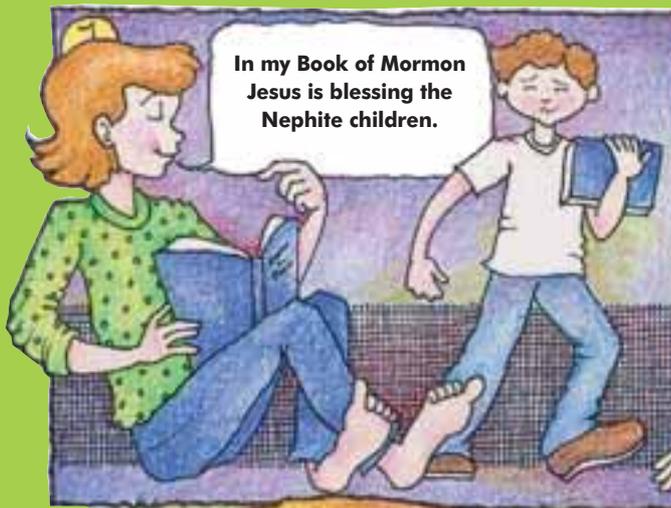
Alan folded his hands together and smiled big. “It’s OK. I have friends.” He looked over at Rosella.

Just then the teacher walked in. No one said anything about the paper, and class continued as usual. When Rosella picked up her music, I could see that her hands were shaking, but she had a quiet look on her face.

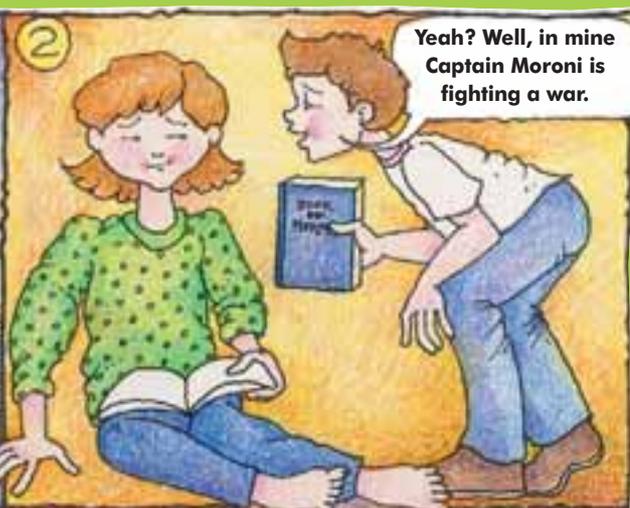
Our class began practicing. I could hear the piano playing and the class singing, but I was thinking about Rosella. I was thinking about how she stood up for Alan even though she was probably scared. I looked at Rosella singing the song and then over at Alan. Then I understood—being brave doesn’t mean you’re not scared. Being brave means doing the right thing even if you are scared. ●



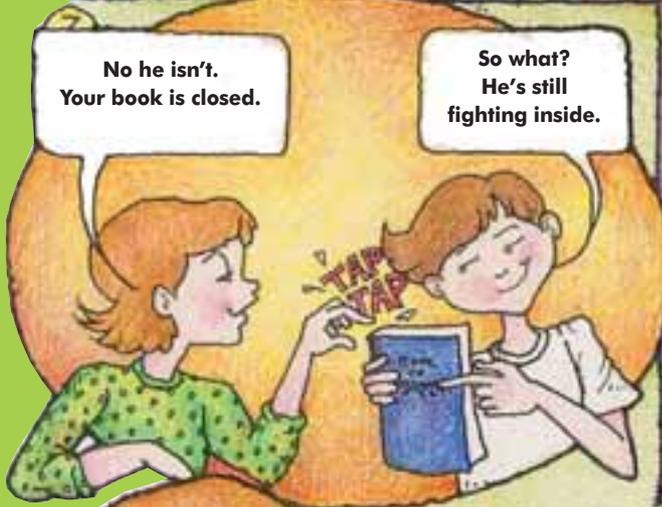
# MATT & Mandy



In my Book of Mormon Jesus is blessing the Nephite children.

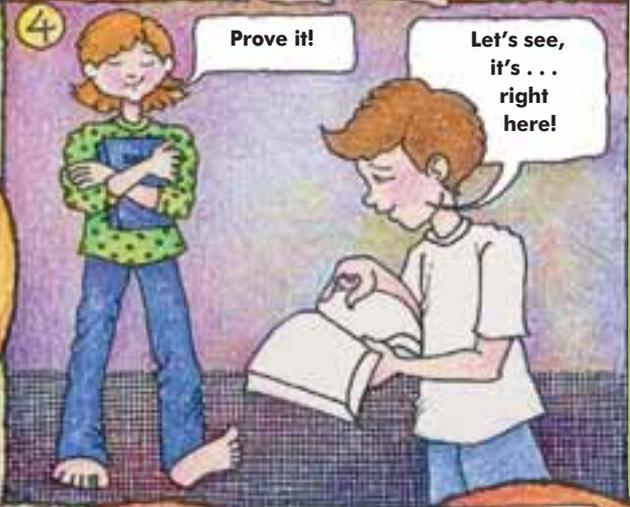


Yeah? Well, in mine Captain Moroni is fighting a war.



No he isn't. Your book is closed.

So what? He's still fighting inside.

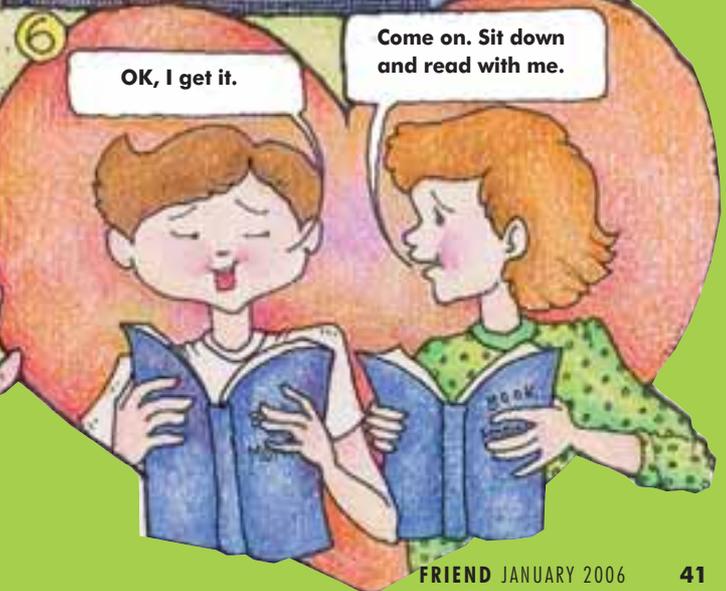


Prove it!

Let's see, it's . . . right here!



Well, of course. Because now your book's open. Closed books don't do any good.



OK, I get it.

Come on. Sit down and read with me.



# Trying to Be Like Jesus

## I Will Seek Good Friends and Treat Others Kindly\*

By Shaylee B.

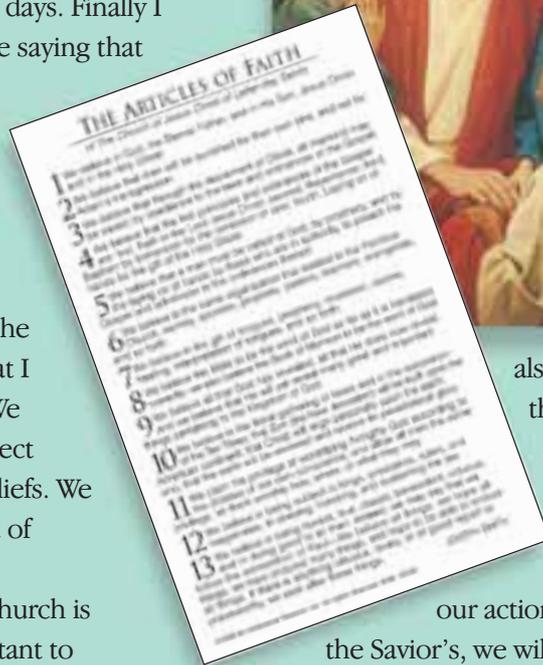


**M**y friend and I got into an argument about religion. She thought that since our

Church believes that Heavenly Father, Jesus Christ, and the Holy Ghost are separate beings, we are not Christians. I explained that Christians are people who believe in Jesus Christ as our Savior. I gave her an Articles of Faith card with a picture of Jesus with the children on it and told her that I

knew in my heart that I was a Christian. She did not accept it and told me that I was not going to heaven. We argued about it for a week and two days. Finally I wrote her a note saying that I was sorry for arguing and that I wanted our friendship back. I knew that if I tried to act like Christ, she would know that I was Christian. We decided to respect each other's beliefs. We are still the best of friends.

I know the Church is true. It is important to choose the right and follow the Savior's example so we can live in heaven with our Father. I



also know that we are all children of God, and that if

our actions are like the Savior's, we will be setting a good example for everyone.

*Shaylee B., age 8  
Virginia*

## Tsunami Sacrifice

By McKay W. with help from his mom

**W**hen my parents told our family of the many people hurt and killed by the tsunami in Asia in December 2004, I felt sad for the

children who didn't have parents to help them anymore. Our family wanted to help the people



hurt by the tsunami. We decided not to buy any groceries for one week and give our grocery money to the Church so it could be used to help. I wanted to give all the money that I had to the survivors. I opened my wallet and dumped all my money out. It was hard because I had been working and



saving my money for a long time. My mom helped me count it, fill out the donation form, and put it in a tithing envelope. I felt good afterward because I knew that I had helped other people who had lost everything, and I knew that is what Jesus would do.

*McKay W., age 6  
Oregon*

## Book of Mormon Testimony

By Emily O.

**M**y family is from America, but we live in Japan and I attend a Japanese grade school. This year each student in my fifth grade class was assigned to give a book review. I decided to tell my class about the Book of Mormon. When it



was my turn, I stood in front of the class and explained that the Book of Mormon was written by prophets of God long ago. I bore

my testimony that reading the Book of Mormon can help us feel good and be happy. I showed them a copy of the Book of Mormon and offered to let anyone who wanted

to have it to read.

Fifteen classmates requested a book to read, so my family got some more copies, and I spent the week marking special passages in the books. I carried as many as I could to school in my backpack each day until I had given one to each of the 15 students.

My teacher visited our home the next week to make sure it was OK for me to give away so many books. She asked my dad some questions about the Book of Mormon. I was able to write my testimony in a copy and give it to my teacher.

*Emily O., age 11  
Japan*



## Kind Sister

By Hailey P.



**M**y brother was sent to a time-out because he threw garbage on the floor.

When he came out, my mom told him to clean up the garbage. He came over to me. I told him I would help him clean it up. He was happy because I helped him, and I was happy because I was following Jesus by helping him.

*Hailey P., age 7  
Utah*



# The Blessing



BY JANE MCBRIDE CHOATE

(Based on a true story)

*Mine is a home where ev'ry hour is blessed by the strength of priesthood pow'r (Children's Songbook, 190).*

Catrina hurried home from school. The missionaries were coming today. She had promised her mamá that she would sweep the floor. Mamá was gone working as a housekeeper and would not be home until later that night.

Señor and Señora Klatzpan and their two-year-old son, Helmut, shared the house with Catrina's family. Sharing houses was common in Colombia where many families could not afford homes of their own.

Señor Klatzpan and his little family had moved to Colombia from Germany a year ago. He spoke Spanish with difficulty. His wife spoke little of the language and communicated mostly with her hands. Helmut was

learning Spanish as well as German.

Catrina occasionally tended Helmut. She liked his sweet baby smell.

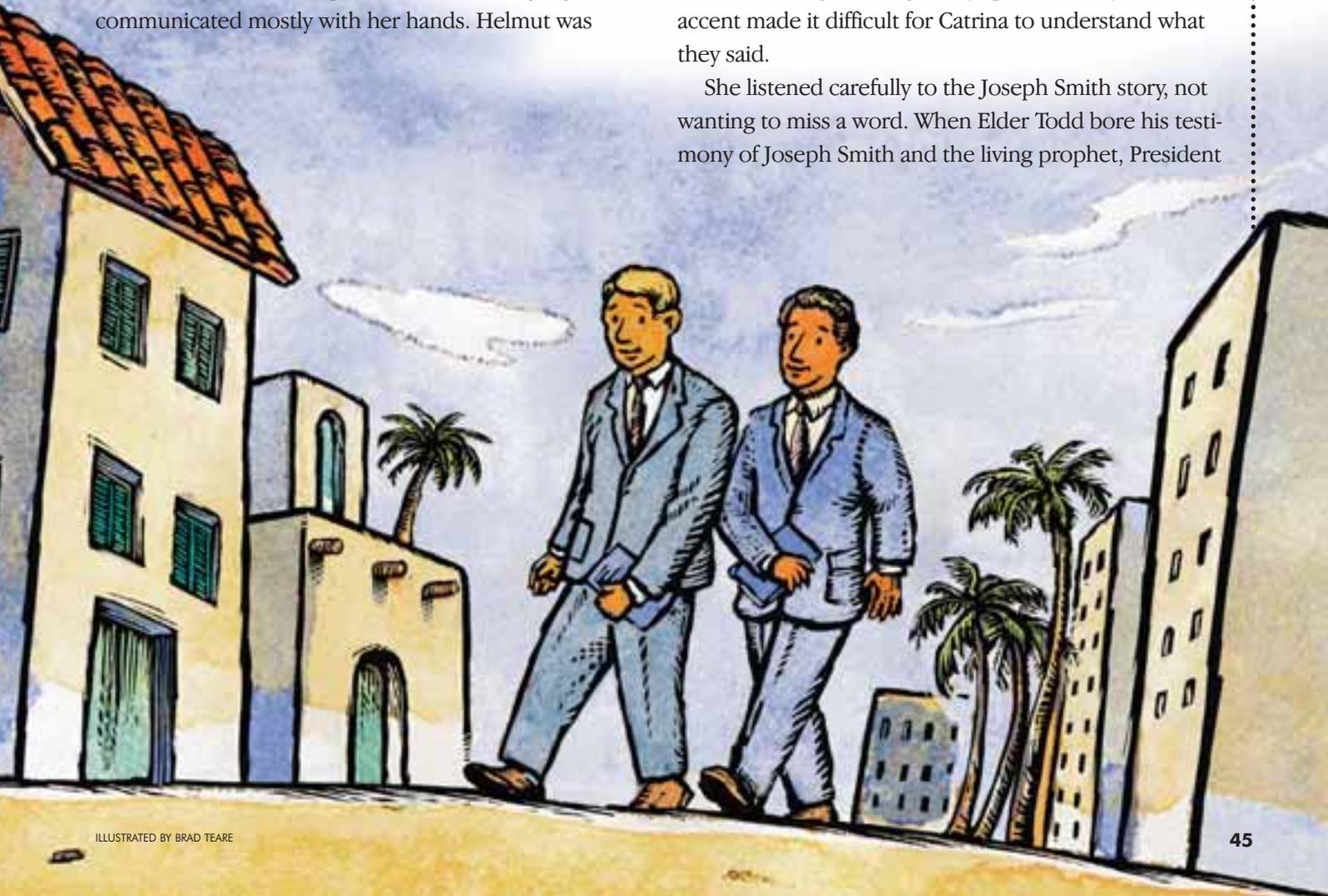
Catrina's papá worked long hours as did her mamá. Her abuela (grandma) spent many hours with Catrina and her brother, Ramón, telling them stories of their ancestors and the traditions of their family.

Catrina and her mamá kept the house as clean as possible, but it was difficult with so many people living in the four small rooms.

She remembered the day the missionaries from The Church of Jesus Christ of Latter-day Saints had knocked at their door.

The young men, in their white shirts and ties, spoke of Jesus Christ and the restored gospel. The words sounded strange. Though they spoke fluently, their accent made it difficult for Catrina to understand what they said.

She listened carefully to the Joseph Smith story, not wanting to miss a word. When Elder Todd bore his testimony of Joseph Smith and the living prophet, President



Gordon B. Hinckley, she knew she had heard the truth.

Señor and Señora Klatzpan accepted the gospel and were baptized members of the Church shortly after the elders challenged them to be baptized.

Catrina noticed a change in the Klatzpan. They seemed more content, though they still had little money. When she asked them about it, Señor Klatzpan said that the gospel had changed their lives.

“It brings us much joy,” Señor Klatzpan said. “My Gerta and I have never been happier. When you and your family are baptized, you will know the same blessings.”

Catrina didn’t know if her papá would ever allow their family to be baptized. His parents and their parents before them had belonged to another religion. Tradition was an important part of their family.

Today the elders spoke more about families. When they explained a father’s blessing, Señor Klatzpan leaned forward eagerly. “My Helmut. I want him to have this blessing. Will you do it?”

Elder Todd shook his head. “We could give him a priesthood blessing, but only you can give him a father’s blessing. You have received the Melchizedek Priesthood and have the authority to do so.”

Señor Klatzpan looked helplessly from one elder to the other. “I do not know how to do such a thing.”

“Listen to the Spirit,” Elder Todd said in his quiet way. “It will guide you and your words.”

Señor Klatzpan put his hand on his chest. “Is it that which makes my heart beat so rapidly?”

Elder Stevenson nodded. “The Spirit often touches our hearts in just that way.”

A smile of pure joy spread over Señor Klatzpan’s face. “I am ready.” Solemnly he placed his hands on Helmut’s head. Words poured forth as he blessed his child.

Catrina felt tears prick her eyes. She, too, felt the Spirit.

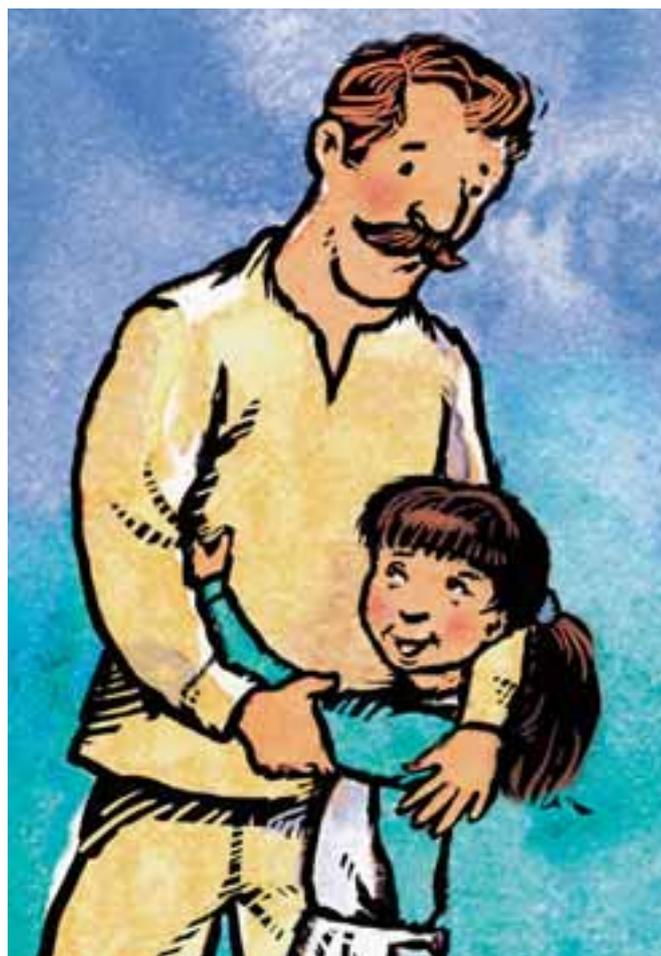
When the elders left, she turned to her papá. “Papá, I want to be baptized. With you and Mamá and Ramón. I want you to give me a blessing like Señor Klatzpan gave Helmut.”

“We have heard the truth,” he said slowly. “It would be wrong not to be baptized.”

“What about Abuela?” Catrina asked.

“She will understand,” he said. “Tradition is important. But truth is precious.”

Catrina brushed the tears from her eyes and hugged her papá. ●



“We have been given the great power of the priesthood. It blesses us individually and provides blessings for our family.”

**Elder L. Tom Perry of the Quorum of the Twelve Apostles, “Called of God,” *Ensign*, Nov. 2002, 10.**



# Kitchen Krafts

Have you ever had an indoor picnic with your family? These recipes would be fun to make as a family or with an older person's help. Then spread a blanket on the floor and enjoy the food at a family home evening indoor picnic!

## Carrot-Raisin Slaw

- 1/4 head green cabbage, shredded**
- 2 carrots, grated**
- 1/2 cup raisins**
- 1/3 cup mayonnaise**
- 1/3 cup sour cream**
- 1 tablespoon cider vinegar**
- 1 tablespoon sugar**
- 1/4 teaspoon salt**

1. Place the cabbage, carrots, and raisins in a large bowl.
2. In a small bowl, mix the mayonnaise, sour cream, vinegar, sugar, and salt. Spoon the dressing over the cabbage mixture and toss to combine. Cover and refrigerate until ready to serve.

Serves 4.

## Tuna-Salad Wraps

- 1/4 cup mayonnaise**
- 1 tablespoon pickle relish**
- 1/2 teaspoon lemon juice**
- 1/4 teaspoon salt**
- 1 can (6 ounces/170 g) water-packed solid white tuna, drained**
- 1/4 cup chopped celery**
- 1 hard-cooked egg, peeled and chopped**
- 4 (8"/20 cm) flour tortillas**
- 2 cups shredded lettuce**

1. In a medium bowl, mix the mayonnaise, pickle relish, lemon juice, and salt. Stir in the tuna, celery, and egg.

2. Spread the tuna mixture over each tortilla and top with lettuce. Roll up each tortilla tightly, wrap in plastic wrap, and refrigerate.

Serves 4.

## Chewy Os

BY MARYALICE WALLIS

- 1 stick margarine**
- 1 package (18 1/4 ounces/517.4 g) yellow cake mix**
- 3 cups miniature marshmallows**
- 1 package (12 ounces/340 g) chocolate chips**
- 3 cups O-shaped cereal**
- 1 can (14 ounces/397 g) sweetened condensed milk**

1. Melt margarine in a small saucepan. Carefully pour margarine onto a 10" x 15" x 1" (25 x 38 x 2.5 cm) baking pan.

2. Sprinkle the dry cake mix over the margarine. Place a layer of marshmallows, chocolate chips, and then cereal. Slowly drizzle the condensed milk over the cereal.

3. Bake at 350°F (175°C) for 25–30 minutes. Let cool for 10 minutes before cutting into 2 1/2" (6.4 cm) squares.

Makes 2 dozen.



# Sledding Hidden Picture

BY ROBERT PETERSON

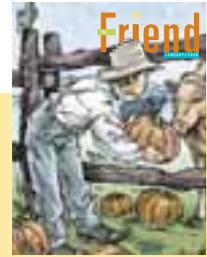
While the children in the picture enjoy the snow, you can have fun indoors by finding a bird, a book, an eagle's head, a fish, a fork, a knife, a man's shoe, a pencil, a saltshaker, a shovel, a spoon, and a telephone. Then color the picture.



## Guide to the Friend



*The Guide to the Friend can help you find stories or articles for preparing lessons or talks for church or for family home evening. The Primary theme for January is "The promises of Heavenly Father and Jesus Christ to us are recorded in the scriptures."*



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(FLF) = For Little Friends  
(f) = Funstuf  
(IFC) = inside front cover  
(p) = poster

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## Family Home Evening Ideas

Look for the FHE symbol on the pages mentioned below.

1. Read President Gordon B. Hinkley's message "Walk the High Road" (pp. 2–3). Have each family member draw a road map for his or her life, drawing or writing down important spiritual goals and what must be done to achieve them.
2. Make the Kitchen Kraft recipes (p. 47) and enjoy an indoor picnic. As you eat, talk about your goals for the coming year. Then complete the activity "My Goals, 2006" (pp. 24–25). Set family goals or have each family member make his or her own goal time capsule.
3. Read "Through the Window" (pp. 32–34). How is Elder Palmer able to help Jimmy and Dr. Gray? Read "Being Brave" (pp. 38–40). How does Rosella help Alan? Exercising faith and following the Spirit can place us in a position to bless others. Discuss how you can grow in faith and be prepared to serve someone.
4. This year in your Primary classes, you will be studying the Old Testament. Use "Plastic Play Dough" (p. 19) to make

sculptures representing your favorite Old Testament stories (for example, a lion for Daniel in the lions' den). Guess what each person's sculpture represents and look up the scripture references. Then play a game using "Old Testament Scripture Pictures" (p. 23). Take turns reading a scripture in the left column out loud while two other players try to be the first to point at the matching picture.

5. Read "Tsunami Sacrifice" (p. 42) in the Trying to Be Like Jesus section. What can you do to help others facing emergencies? How can your family be prepared for emergencies? See [www.providentliving.org](http://www.providentliving.org) for ideas.



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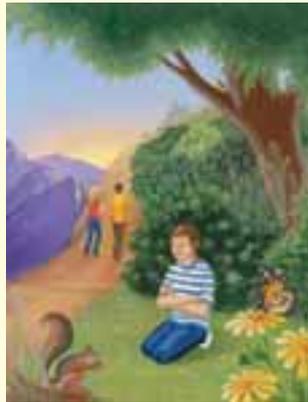
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# What's in the *Friend* this month?

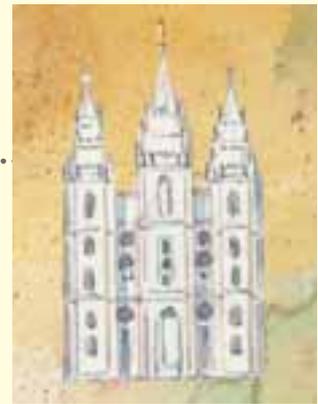


## page 2

President Hinckley teaches us to build happy futures.

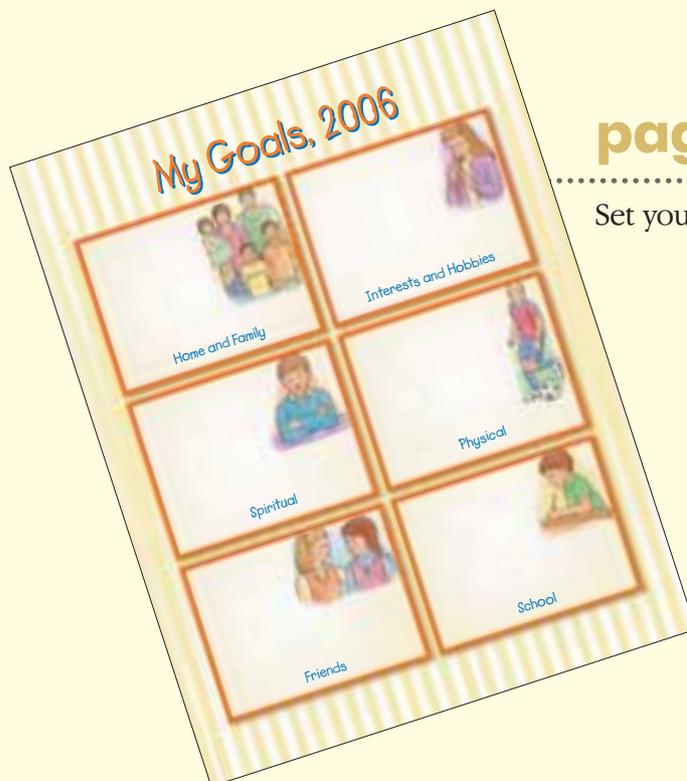
## insert

To learn about the promises Heavenly Father and Jesus Christ have made to us, remove the poster insert and follow the instructions.



## page 24

Set your goals for 2006!



**January**  
The promises of Heavenly Father and Jesus Christ to us are recorded in the scriptures.

**Clue 1:**  
read Alma 37:17

**February**  
Heavenly Father's plan promises eternal happiness.

**Clue 2:**  
read 1 John 2:25

**March**  
Heavenly Father and Jesus Christ make promises to me through the prophets.

**Clue 3:**  
read Amos 3:7

**April**  
Heavenly Father loves me, so He sent His Son, the Promised Messiah.

**Clue 4:**  
read Moroni 7:41

**May**  
Heavenly Father gave me the gospel of Jesus Christ, promised before the world was.

**Clue 5:**  
read 3 Nephi 27:21

**June**  
Heavenly Father and Jesus Christ promise me blessings when I obey the commandments.

**Clue 6:**  
read Mosiah 2:22

**July**  
Heavenly Father promises to hear my prayers and answer them.

**Clue 7:**  
read D&C 112:10

**August**  
As I follow the direction and righteous examples given in the scriptures, the Lord promises me rich blessings.

**Clue 8:**  
read Mosiah 1:7

**September**  
The promises taught in the scriptures give me comfort and courage.

**Clue 9:**  
read Psalm 27:1

**October**  
Latter-day prophets teach me the way to obtain God's promises.

**Clue 10:**  
read D&C 1:38

**November**  
I am thankful for the promises of Heavenly Father and Jesus Christ—Their promises are sure.

**Clue 11:**  
read Psalm 100:4

**December**  
Heavenly Father fulfilled His promise to send a Savior.

**Clue 12:**  
read Luke 2:10–11



I Will Trust in Heavenly Father and His Son, Jesus Christ—  
*Their Promises Are Sure*

Heavenly Father and His Son, Jesus Christ, have made many promises to us. When we are obedient, we can receive the blessings of those promises. We find out what Their promises are by reading the scriptures, listening to the prophet, praying, and following the Savior's example.

Reading the monthly scripture clues and themes on this year's poster can help you discover more about Heavenly Father and the Savior's promises.

**Instructions**

1. Turn the page, open the staples, remove the poster, and reclose the staples.
2. Cut out the scripture references/pictures, being careful not to cut off the tabs. Then cut small slits along the small black dotted lines on the poster. Match each month's scripture reference/picture with its slit, and slide the tab into the slit, scripture facing out. Fold the tabs to hold the scripture references/pictures in place.
3. Each month, find and read that month's clue in the scriptures to discover a promise Heavenly Father and the Savior have given us. After reading the theme and the scripture, pull the cutout from its slit. Then turn the cutout over, and replace it on the poster with the picture showing. Throughout the year, these pictures can help remind you of Heavenly Father and the Savior's many promises to us.

*Additional copies of the poster (item no. 26959) are available from Church distribution centers.*

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