

# THE *Friend*



Flip  
me  
over!

## Testimony Tower



**W**e built a testimony tower for family home evening (June 2015). Each block represented something that helped our testimonies grow. Last week we both shared our testimonies. Sharing it helps ours to be strengthened. Thanks

for the great idea!

**Levi and Lucy P., ages 4 and 7, California, USA**

## Should I Tell?



**W**hen I read “When Should I Tell?” (March 2015), I noticed one of my friends was saying rude things to me through texting. I told my parents, and they asked me to tell them if that ever happens again. Thank you for sending the *Friend*!

**Halle G., age 10, Arizona, USA**

## Floods and Fluffy



**A**fter a tearful bedtime reading of “Floods and Fluffy” (March 2015), Jim (with Bunny) was excited to share this story with his friend Zoey (with Thumper). What a surprise when Zoey gave her talk in Primary about the same

Fluffy! Thank you, *Friend*, for a story about sharing!

**Jim M. and Zoey L., ages 6 and 5, Texas, USA**

## Dear Friends

This is going to be a fun year in the *Friend*. Each month you'll find a scripture hero card and a reading chart to help you learn about the Book of Mormon. We're also inviting you to send us your footprints and stories about how you stand tall in following Jesus's example! See page 3 to find out more.

Happy New Year!

The *Friend*

P.S. When you get to page 39, turn the magazine upside down for a special surprise. Write and tell us how you liked it!

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



## How I Read the *Friend*

**I**t takes a very long time for the *Friend* to get to my house because my family lives far away, but I am always glad when it comes. I love to read it because it makes me feel happy!

**Allison L., age 11**

◆ **Primary Connection** Find stories and activities to go with this month's sharing time theme and lessons. Find more topics at [lessonhelps.lds.org](http://lessonhelps.lds.org).

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## Hidden CTR Rings

**Level 1:** A compass guides you right

**Level 2:** Giving helps others

**Level 3:** No hint!

### Volume 46 Number 1 January 2016

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FROM THE FIRST PRESIDENCY

By President Thomas S. Monson

# Following in the Savior's Footsteps

When I was a deacon in the Aaronic Priesthood, I was called to be secretary of my deacons quorum. I prepared the records I kept very carefully, for I wanted to do my very best in that calling. Doing all I can, to the very best of my ability, has been my goal in every calling I have ever held.

One day the bishopric asked me to take the sacrament to a man who could not leave his house. That special Sunday morning, when I knocked on Brother Wright's door, I heard his weak voice call, "Come in." I went into his humble home. His room was filled with the Spirit of the Lord.

I went to Brother Wright's bedside and carefully placed a piece of sacrament bread to his lips. I then held the cup of water so that he could drink. As I left, I saw tears in his eyes as he said, "God bless you, my boy." And God did bless me. He helped me appreciate the sacred **emblems** of the sacrament and the priesthood that I held.

an object or thing that stands for something

Let us learn of the Savior Jesus Christ. Let us follow in His footsteps. Let us live by His teachings. Then we will be prepared for any service He calls us to do. This is His work. This is His Church. Indeed, He is our captain, the King of Glory, even the Son of God. ♦

**President Monson stood tall by doing his best in his calling. How can you stand tall?**

*Adapted from "The Priesthood— a Sacred Gift," Ensign, May 2015.*



# Pledge to Stand Tall!

These kids are strong and courageous in following Jesus.

How will you stand tall this year? Send us your story or pledge!



Once I was in the car with my family. I heard a bad word in the song on the radio. I changed the channel to a nicer song. I think Jesus would do the same thing too.

**Caitlin M., age 10, New South Wales, Australia**



I will stand tall by choosing good things to watch and read and listen to. I can keep the commandments even when it's hard.

**Garrett Y., age 6, Utah, USA**



Some special-needs kids were being teased and bullied, so I made some "no bullying" posters. It made me feel good to do something to help my friends.

**Emma H., age 9, Arizona, USA**



One Sunday I wanted to play with the iPad. But on Sundays our family tries to do things that bring us closer to Jesus. I decided not to play on the iPad. I felt good because I obeyed the Holy Ghost.

**Jonas J., age 5, Utah, USA**

## SEND US YOUR FOOTPRINT!

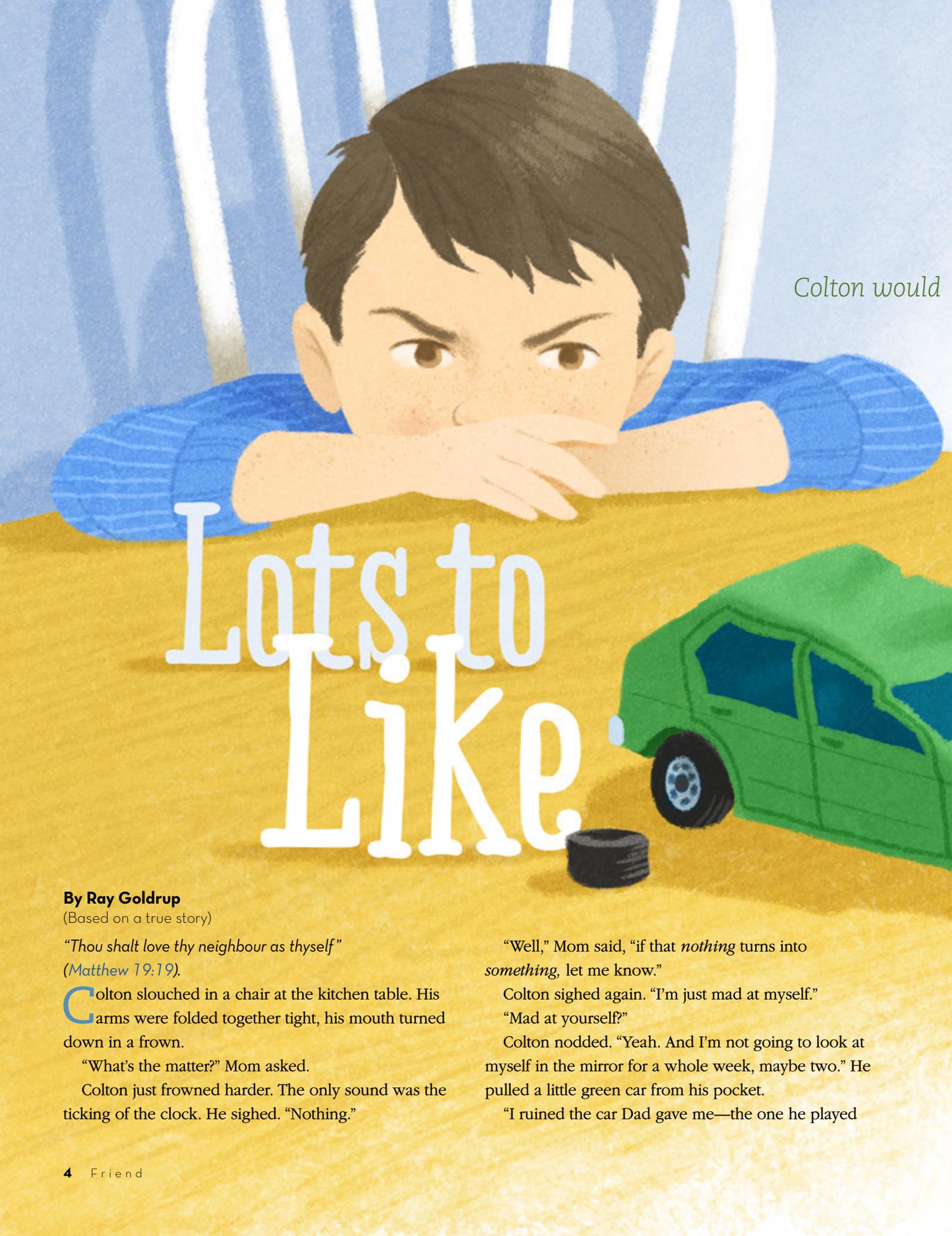
1. Trace your footprint on a piece of paper and cut it out.
2. Write about something you have done or something you will do to stand tall in following Jesus and choosing the right. It can be something big or small.
3. Send a photo of yourself and a parent or guardian's permission. Use the permission statement on page 39.
4. Send your submission to [friend@ldschurch.org](mailto:friend@ldschurch.org) or to the address on page 39.

We'll collect "standing tall" footprints through the end of October.

What did you write on your footprint?



I wrote, "I'll stand tall by using good language."



Colton would

# Lots to Like

**By Ray Goldrup**

(Based on a true story)

*“Thou shalt love thy neighbour as thyself”*  
(*Matthew 19:19*).

Colton slouched in a chair at the kitchen table. His arms were folded together tight, his mouth turned down in a frown.

“What’s the matter?” Mom asked.

Colton just frowned harder. The only sound was the ticking of the clock. He sighed. “Nothing.”

“Well,” Mom said, “if that *nothing* turns into *something*, let me know.”

Colton sighed again. “I’m just mad at myself.”

“Mad at yourself?”

Colton nodded. “Yeah. And I’m not going to look at myself in the mirror for a whole week, maybe two.” He pulled a little green car from his pocket.

“I ruined the car Dad gave me—the one he played

never forgive himself. NOT EVER!

with when he was little. It was on the floor, and I stepped on it. Now it's all broken. It was so . . . dumb!"

Mom sat down next to Colton and reached for the broken car. "I'm so sorry. I know how much you loved this car. But you didn't do it on purpose. It's not your fault. It's not anyone's fault."

"Well, *I* think it's somebody's fault—mine!" He held up a wheel that had fallen off his car. "I shouldn't have left it on the floor! And I'm not going to get over it until I'm ready. And maybe not even then."

"That's a long time to stay mad at yourself,"

Mom said. She thought for a minute, then stood up to grab a pencil and notepad from

a drawer. She set them on the table.

"Let's make a list of things you like about yourself. I'll write for you."

"Do I have to?"

Colton asked.

Mom nodded and tapped the notepad. Colton stared at the paper.

"Well," he finally said, "I *do* take really good care of my frog."

"Perfect. That's one," Mom started to write. "What else?"

Finally Mom and Colton had a whole list of good things about Colton. He smiled as Mom read the list out loud.

### Things I like about Colton, by Colton

1. He's kind to animals and takes good care of his frog, Jumpy.
2. He always talks with his grandpa when we visit him at the nursing home.
3. He tries to choose the right every day, even when it's hard.
4. When he gets money, he saves some of it in his red elephant missionary bank, and he always pays his tithing.
5. He tries hard to keep his room clean without being asked.
6. He doesn't always complain about having to eat green beans at dinner.
7. He doesn't tease his little sister. Much.

"Can I go out and play now, Mom?" Colton asked when they were done reading the list.

Mom nodded. "Who are you going to go play with?"

Colton grinned. "With me. I kind of like me again."

"I kind of like you too. Kind of a lot. And you know what, Heavenly Father and Jesus love you too!"

Colton hugged her. "Maybe next time I get mad at me, I'll make another list. I can think of a bunch more things I like about myself." ♦

The author lives in Utah, USA.



Sometimes I look at myself in my mirror and find all of the things I don't like about myself and exaggerate them. This makes me feel sad. I pray to my Heavenly Father, and then I feel better. When I look in the mirror again, I see a pretty girl who is "her own kind of beautiful."

**Adyline J., age 10, Georgia, USA**

# Family Night FUN

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



## LOTS-TO-LIKE LIST

Read the story "Lots to Like" on page 4. When we remember the good things about ourselves and others, it can help us be patient and learn from mistakes.

1. Have everyone sit in a circle.
2. Give everyone a sheet of paper and have them write their name at the top. Then have them write or draw something they like about themselves.
3. Pass the papers to the right and have the next person write or draw something they like about the person whose name is at the top.
4. Keep passing and writing until the lists make it all the way around. Take turns reading your lists out loud!

Is there a topic you'd like to learn about with your family? Go to [lessonhelps.lds.org](http://lessonhelps.lds.org) to find stories, activities, and media.



## TRY-AGAIN TREATS

When you make pancakes, the first few probably won't turn out great. That's OK. You just adjust the heat, add more milk if the batter is too thick, and keep cooking. Soon you'll be making great pancakes! Be sure to get an adult's help.

- 2 cups flour
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 2 eggs
- 1/4 cup butter, melted
- 1 3/4 cups milk

1. Mix the flour, sugar, salt, and baking powder.
2. In a separate bowl, beat the eggs and stir in the butter and milk. Slowly stir it into the flour mixture. Let the batter sit for 10 minutes before using.
3. Heat a pan on medium heat and lightly coat with oil. Pour 1/4 cup of batter in the hot pan and cook until the top bubbles. Flip and cook until the other side is golden brown.
4. Cook all the batter, and serve the pancakes with your favorite toppings.



## IT'S OK TO MAKE MISTAKES

When you or someone else messes up, here are some things to remember:

- Heavenly Father and Jesus love you no matter what. They don't expect us to be perfect now.
- Making a mistake doesn't make you a bad person.
- We can love people even if we don't love what they do.
- Instead of focusing on what you did wrong, focus on what you learned and can do better. Repenting and trying again helps us grow.

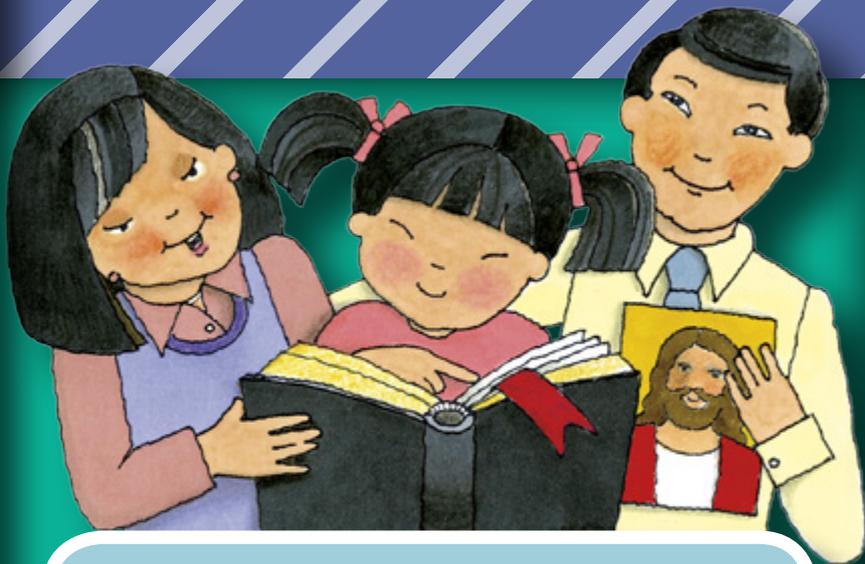


## TASTY TREATS

Mix plain yogurt with honey and cinnamon. Use as a dip for strawberries, grapes, or apple and banana slices.

Mix fresh-popped popcorn with coconut flakes and chocolate chips.

Wrap pretzel sticks with turkey slices and serve with mustard for dipping.



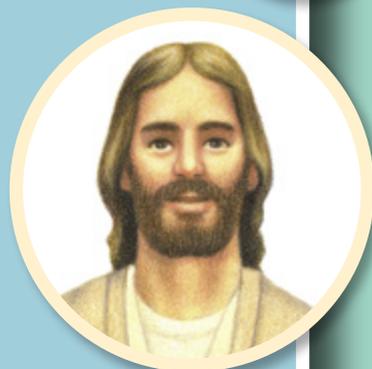
## MORE FHE IDEAS

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

**IDEA 1:** Read “Following in the Savior’s Footsteps” and send us your first “standing tall” footprint! Then read about Tsion and how she follows Jesus by standing tall. Who’s a good example of this to you?



**IDEA 2:** Heavenly Father gave us the Book of Mormon so we could learn about Jesus Christ. Talk about the poster “The Book of Mormon Teaches about Jesus.” See who can find the most scriptures about Jesus in 1 Nephi. Good luck!



**IDEA 3:** We can learn a lot from the people and stories in the scriptures. Read “Heavenly Father Loves Me” to find out what Ryker learned. Can you do this month’s challenges to be more like Nephi?



Idea 1: pages 2, 14; Idea 2: 24; Idea 3: 11, 22

# THE CLEANUP CREW

By Sarah Chow  
(Based on a true story)

*Act out this story with a few friends, or use a puppet for each character!*

**Sarah:** It's time for an Official Children's Conference.  
Let's decide what to do while Mom is running errands.

**Laura:** We should play pioneers! We can pretend our pillows are bags of flour and drive "wagons" to Utah.

**Chris:** Let's make cookies instead!

**Alicia:** I think we should go outside and ride our bikes.

**Robert:** I want to look for insects.

**Sarah:** Those are all great ideas, and I think we should try them. But what if we did something nice for Mom? She looked like she could use some cheering up.

**Laura:** Well, Mom likes it when we play pioneers.

**Chris:** She likes cookies.

**Robert:** And looking at bugs.

**Alicia:** She *loves* it when we go outside.

**Sarah:** Hmm . . . Maybe we could find something *extra* special to do, though. Something to help her out.

*[Everyone taps their chins while they think.]*

**Laura:** *[Laura jumps up and down.]* I know! We could clean up The Desk. It's covered in all sorts of stuff, like crayons, pencils, schoolwork, toys, and mail.

**Chris:** That would be a really big job.

**Alicia:** How will we do it?

**Robert:** It will take *forever!*

**Laura:** But we can try.

**Sarah:** Let's do it! Everyone pick just one thing to do.

**Chris:** I'll stack up the mail.

**Alicia:** I can put the toys away!

**Robert:** I'll organize everyone's schoolwork.

**Laura:** I'll line up the crayons and pencils by color!

**Sarah:** There are a few things I don't know what to do with. I'll put them in a box.

*[Everyone steps back to admire how clean The Desk is.]*

**Chris:** Wow!

**Robert:** That went by really fast.

**Alicia:** And Mom will love it.

**Sarah:** Now let's do something fun!

**Laura:** That *was* fun. Maybe even better than playing pioneers!

The author lives in Massachusetts, USA.



# Hidden Picture

The whole family showed up to find out where this future missionary is going on her mission. Can you find the hidden objects?





## QUESTION CORNER

# A girl at school is always mean to me. How can I still be kind to her?



Be nice to her and help her. Say a prayer and ask Heavenly Father to help you think nice thoughts.

**Hanisi T., age 6, Tasmania, Australia**



I had an experience with a girl being mean to me. I tried to be nice and see if that would help. I also talked to her in a nice way about why she was treating me like that and how it made me feel. It helped a lot.

**Kamryn T., age 8, Georgia, USA**



Just pretend they're saying nice things or ignore them. You can also ask them to stop or talk to a parent or teacher.

**Josh H., age 8, Colorado, USA**



That happened to me once. I prayed about what to do and asked my mom for advice. I nicely asked the girl to stop what she was doing, then asked if she wanted to play at recess. She said sure, and we became friends.

**Tifnee H., age 10, Utah, USA**



You can give her a note and say really nice things like, "You are really good at math!" It happened to me, and we became friends.

**Avery H., age 9, Washington, USA**

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

## NEXT QUESTION

**"If a friend asked you why you go to church, what would you say?"**

Send your answer and photo by January 31. Email us at [friend@ldschurch.org](mailto:friend@ldschurch.org) with "Question Corner" in the subject line. Use the permission statement on page 39.



Try to be a good friend to her even though she is mean to you. Maybe she is having a hard time at home. Love her.

**Mario H., age 7, California, USA**

I tried being nice to that bully. Didn't work.

Guess it's time to talk to Mom and Dad about it.





Ryker W., age 9, Arizona, USA



I've had a hard time the last couple of years at school. I don't have a lot of friends, math is harder than before, and sometimes I get in trouble for things I didn't do. It bothers me that things aren't fair.

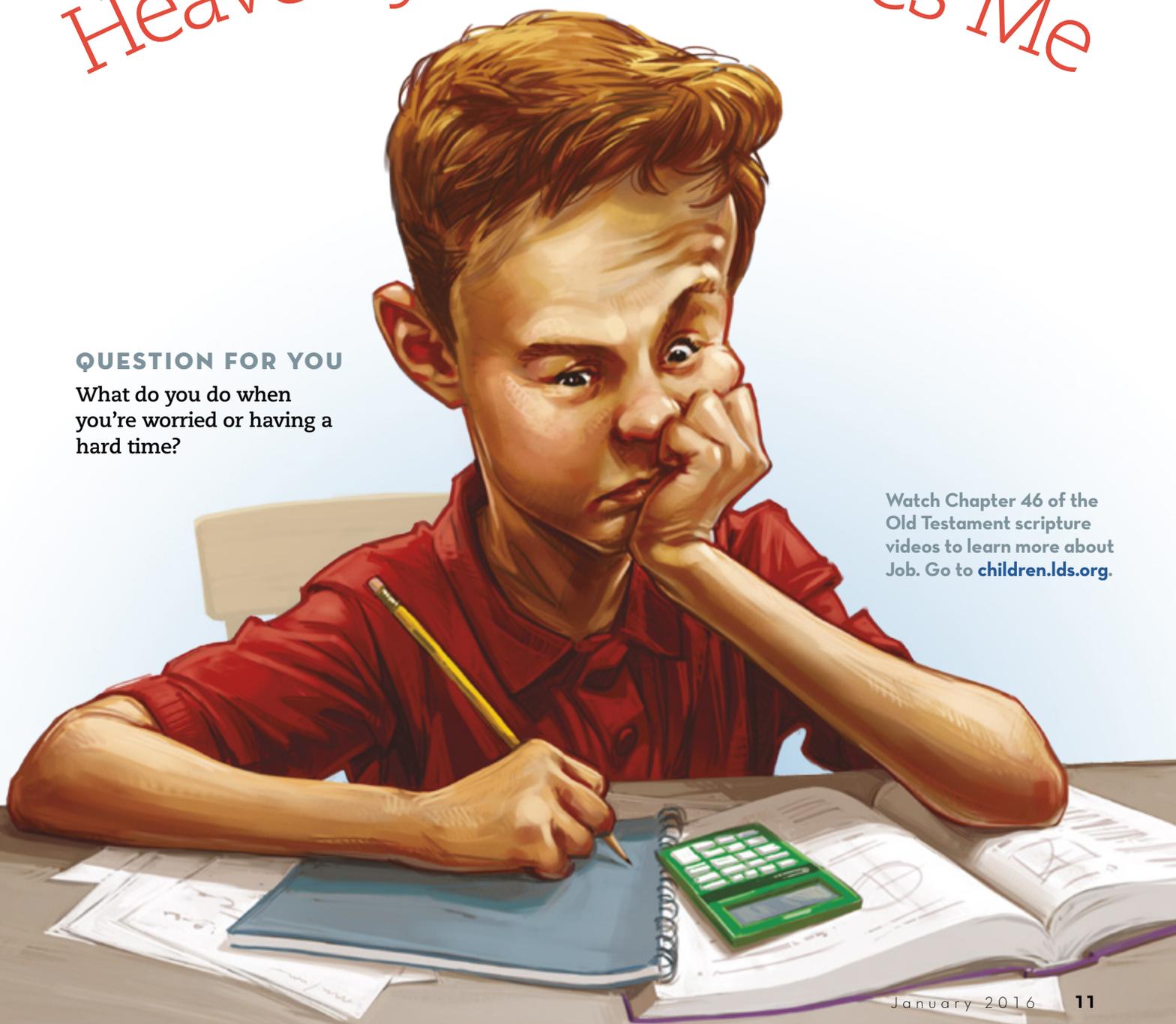
Then I heard the story of Job from the scriptures. He had really bad things happen to him, and his friends didn't believe he was a righteous man. But things worked out OK for him. Now I don't worry about things so much. Heavenly Father loves me, and He understands. ♦

# Heavenly Father Loves Me

## QUESTION FOR YOU

What do you do when you're worried or having a hard time?

Watch Chapter 46 of the Old Testament scripture videos to learn more about Job. Go to [children.lds.org](http://children.lds.org).





**From Elder Robert D. Hales**  
Of the Quorum of the Twelve Apostles

# How can I get my OWN testimony?



Your testimony will grow as you learn about Heavenly Father and Jesus.



You can learn from reading the scriptures.



You can learn from the teachings and testimony of your parents and teachers.

As a boy, this is how I came to know for myself.



When you do what is right, the Holy Ghost will help you.

# Meet Elder Robert D. Hales

He was born on August 24, 1932, in New York. He and his brother and sister liked to help their father build fishponds and rock gardens in their wooded yard.

As a boy, he spent two summers working on his uncle's ranch in Skull Valley, Utah. He helped round up wild horses, bale hay, and care for the animals.

He pitched a no-hitter in high school baseball.

After he graduated from college, he joined the United States Air Force as a jet fighter pilot.

He and his wife, Mary Crandall, were married in the Salt Lake Temple on June 10, 1953.

His career in business took him and his family to England, Germany, and Spain.



## WHAT IS AN APOSTLE?

When Jesus was on the earth, He called 12 men to be his special helpers. They were called Apostles. He has called twelve men to be His special helpers today. They testify of Jesus Christ to the whole world. Elder Hales is an Apostle.

# Standing Tall in Ethiopia

*From an interview by Amie Jane Leavitt*

My name is  
**Tsion!**

I live in Ethiopia, a country in eastern Africa. I like playing soccer and reading. And I want to be a doctor when I grow up. I stand tall by living the gospel every day and sharing it with my friends!

## How I Got a Testimony

*I came to church for the first time when I was eight. I read the Book of Mormon, I listened to the missionaries, and I prayed. The Spirit told me the Church was true, and I wanted to be baptized. The gospel makes me happy.*

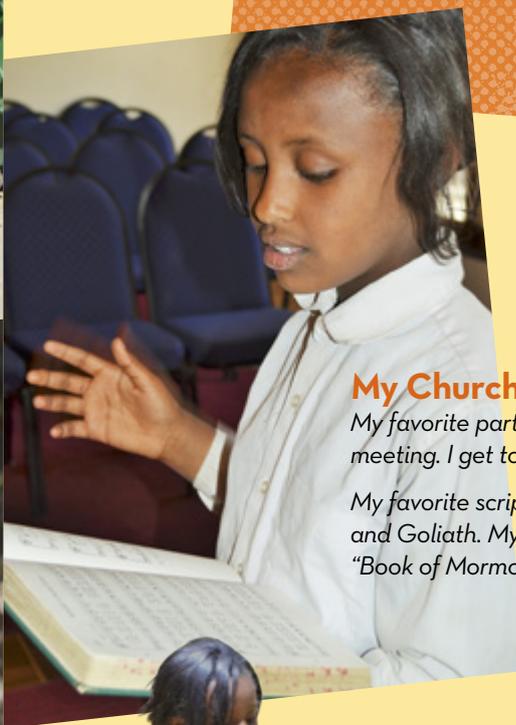


## TSION'S TIPS FOR STANDING TALL

- Gain a testimony for yourself. Read the scriptures and pray.
- Share your testimony and be a good example to your friends.
- Go to church every Sunday and live the gospel standards.

### Helping My Family

*My family usually walks to church, and it takes about an hour. When my little brother gets tired, my brother or I will carry him. I help at home by washing dishes and cleaning the house.*



### My Church Calling

*My favorite part of church is sacrament meeting. I get to lead the music.*

*My favorite scripture story is David and Goliath. My favorite song is "Book of Mormon Stories."*

### Sharing What I Know

*I tell my friends at school about the restored gospel. One friend used to ask me about the Church—then she suddenly stopped. I asked her why. She said her parents were upset. I hope someday her parents will change their minds.*

### SEND YOUR FOOTPRINT!

How do you follow Jesus by standing tall? Trace your foot, and send us your story and photo, along with your parent's permission. Find out how on page 39.

### What Standing Tall Means to Me

*"Standing tall" means living the gospel every day. Heavenly Father and Jesus want me to testify of Them! I want all of my friends around the world to share the restored gospel with their friends.*



# “STAND TALL,

because you are  
a child of God,  
and He stands with you!”

— President Dieter F. Uchtdorf,  
Second Counselor in the  
First Presidency



Adapted from “Your  
Wonderful Journey Home,”  
Ensign, May 2013, 128.

# BULLETIN BOARD

## Play Kukululu!

Have you met Tsion from Ethiopia? (See page 14.) Children in Ethiopia play a game that's like hide-and-seek. Here's how to play:

1. A child stands at the base, or *mariam*, and closes his or her eyes while calling, "kukululu!" which means "cock-a-doodle-do!"
2. The other children run and hide while calling, "inelgam!" which means, "It's not morning yet!"
3. Once they've all found a hiding spot and are quiet, the seeker looks for the hidden players. They try to return to *mariam* without getting caught.

## GOD GIVES US GOOD FOOD

This leafy veggie is called chard. It can be many different colors, such as green, red, white, or yellow! In Ethiopia, chard is sometimes used to make a stew called *wat*.



## ASK YOUR FAMILY

What are you grateful for today?



## CYBER STRONG

I won't ever put my address or phone number online without talking to my parents first.



## TEMPLE CONNECTION

The Tijuana Mexico Temple was dedicated last month! Are any of your family members or ancestors from Mexico? Did any of them have temple work done in one of the 13 temples there?



*How could they raise enough money to finish the tabernacle?*

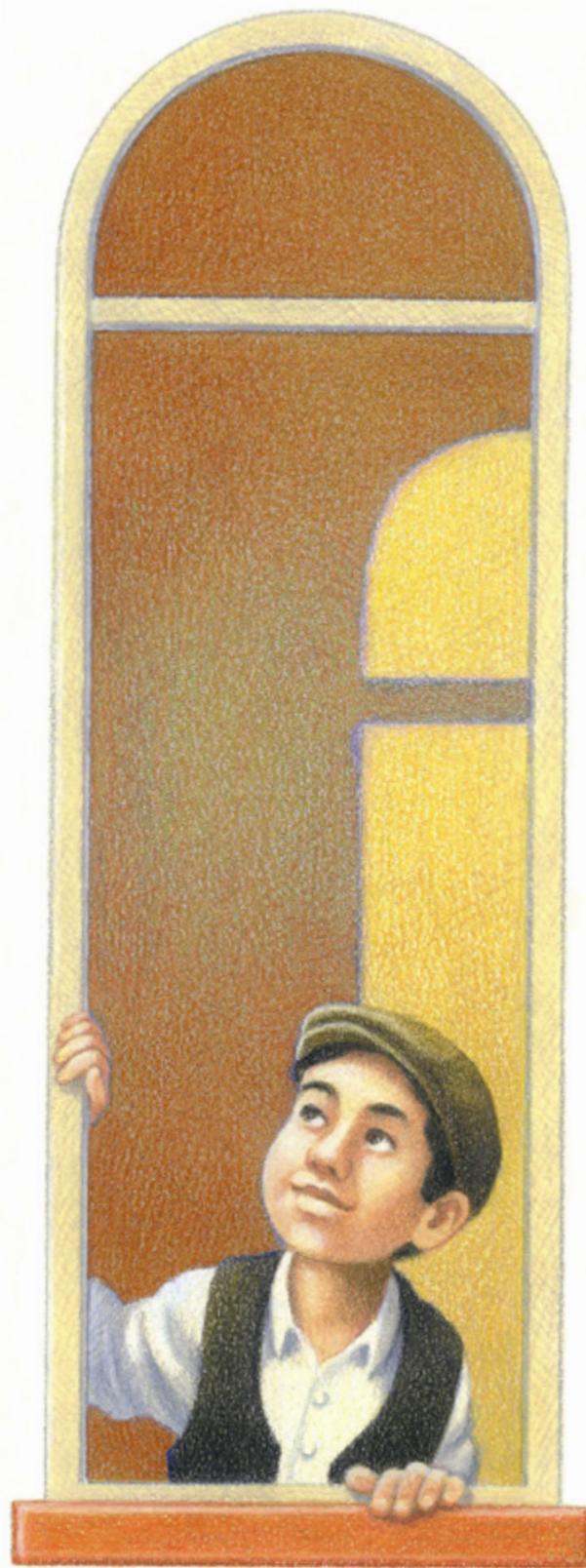
*“I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them” (1 Nephi 3:7).*

David heard a horse trotting into the yard. He knew that sound—Father was home! The door opened, and Father walked in.

“I have some good news,” Father said. “The glass for the tabernacle has arrived in California!”

David felt like cheering. Everyone in their town of St. George knew about the tabernacle windows. The tabernacle was being built so the Church members in Southern Utah could have a place to worship. But the tabernacle didn’t have glass for the windows yet. They had to order it all the way from New York.

New York was a long way from Utah. Father had drawn out a map with charcoal to show David. David had traced the long line the glass had to travel by boat from New York all the way to San Bernadino, California. That’s where it was now. From there it still had to be brought the last 300 miles by wagon to St. George.



# WINDOWS before Winter

By Paula Hunt

(Based on a true story)

Father was in charge of leading the wagon team to California and back. “The glass is waiting for us, but we still need \$800 to pick it up.”

David eyes got wide. He had never even heard of that much money!

“Do you think we can raise the money?” Father asked, ruffling David’s hair.

“Of course we can!” David answered. He ran to his room. In minutes he came back and handed a two-cent piece to his father. It was all he had.

Over the next few days, David’s family pulled together \$3.87. They knew it wasn’t very much. But they also knew that if Heavenly Father wanted the Saints to build a tabernacle to worship in, then He would provide a way. They prayed for His help.

News soon spread throughout the pioneer community, and everyone gave all they could to the window fund. But when Father counted up the money on the last night before the trip, it was only \$200.

“Maybe you should wait till spring,” Mother suggested. “Perhaps we could have the money by then.”

Father shook his head.

“No, we have to go now. Otherwise the building will be unprotected from the rain and snow all winter. We can’t let it be damaged.”

That night they prayed for help again. They had done all they could. But it wasn’t enough. David’s father decided to start the journey to California anyway. He had faith that somehow things would work out.

Before first light, the wagon team pulled up outside David’s house. The other travelers joined David’s family inside for a prayer. Father pleaded with Heavenly Father for help.

A knock at the door startled them. When Mother opened it, a man walked in. He said his name was Peter Nielsen, and he was from a nearby town called Washington.

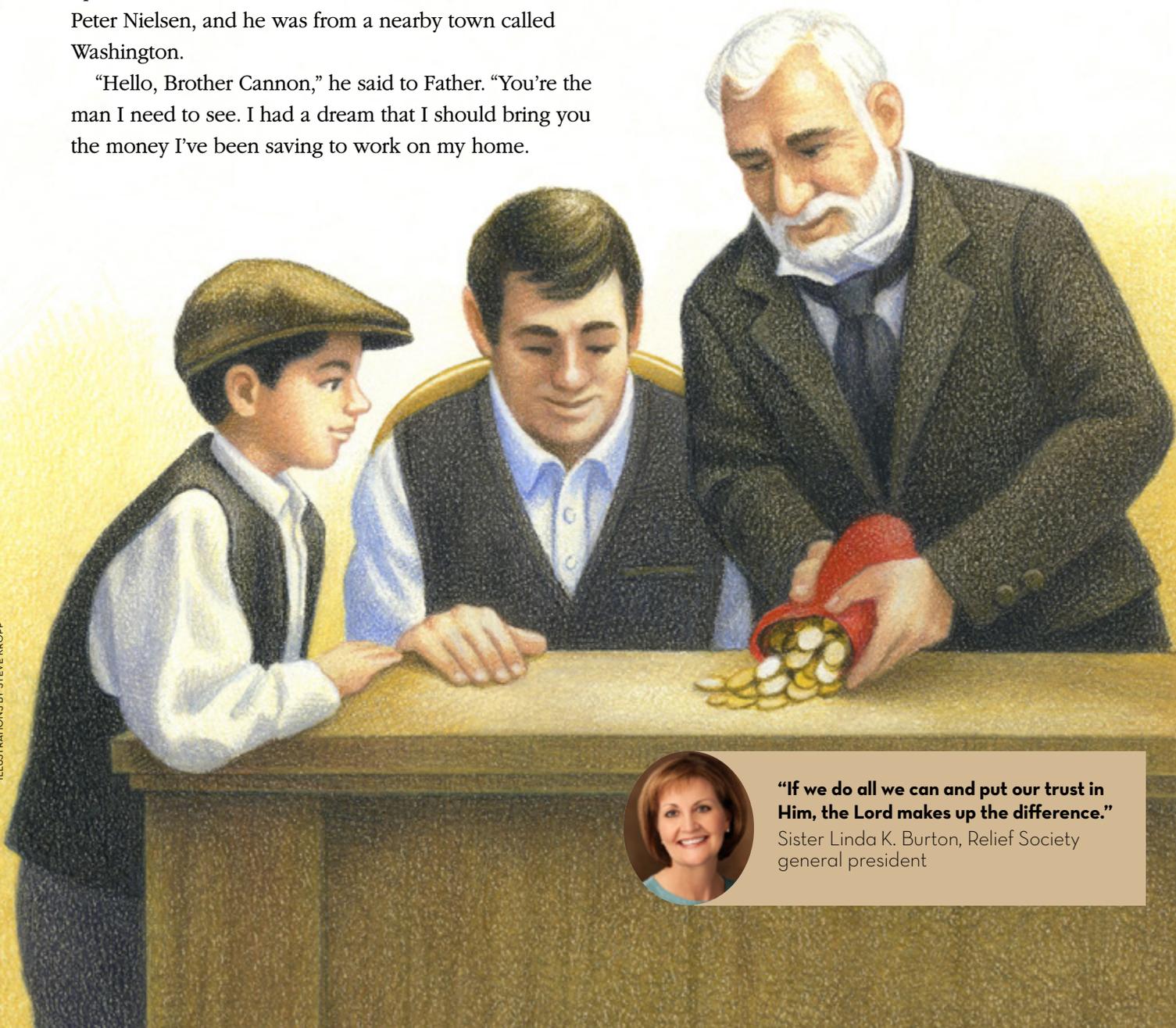
“Hello, Brother Cannon,” he said to Father. “You’re the man I need to see. I had a dream that I should bring you the money I’ve been saving to work on my home.

I know that for some reason you need it, and God wants you to have it. Here.”

Brother Nielsen untied a red handkerchief and poured gold pieces onto the table until a big pile lay there. Father counted the coins one by one. \$600! With the \$200, it made \$800. That was exactly the amount they needed to go and get the glass for the Tabernacle! Right away they prayed to thank Heavenly Father.

Within minutes the team was heading west. As they left, David knew without a doubt that Heavenly Father had provided a way for them. ◆

The author lives in Idaho, USA.



ILLUSTRATIONS BY STEVE KROPP

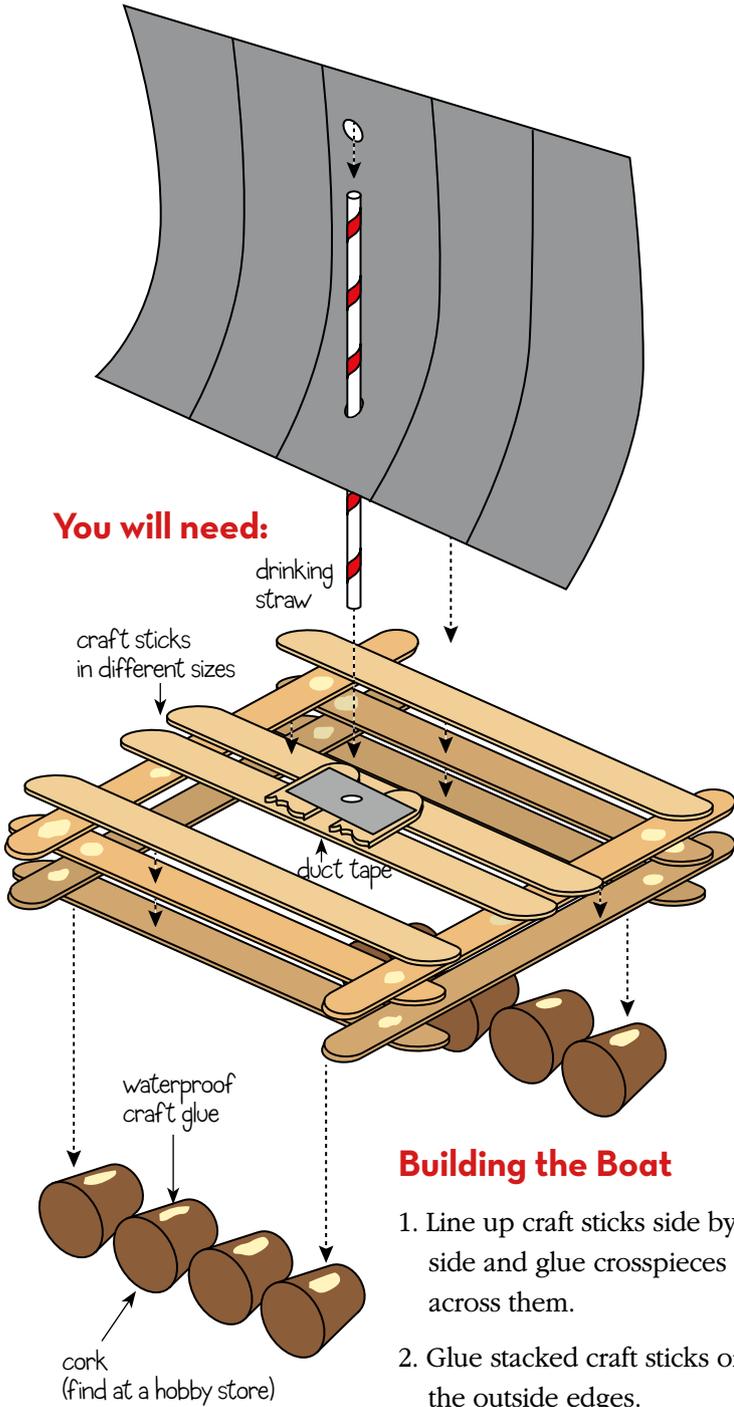


**“If we do all we can and put our trust in Him, the Lord makes up the difference.”**

Sister Linda K. Burton, Relief Society general president

# Build Your Own Boat!

Nephi built a boat that carried his family to the promised land. You can build your own boat with a few simple materials and your imagination. Be sure to get an adult's help. Race your boats side by side down a small stream! Here are some ideas to get you started.



**You will need:**

**Building the Boat**

1. Line up craft sticks side by side and glue crosspieces across them.
2. Glue stacked craft sticks on the outside edges.
3. You can wrap duct tape around your boat or put cork on the bottom or sides of the boat to help it float.



**Building the Sail (optional)**

1. Make a sail by sticking duct tape to itself.
2. Glue two craft sticks across the middle of your boat to support the sail.
3. Cut holes in the sail and attach it to a craft stick or drinking straw.
4. Attach the sail to the cross braces with duct tape or glue.



# A Year with the Book of Mormon!



Look for a scripture story and activities each month in 2016!  
Find them online at [Friend2016BOM.lds.org](http://Friend2016BOM.lds.org).

# Nephi Was OBEDIENT

**N**ephi had to do many hard and scary things. He had to leave his home, get the brass plates from a wicked man, and help his family survive in the wilderness. But he trusted God and found the courage to obey. How can you follow Nephi's example this month?



My mom and I started reading the Book of Mormon. As we read about Nephi, I realized that Nephi always obeyed, and he was blessed because of it. I feel that this is the right way to be, and I want to be like Nephi. So now when my mom says, "Take out the trash," I say, "OK, Mom!"

**Heidi M., age 10, Yeongnam, South Korea**



**Ellie B., age 8, Utah, USA**

Cut, fold, and keep this card!



## I CAN BE OBEDIENT!

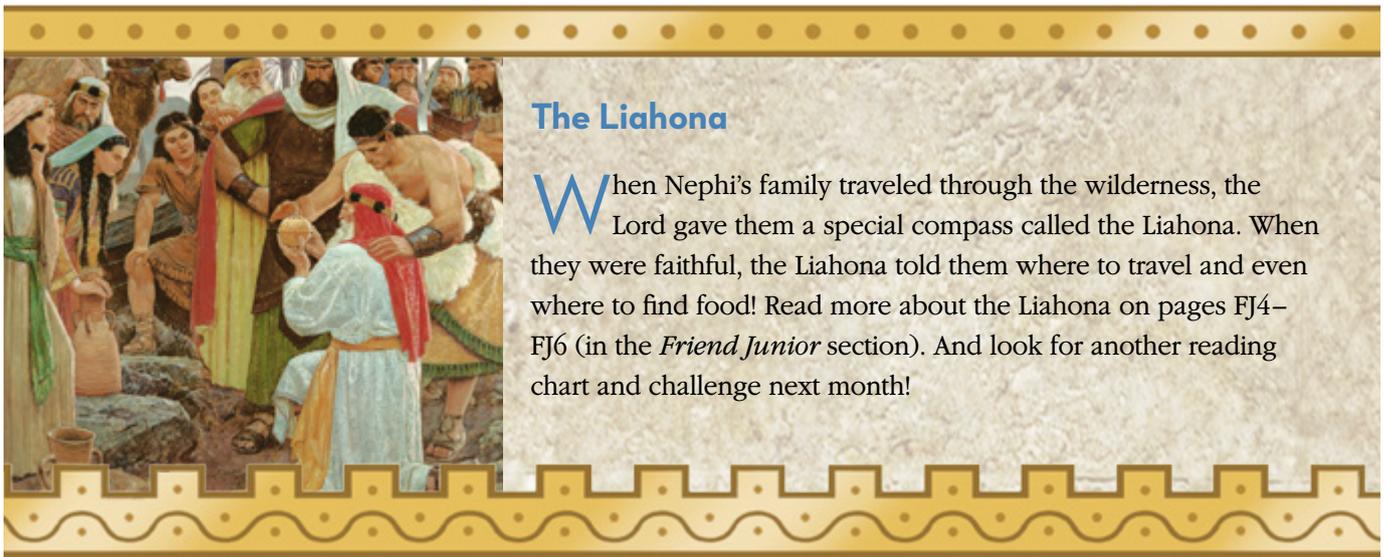
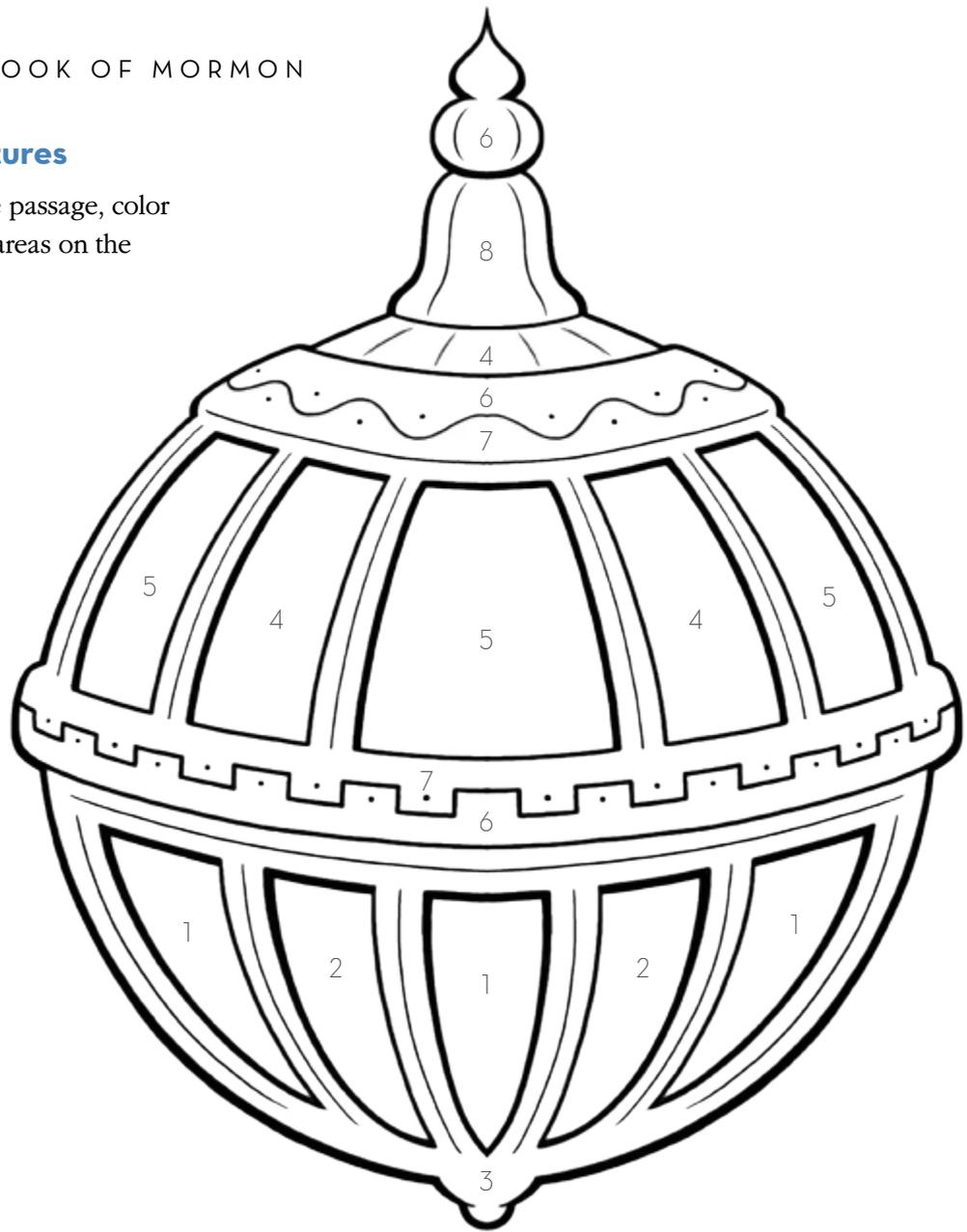
- Memorize [1 Nephi 3:7](#).
- When your parents ask you to do something, be obedient like Nephi!
- Watch chapters 2-9 of the Book of Mormon videos at [scripturestories.lds.org](http://scripturestories.lds.org).
- I challenge myself to...

\_\_\_\_\_

### This Month's Scriptures

After you read a scripture passage, color the matching numbered areas on the Liahona!

- 1 1 Nephi 1:1-10
- 2 1 Nephi 2:1-7, 16-20
- 3 1 Nephi 3:1-9
- 4 1 Nephi 3:22-31; 4:1
- 5 1 Nephi 4:4-35
- 6 1 Nephi 8:2, 5-18
- 7 1 Nephi 8:19-33
- 8 1 Nephi 16:9-16



### The Liahona

When Nephi's family traveled through the wilderness, the Lord gave them a special compass called the Liahona. When they were faithful, the Liahona told them where to travel and even where to find food! Read more about the Liahona on pages FJ4–FJ6 (in the *Friend Junior* section). And look for another reading chart and challenge next month!

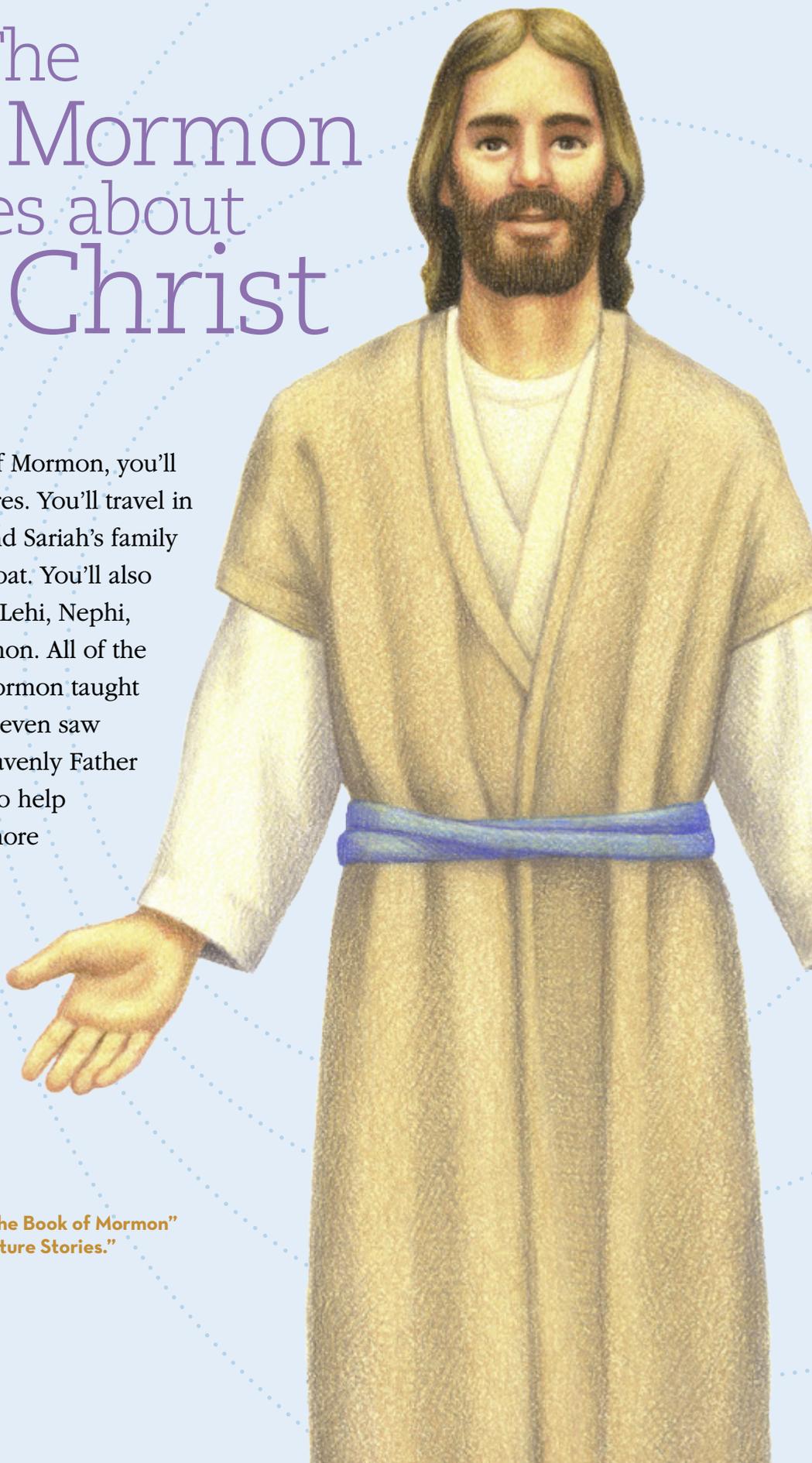
# The Book of Mormon Teaches about Jesus Christ

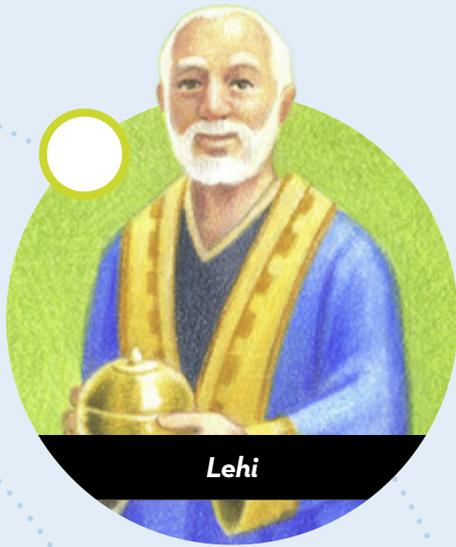
**A**s you read the Book of Mormon, you'll go on many adventures. You'll travel in the wilderness with Lehi and Sariah's family and watch Nephi build a boat. You'll also meet many prophets—like Lehi, Nephi, Abinadi, Samuel, and Mormon. All of the prophets in the Book of Mormon taught about Jesus. Some of them even saw Him. In fact, that's why Heavenly Father gave us this special book: to help people everywhere learn more about Jesus! ♦

## **MAKE A PLAN!**

Make a plan to read the Book of Mormon this year. Find this month's Book of Mormon hero card and reading challenge on pages 22–23.

Watch "Chapter 1: How We Got the Book of Mormon" at [children.lds.org](http://children.lds.org). Click on "Scripture Stories."





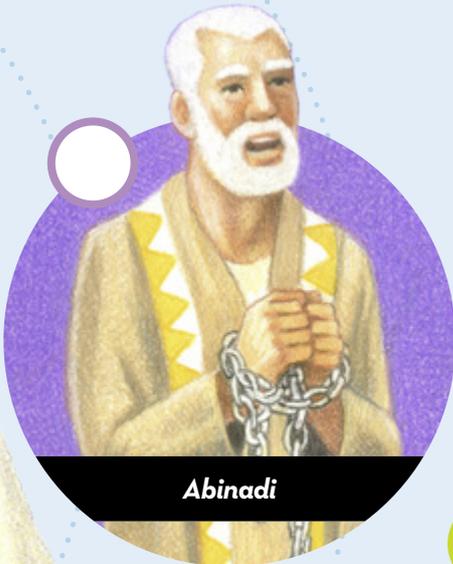
Lehi

Take turns reading these scriptures. Each talks about a Book of Mormon prophet who taught about Jesus. Match the numbers with the scriptures. Check your answers below.

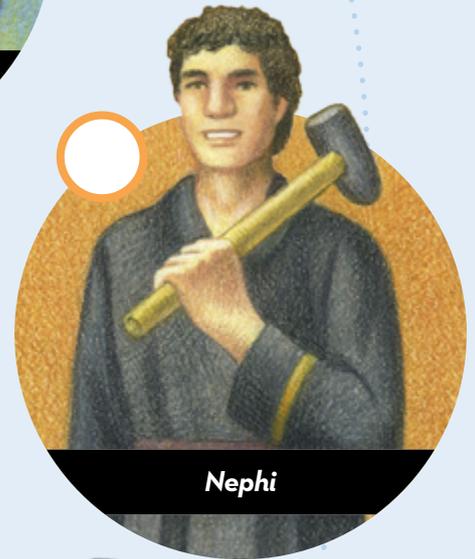
1. Ether 12:38-41
2. 1 Nephi 1:5, 9
3. 1 Nephi 11:26-27
4. Mosiah 16:8-9
5. Alma 6:8
6. Moroni 9:22



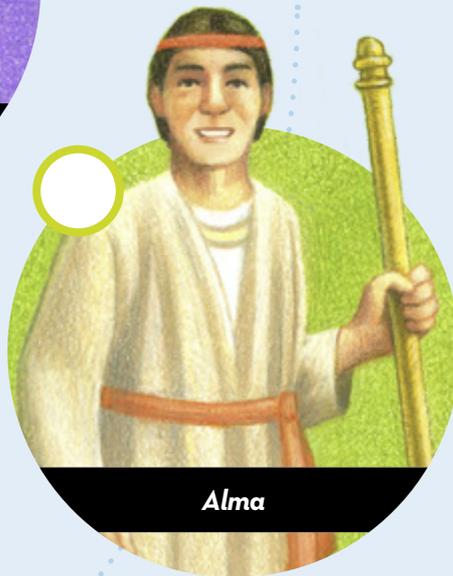
Moroni



Abinadi



Nephi



Alma



Mormon

### WRITE ABOUT IT!

How did Jesus Christ show His love for us in the Book of Mormon?

Answers: 1. Moroni; 2. Lehi; 3. Nephi; 4. Abinadi; 5. Alma; 6. Mormon

# Behind the S

By Jessica Larsen

(Based on a true story)

*“And our talents improve, by the patience of hope and the labor of love” (Hymns, no. 217).*

Tessa’s heart pounded as Mr. Trager stepped to the front of the room and cleared his throat. “And the lead for our class production of *Cinderella* is—Cassidy!” Tessa cheered as Cassidy walked up front. Cassidy was Tessa’s best friend, and she was the best singer in the fourth grade.

Tessa waited on the edge of her seat as Mr. Trager read the rest of the parts. Her shoulders slumped when she didn’t get her first choice, or even her second. She was the narrator, which didn’t feel like a real part at all.

“It was the worst day ever, Mom,” she complained as she helped make dinner that night. “I wish I could sing like Cassidy. I wanted to help make this play amazing, but I’m not good at anything that could help the play.”

“There are lots of ways to make it amazing,” Mom said. “And being narrator is one of them. I’m sure you’ll find other ways to help with the play as well.” Tessa didn’t say anything, but she wasn’t so sure.

The worst day ever became the worst month ever as the class spent most afternoons practicing for the play. Tessa liked learning the group dance numbers and songs, but she still didn’t feel as talented as her best friend. Cassidy was busy learning her solos and always standing front and center in the practices.

Then Cassidy started staying after school for extra practices. Because the girls carpoled home together, Tessa stayed after school too. With nothing else to do, she read the script over and over, memorizing the lines until she could recite the entire play word for word. Tessa sat watching the practices in the dark auditorium, mouthing the words along with the actors.

One day, Danielle, who played the Fairy Godmother, was out sick. But they were supposed to practice her parts that afternoon! Mr. Trager waved Tessa toward the stage. “Tessa, do you think you could stand in for Danielle just for today?” He held out a script to her. “Sure,” said Tessa. “But I don’t need the script.”

Practice began, and Tessa knew all of the Fairy Godmother’s lines by heart. When Prince Charming couldn’t remember his part, she was even able to help him with his lines. The practice went great.

“Tessa,” Mr. Trager said when they were done, “how would you like to be the understudy?”

“The understudy?” she asked.

“Yes,” he said. “You would fill in for the actors if anyone is gone during a practice or performance. You know everyone’s lines, so I think you’d be perfect.”



# ences

"I'd love to!" Tessa said. Who knew her talent for memorizing could help the play?

The days until opening night flew by. Tessa was able to stand in for a few other people during practices, and she even helped some other students learn their lines. "Thank you for helping me, Tessa!" Danielle said a week before opening night. "You're the best!"

On opening night Tessa stood with Cassidy backstage and smoothed her hands over her dress. "There you are!" Mom said, "Let's get a picture of the talented girls!" Tessa smiled. And although she felt nervous, the smile stayed on her face as she stepped onto the stage to say her lines. Tessa wasn't the lead like Cassidy, but she had used her talents to help the play. And she knew that was what mattered most. ♦

The author lives in Arizona, USA.



# Show and tell



The **Desert Ridge Ward Primary, Arizona, USA**, had a scripture challenge to see how many chapters they could read in three months. They kept track of their challenge with a paper chain that stretched from the Primary room to the bishop's office and back again!



The **Valiant 9 Primary class of the Littleton Ward, Massachusetts, USA**, prepares for the temple by bringing their scriptures to church each Sunday and by reading scriptures every day. They know that the scriptures help prepare us for the temple.



**M**y parents have taught my brother and me the importance of reading scriptures.

To help me be reverent during the sacrament and think of Jesus, I read my scriptures.

**Peyton B., age 8, Georgia, USA**



**A**fter breakfast our family reads the scriptures. The scriptures teach us to be kind and happy. Ridge, our puppy, sometimes listens too!

**Violet and Desmond M., ages 5 and 4, British Columbia, Canada**



**W**hen we read scriptures as a family, we sit in a circle. My mom reads, and then we talk

about what we just read to help us understand it. I have been reading the scriptures myself using the chart in the *Friend*. When I read the scriptures, I feel wonderful!

**Mara R., age 9, Washington, USA**



**O**ne day I told my teacher about the things I learned in Primary and invited him to

come to church. I feel happy that I shared the gospel!

**Sindhu K., age 7, Karnataka, India**



**O**ur scripture study takes 10 minutes before school. My brother and I read five verses from the

Book of Mormon, and then our mom explains it. Next we read a page from the *Book of Mormon Stories*. My little sisters are learning to read, so we help them. I enjoy this scripture time with my family.

**Benjamin S., age 10, California, USA**

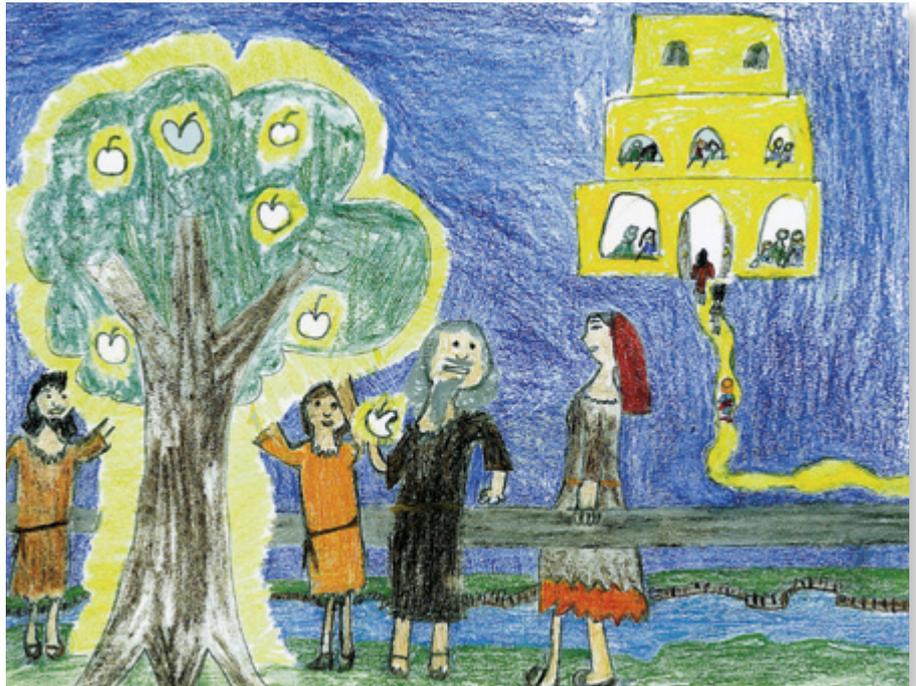
How can you use the scriptures to help you through challenges?



I was really scared to get baptized because I don't like going under water. My

mom showed me a picture of a girl getting baptized who looked really happy, and we read articles from the *Friend* about baptism. My mom gave me a jar of gumballs and told me that every day she would talk about baptism and then I would get a gumball. I felt a little better about my baptism after that.

**Arianna S., age 7, Alaska, USA**



**Katherine M., age 10, Ontario, Canada**

**Alicia L., age 11, Colorado, USA**



**Yuzi H., age 7, Taoyuan, Taiwan**

Find more art online at [childart.lds.org!](http://childart.lds.org/)



FRIEND TO FRIEND

# Wilford's Fast Offering

By Elder Chi Hong  
(Sam) Wong  
Of the Seventy



One day I saw my oldest son, Wilford, preparing a tithing envelope. He was probably around five years old at the time. Wilford didn't earn any money, so I wondered why he was paying tithing. When I asked him, he told me he was actually paying a fast offering.

Wilford didn't have much money of his own. But he was still excited to pay a fast offering.

I was impressed by this act of kindness. I asked him why he had decided to do this.

Wilford answered, "I don't need anything. But I

know others do." He knew his money would help people. He was very happy about that.

This simple experience taught me a good lesson: children are really in tune with the Spirit and have a natural Christlike love. Wilford had something he didn't need and knew it would be helpful to other people. He was willing to make the sacrifice.

Saving money is good. But my young son taught me another lesson through his example. By listening to the Spirit, we can bless the lives of others when we share what we have. ◆

# What Are Fast Offerings?

A “fast offering” is money we give to help others when we fast. We are asked to give as much money as we would have spent on the meals we skipped while fasting.

## HOW TO GIVE A FAST OFFERING

1. Decide how much money you would like to give.
2. Put your fast offering in a tithing envelope, and fill out the form.
3. Give your fast offering to your bishop or branch president.



## WHO COULD YOUR FAST OFFERING HELP?

- Someone who lost a job
- Someone who is too sick to work
- Families who lost their homes in a bad storm or earthquake
- Many others close to your home and around the world who need help



**“When we offer help to anyone, the Savior feels it as if we have reached out to help Him.”**

President Henry B. Eyring,  
First Counselor in the First Presidency  
*“Is Not This the Fast That I Have Chosen?” Ensign, May 2015, 22.*

# Getting Ready for Sunday

*Do this activity with your family!*

**I**magine you were going on a trip to meet a very important person. What would you do to get ready? You might get nice clothes to wear, learn more about who you were meeting, or mark the day on your calendar. Heavenly Father has set aside one day

a week to be a special day for us, called the Sabbath. For us, the Sabbath is on Sunday. It is a time when we can rest from work, worship Heavenly Father, and spend time with our families. We should get ready for Sunday just as we would get ready for any important day.



*I can get my home ready for Sunday by...*



*I can get my clothes ready for Sunday by...*



*I can help my siblings get ready for Sunday by...*

Have someone in your family close their eyes, point to a picture, and read the sentence out loud. Have someone else finish the sentence. Take turns pointing and answering. How many different answers can you come up with?



*When I get ready for the Sabbath, I feel...*



*I can get ready to take the sacrament by...*



*I can help my parents get ready for Sunday by...*

# I'll Stand Tall

Words by Jan Pinborough  
Music by Janice Kapp Perry

*Boldly* ♩ = 68-70  
Dm Am<sup>7</sup> Dm Dm A<sup>7</sup> Dm

1. Da - vid faced the gi - ant with on - ly five small stones. He did not fear. He  
2. Es - ther prayed for cour - age be - fore she faced the king. Her faith burned bright. The  
3. When I face a chal - lenge that's ei - ther great or small, I'll show my faith and

Gm A Dm Am Dm

knew the Lord was near, So Da - vid stood tall!  
Lord was on her side, So Es - ther stood tall!  
cour - age eve - ry day, So I can stand tall!

Dm A<sup>7</sup> Dm Gm Dm C F

I'll stand tall! The Sav - ior is be - side me. He's al - ways there to guide me. I

Dm A<sup>7</sup> Dm A Dm Gm Dm

do not walk a - lone, I'll stand tall! His Spir - it will di - rect me, His

C F Gm<sup>7</sup> A<sup>7</sup> Dm

lov - ing arms pro - tect me. He's on my side, so I can stand tall!

© 2016 by Jan Pinborough and Janice Kapp Perry. All rights reserved.  
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This notice must be included on each copy made.

Watch a sing-along video for this song at  
[children.lds.org](http://children.lds.org). Click on "Videos."

# How Embarrassing!

By Daniella Subieta and Silverio Garcia

(Based on a true story)

*“And whatsoever ye do, do it heartily, as to the Lord, and not unto men . . . for ye serve the Lord Christ” (Colossians 3:23-24).*

Silverio was standing in the toy aisle when his Mom called him. “*Sí, mamá?*” He walked over to her.

“Could you please take this eye shadow to the cashier and ask how much it costs? And ask if it comes in green, please,” she said in Spanish.

“Oh, sure.” Silverio picked up the eye shadow, looked at it for a second, and then hid it in his hand. He didn’t want to be seen carrying *makeup* around the store.

Even though his family had been in the United States for most of Silverio’s life, Mom still had a hard time with English. She tried to learn, but sometimes the words wouldn’t come out. Sometimes Silverio wished he didn’t have to help her.

When Silverio reached the cashier, he held out the eye shadow. “Excuse me, ma’am, how much is this?” he mumbled.

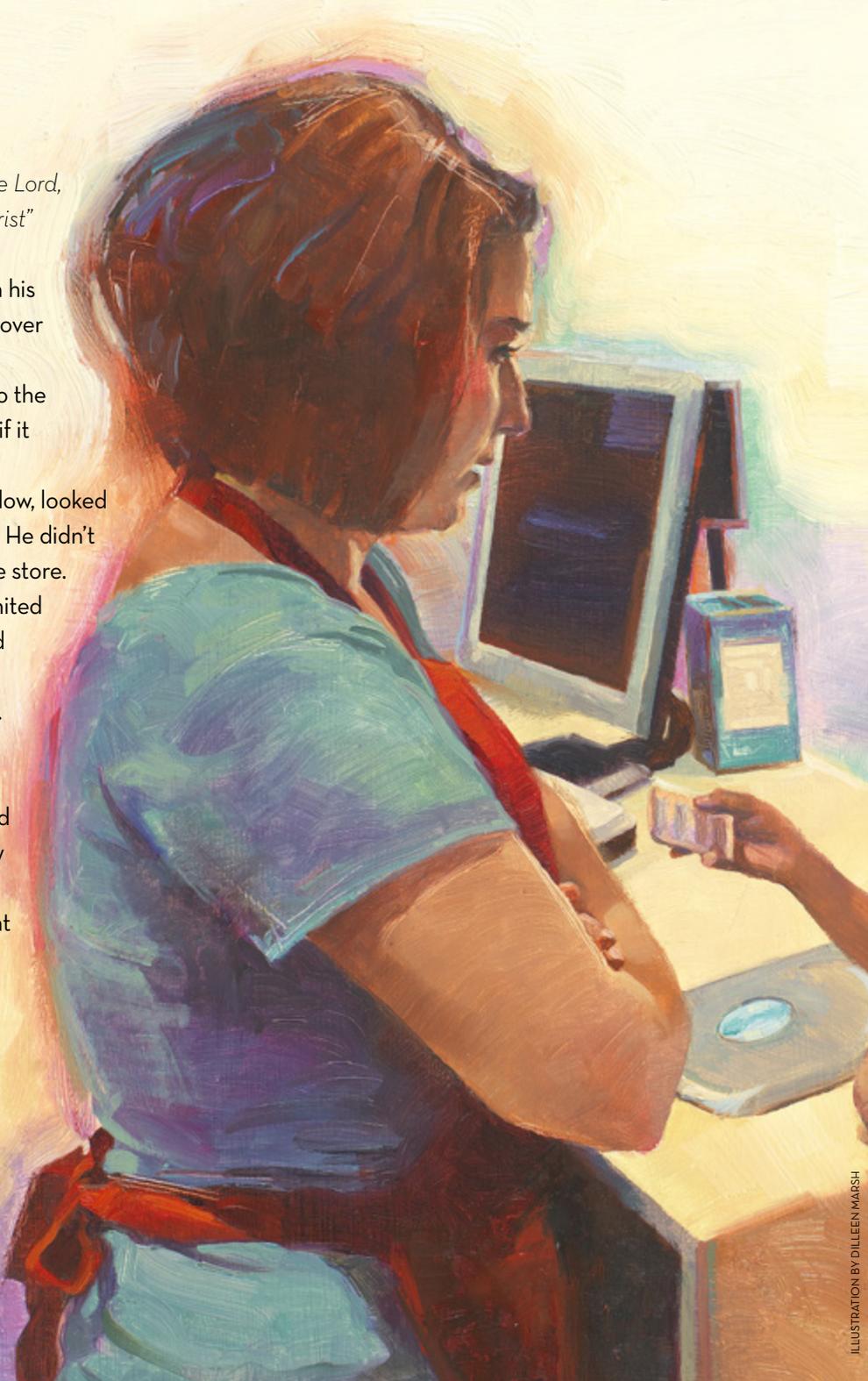
The cashier stared down at him. “You want to buy eye shadow?”

Silverio pointed to his mom standing a few feet away and said quickly, “It’s for my mom.”

The cashier scanned the price. “Six dollars,” she said.

“Thanks. And . . . does it come in green?” Silverio felt his face turn red.

While the cashier typed into her computer, Silverio looked to check if anyone



was watching him. The coast was clear. “Nope, only blue and purple.”

“Thank you, ma’am.”

Silverio hurried back to Mom and dropped the eye shadow in the cart without looking at her. “*Séis dólares, y no la tienen en verde.*”

“*Gracias, Silverio.* Is everything OK?”

He shrugged. “Yeah. *No pasa nada.* I’m fine.”

When they got home, Silverio went right to his room and

sat on his bed. Interpreting for Mom was so embarrassing! Maybe he should tell Mom he wouldn’t do it anymore. He slumped down on his bed and sighed. No, he couldn’t do that to her. She worked so hard, and he didn’t want to let her down.

“*Silverio, ven aquí por favor,*” Mom called.

“Coming,” he called back.

Mom was at the table looking at old pictures of her family. “I just wanted to tell you thank you,” she said in Spanish. “I’m really grateful you interpret for me. I know it’s not easy, and might be embarrassing, but it means a lot to me.”

Silverio stared at the pattern on the rug. “Well . . . you do a lot for me, and I’m grateful too. You’re my mom, and I love you.” He gave a small smile.

Mom smiled back. “I love you too,” she said. “Let me share with you a scripture I like to read when I’m worried about what other people are thinking of me.”

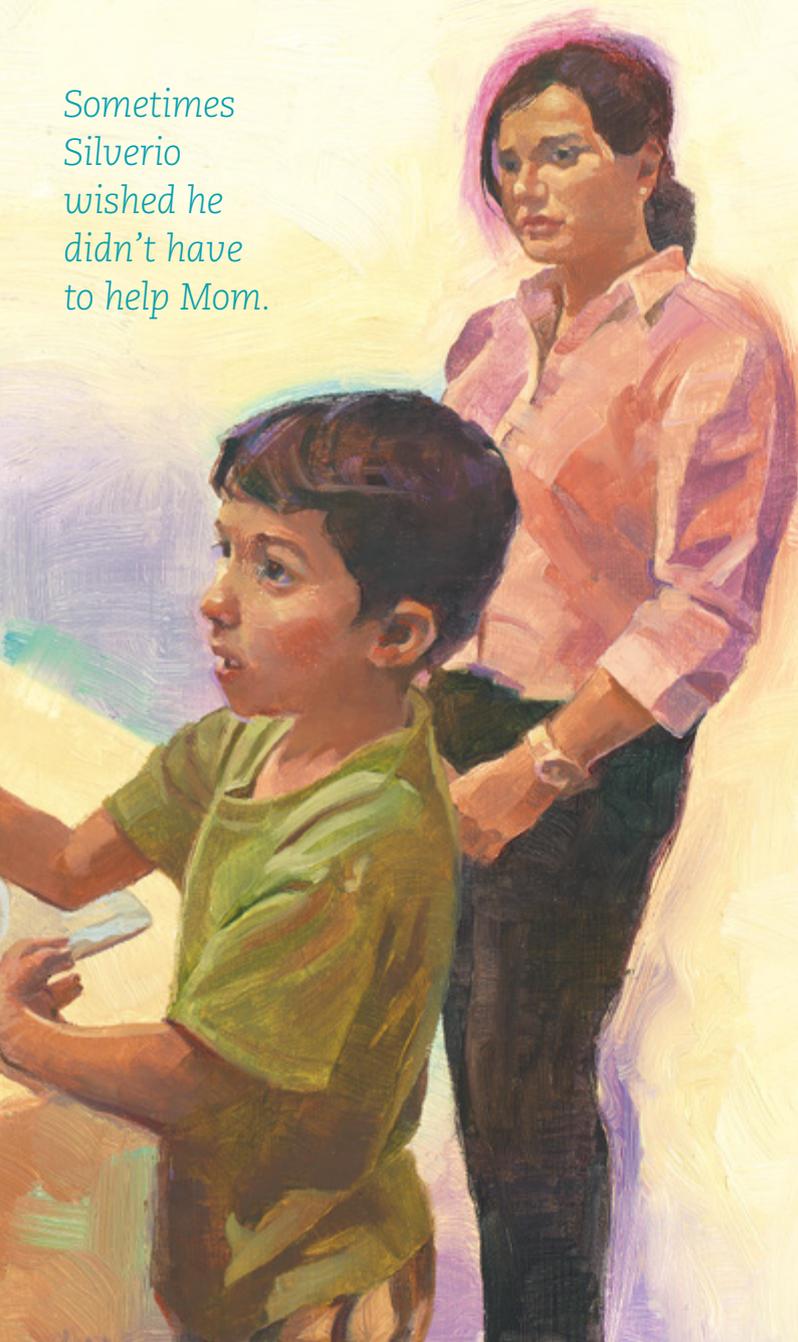
She pulled their *Santa Biblia* from the shelf, turned to Colossians 3:23–24, and read from it. “And whatsoever ye do, do it heartily, as to the Lord, and not unto men; knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ.”

Silverio looked at the Bible and reread the words. “So whenever I help people, I’m serving Christ?”

Mom smiled. “*Exacto!*” ◆

The author lives in Georgia, USA.

Sometimes  
Silverio  
wished he  
didn’t have  
to help Mom.



### LEARN SOME SPANISH!

*Jesucristo*—Jesus Christ

*Escrituras*—scriptures

*Santa Biblia*—Holy Bible

*el Libro de Mormón*—the Book of Mormon

*testimonio*—testimony

*familia*—family

*Primaria*—Primary

*misioneros*—missionaries

By Emma N., age 11, Utah, USA



When I moved to Mexico with my family, I made friends with a group of kids who played together but left some people out. One day I decided to go play with a girl named Eli, who was sitting by herself in a corner. We started sitting together at lunchtime, and we played basketball and soccer and made things together.

At first my group of friends said, "If you want to be her friend, then we can't be your friend." But I kept spending time with Eli. Eventually my group of friends joined us, and we all became friends.

I told Eli about the Church and what I liked about it. She decided to come to my baptism and started coming to church with us quite often. Now we live in different cities, but we still keep in touch through video chat and email. She is still in my heart. ◆



# Friendship Matters



## Here's what I learned about friendship:

1. It's good to have a friend who will be with you even if you're having a hard time.
2. Be friendly and remember that other people have feelings too. Take time to learn about what they like to do and what their personality is like.
3. Include everyone and get to know others.
4. It's what's inside that matters. It doesn't matter where they live, what they look like on the outside, or what their religion is. Everyone needs the same things.
5. You can learn about different cultures and appreciate them. My friends in Mexico and my friends in the United States are different, but they are the same too.

# New Year Hobbies

Heavenly Father has given us a wonderful world to enjoy! These friends want to each try a new hobby as one of their goals for the new year. Draw a chart with the seven names down the side and the seven hobbies across the top. Use the clues to figure out each friend's hobby! (Answers on page 39.)

Collecting flowers

Cooking

Playing tennis

1. Maria likes music but not sports.

Playing soccer

Building model airplanes

2. Benjamin wants a hobby that can be done entirely inside his kitchen.

Learning guitar

Collecting rocks

3. John and Kim want to collect something, and John loves bright colors.

4. Luke doesn't like sports.

5. Stephanie is choosing a sport.

6. The soccer player's name has one syllable.



## Mind Magic

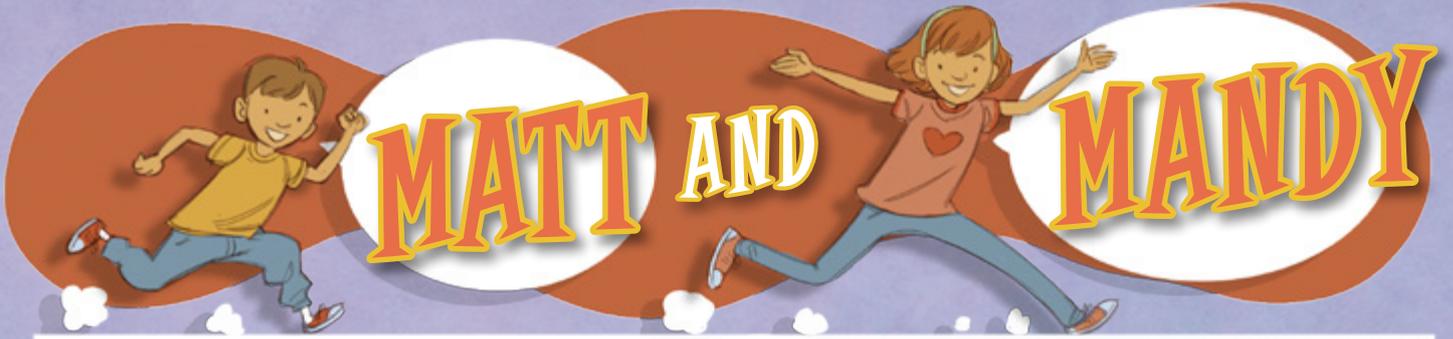
- Think of a number between 1 and 10. Now double it.
- Add 8. Now divide it in half.
- Subtract the original number you thought of.
- Got the number? Now, that number represents a letter in the alphabet, where 1=A, 2=B, and so forth.
- Think of a country that starts with that letter.
- Now think of a big animal that starts with the second letter of that country's name. Imagine the color of that animal.
- Next, think of—hold on a second. There are no gray elephants in Denmark!
- Try this out on your family and friends. It should work about 90% of the time, but there's always the chance they'll pick another "D" country (there aren't many to choose from) or a different animal. See if you can figure out how the math works.

I'd like to learn some magic tricks.

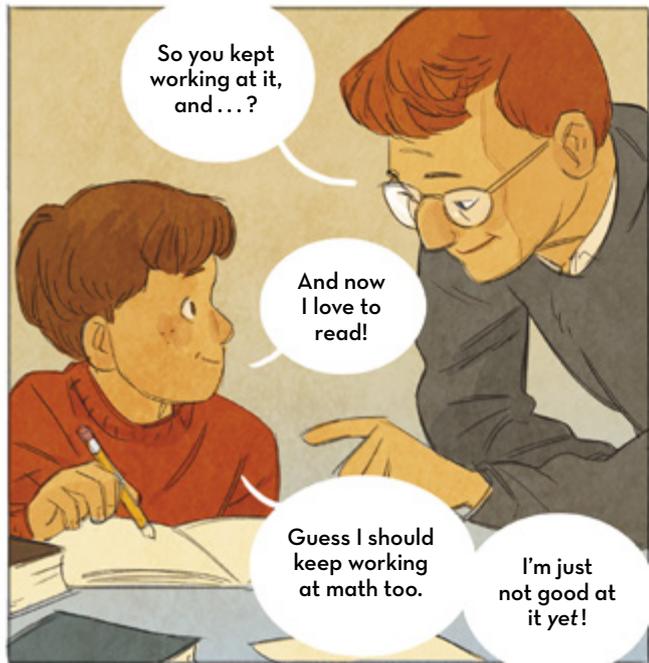
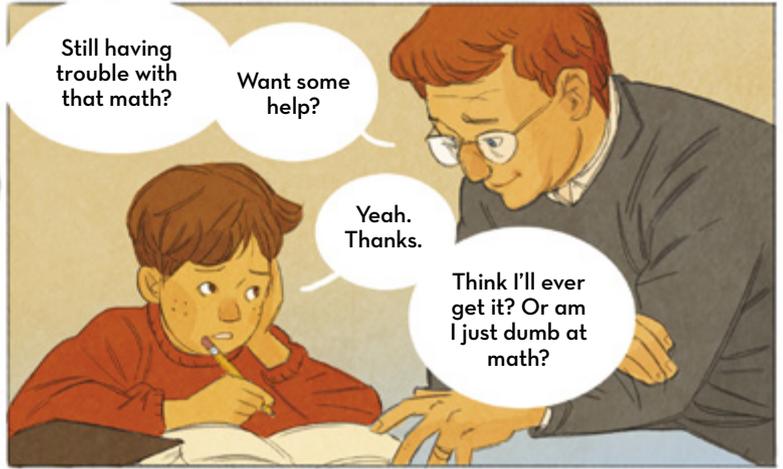
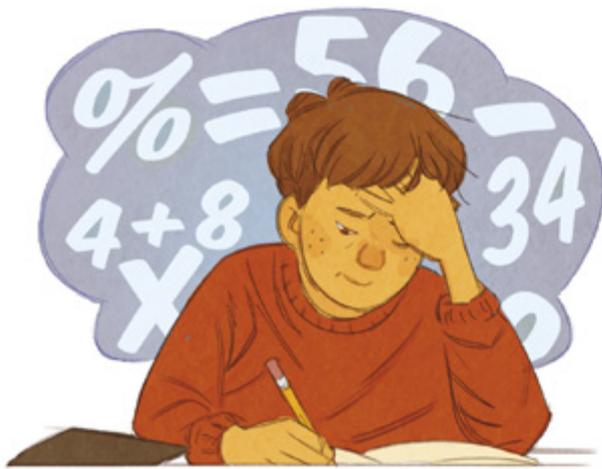


You're already good at making food disappear!





# MATT AND MANDY



**FUNSTUFF ANSWERS**

Page 37: John—flowers, Stephanie—tennis, Benjamin—cooking, Luke—model airplanes, Maria—guitar, Mike—soccer, Kim—rocks

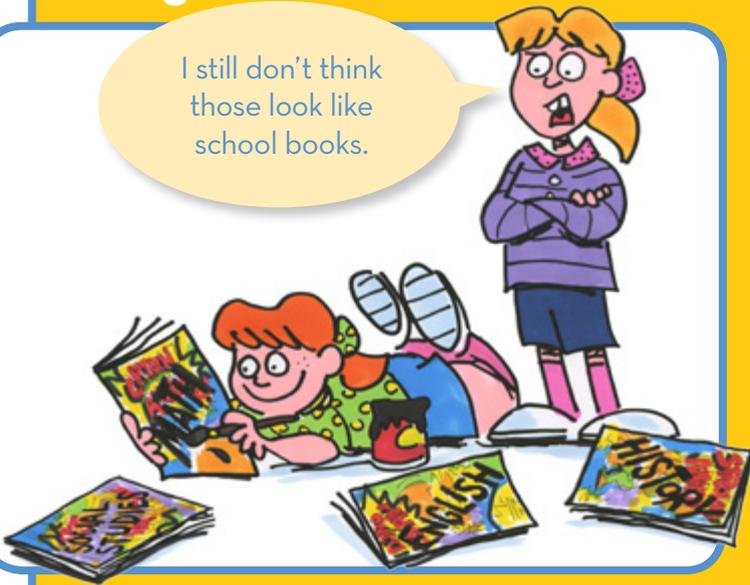


**HIDDEN CTR RINGS**

Did you find the rings? Look on pages FJ5 and 31! The December level 3 ring was on page 46.

**The Last Laugh**

I still don't think those look like school books.



**How to Write to the Friend**

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

1. Fill out the form below and include it with your submission.
2. Include a school photo or high-quality snapshot.
3. We might edit your submission for length or clarity, and we can't return it to you.
4. You must be at least three years old.

Please send your submission to:

Friend Magazine  
50 E. North Temple St., Rm. 2432  
Salt Lake City, UT 84150-0024  
Or email: friend@ldschurch.org

The following information and permission must be included:

First and last name

Age Boy/Girl State/Province, Country

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

Signature of parent or legal guardian

Email of parent or legal guardian



To read more, close the magazine and flip it over!

To read more, close the magazine and flip it over!





# THE *Friend* JUNIOR



Flip  
me  
over!

THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS

# For Parents of Little Ones



Here are a few ways you can help church be even more meaningful for your kids—and for yourself too!

- Show pictures of Jesus and explain that we learn about Him at church. Even babies start to recognize His face and get excited when they see Him.
- On Saturday night sing, “Saturday is a special day” (*Children’s Songbook*, 196) and have your kids help lay out clothing and breakfast items for the next morning.



Pack a small bag with books or quiet activities that focus on the gospel and Christ.

Sometimes going to church with a young child can seem like the longest three hours of the week. We pick cereal up off the floor. We shush our noisy little ones. Is it really worth the effort?

Yes, it is! That’s because little by little, our young children are learning about Christ and His teachings. Bit by bit, they’re learning how to pray and how to recognize the Spirit.



- Have children draw pictures of stories they remember from their classes and hang them up on a special “Sunday wall.”
- Practice “reverence skills” like folding arms, whispering, and listening to quiet music.
- After church, have everyone share something they learned that day.

In time, the learning that begins when children are small will lead to much greater understanding and wonderful blessings as they make covenants with the Lord.



“Jesus loved the little children,  
little ones like me.”  
—Children’s Songbook, 59

# Eva Goes to Primary

By Jennifer Maddy



Eva

liked nursery. She liked her teachers and singing time. Her

favorite song was “



Jesus

Wants Me for a



Sunbeam

.” But now it was time

for



Eva

to go to Primary. Many



children

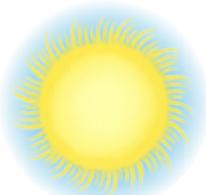
were in the Primary room.

A teacher said, “Hello,



Eva

! I am Sister Moya. I am glad you are in our



Sunbeam

class!”



Eva

smiled. She liked being a



sunbeam

. The piano

started playing.



Eva

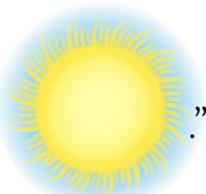
knew the song! She sang, “



Jesus

wants me for

a



sunbeam

.”



Eva

knew she would like being a



Sunbeam

in Primary.

# It's Primary Time

Here are some of the things we do in Primary.  
How can you tell that these children are ready to learn?



Time to Be Reverent



Time to Pray



Time to Hear a Talk



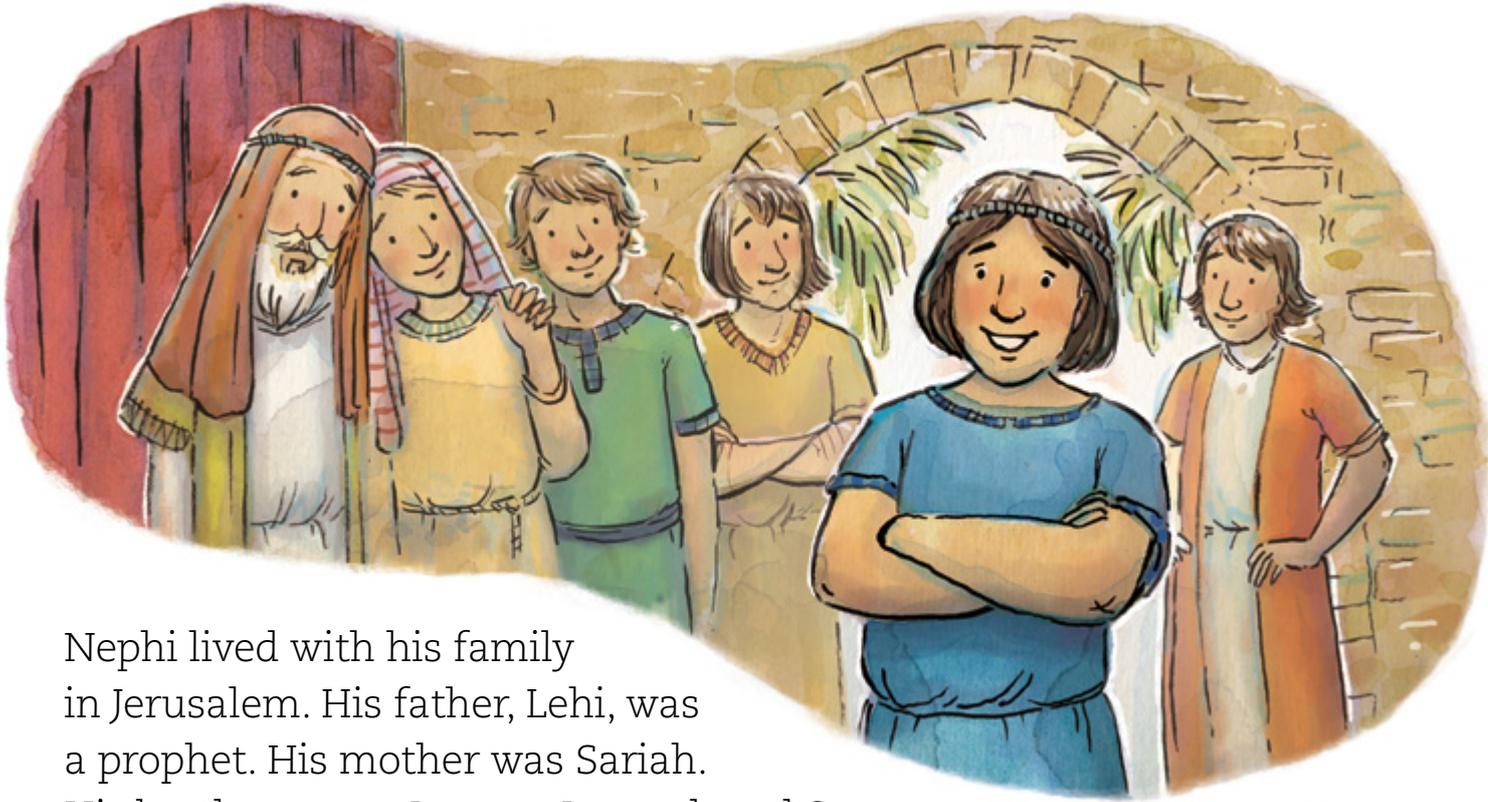
Time to Sing

Time to Listen to My Teacher

Time to Share



# Journey to the Promised Land



Nephi lived with his family in Jerusalem. His father, Lehi, was a prophet. His mother was Sariah. His brothers were Laman, Lemuel, and Sam.



Heavenly Father told Nephi's father that his family needed to leave the city so they could be safe. It was hard to leave their home. But Nephi's family obeyed and went into the wilderness.



Heavenly Father said Nephi and his brothers needed to go back to the city to get the scriptures. Nephi was a good example when his brothers didn't want to obey. He said he would do what Heavenly Father asked.

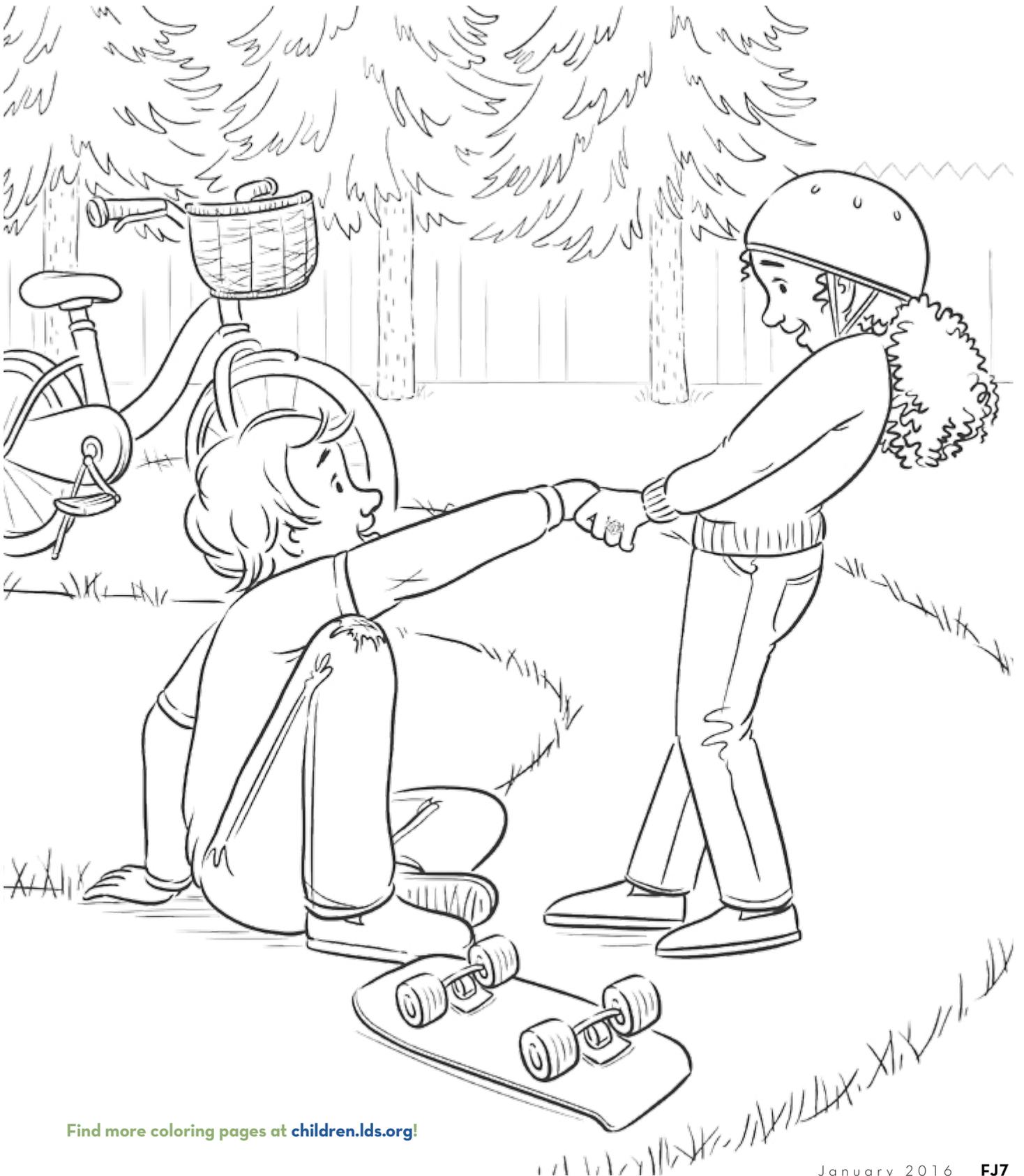


Heavenly Father gave Nephi's family a special compass called the Liahona. When they obeyed Heavenly Father, it pointed the way to travel. It showed them where to go to find food.

We can be like Nephi when we obey the commandments and follow Heavenly Father! ◆



# I Can Choose the Right



# Reading Better Every

By Sonia Quenallata and  
Marissa Widdison

(Based on a true story)

Joseph turned the page in his book. He frowned. He had two more pages to go.

“Are you OK?” Mamá asked.

“I like to read,” Joseph said.

“But I am so slow. How can I learn to read better?”

“I know!” Mamá said. “Read a chapter of the Book of Mormon every day. It will help you learn to read better.”

Joseph tried. At first it took a long time. He had to sound out the long words. But he kept reading. Soon he could read more than one chapter.

Two weeks went by. Joseph’s bookmark moved from 1 Nephi to 2 Nephi. Then it was in the book of Jacob!

One night it was Joseph’s turn to give the lesson in family home evening.



# Day



ILLUSTRATION BY KATIE MCDEE

“I know what to do!” Joseph said. He found the *Book of Mormon Stories* book. It had words and pictures. He turned the pages until he found the perfect story.

Joseph read the story to his family. He read short words, like *ship*. He read long words, like *commanded*. Prophets wrote these words long ago. The words were easy to read.

When the story was over, Mamá had tears in her eyes.

“Are you OK, Mamá?” Joseph asked.

“I’m happy,” Mamá said. “You have worked hard.”

Joseph smiled big.

“I read every day.” He showed Mamá his *Book of Mormon*. His bookmark was in the book of Alma!

Someday Joseph’s bookmark would be at the end of the book. And then he could start over! ◆

The authors live in Bolivia, and Utah, USA.