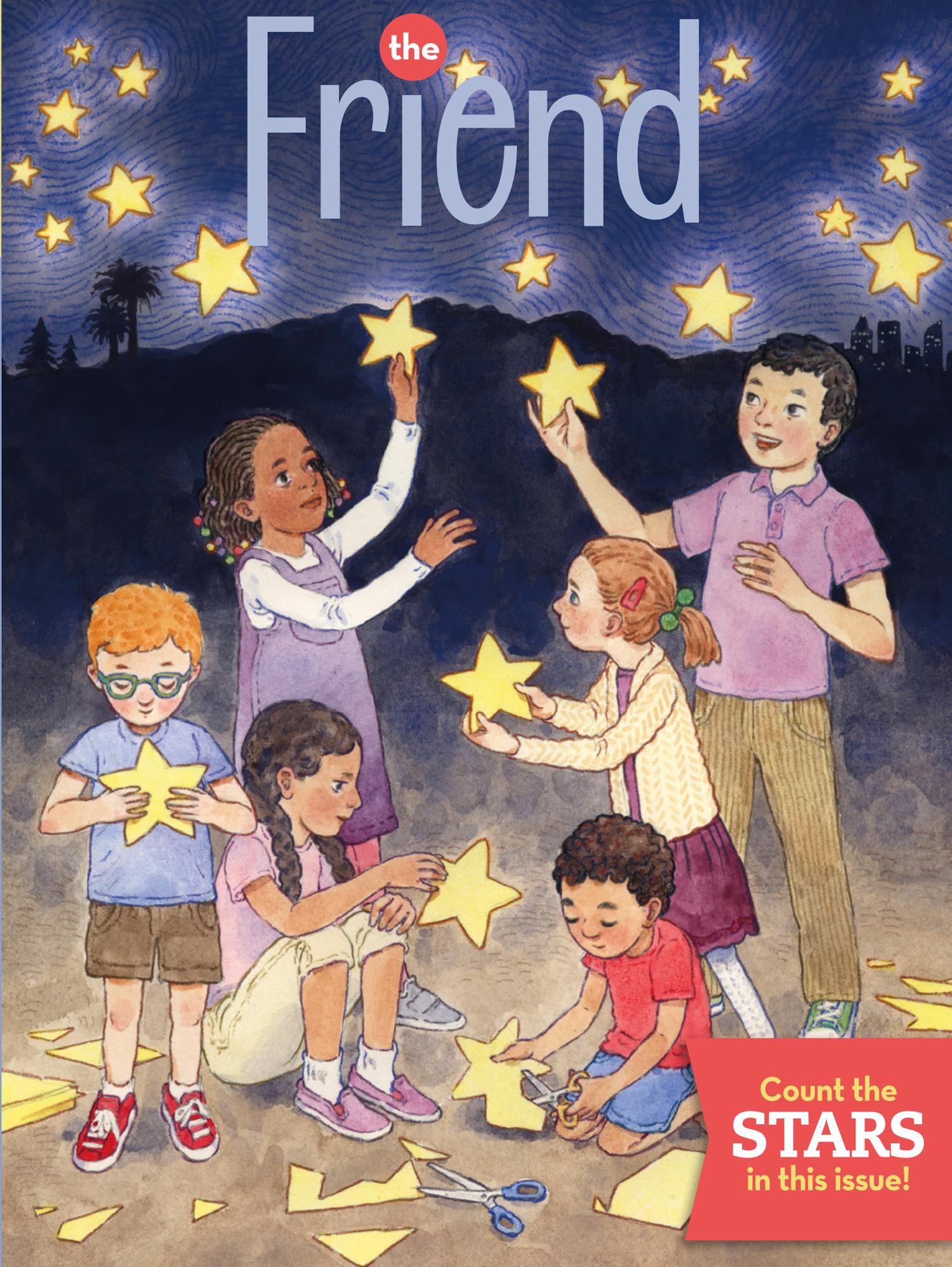


January 2018

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

the Friend



Count the
STARS
in this issue!

For Older Kids



Lately I have been thinking there weren't enough stories for older kids in the *Friend*. But when I looked at the "For Older Kids" section, I was so excited about it that I had to write to thank you for it!

**Tabitha L., age 11,
Massachusetts, USA**

Singing for the Friend!

The **Vaiola Ward Primary, Utah, USA**, sang the recordings for some new songs for the *Friend*. Turn to page 9 to sing one of these songs and to find the link for the sing-along video to hear the choir!



DEAR FRIENDS,

Happy New Year! When you look into the sky at night, what do you see? Do you see a sky full of stars? Or just a few bright stars? Jesus asked each of us to let our light shine. This year we you can tell us how you do that! Read pages 2-3 and send us your star and story. We love you so much.

Keep shining!

The Friend

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

Kindness Challenge

I took the "kindness challenge" (Feb. 2017) when I met a new boy in Primary named Mason. I learned new things about him and invited



him to come over to play. The best part was that he liked coming to church and he wants to come again!

Lincoln S. (right), age 5, Virginia, USA

Visiting the Friend

We went on holiday to Salt Lake City and visited the *Friend* office!

Rebekah, Joseph, Keziah, and Rachel B., ages 9, 11, 10, and 7, Cornwall, England



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

STORIES AND FEATURES

- 2 **From the First Presidency:** Let Your Light Shine / President Thomas S. Monson
- 4 Adam's Big Green Cast
- 6 Family Night Fun
- 10 Forts and Friendship
- 12 **Apostles Testify of Christ:** President Russell M. Nelson
- 14 **Shine Your Light:** Sharing Snacks and Smiles
- ◆ 16 A Friend for Mr. Maurice
- 20 Show and Tell
- 22 Book of Mormon Reading Club
- ◆ 23 "Am I a Child of God?"
- 26 An Answer for Lucia
- 28 **Friend to Friend:** Moroni and the Mechanic / Elder Claudio R. M. Costa
- 30 Matt and Mandy
- 39 Stop and Flip

FOR OLDER KIDS

- 31 For Older Kids
- 32 Lucas and the Bully
- 34 What's on Your Mind?
- 35 Food & Fun
- ◆ 36 Forgiving Demi
- 38 Funstuff: Colors of Kindness

Front cover by Kristin Kwan
Back cover by Julissa Mora

MUSIC

- 9 Light the World with Love

THINGS TO MAKE AND DO

- 7 Bright Idea
- 8 Funstuff: Find It!
- 18 Family History Quest
- ◆ 19 **Old Testament Card:** Jehovah
- ◆ 24 "Lead Me, Guide Me" Game

FRIEND JUNIOR

- IBC For Parents of Little Ones
- ◆ FJ1 I Can Pray
- FJ2 Following Paw Prints
- FJ3 Derek Follows Jesus
- ◆ FJ4 **Scripture Stories:** The Creation
- FJ7 Coloring Page
- FJ8 Heavenly Stepping-Stones

Hidden GTR Rings



- Hard:** What's in baby's room?
- Harder:** Have s'more!
- Hardest:** Climb a tropical tree.

Volume 48 Number 1 January 2018

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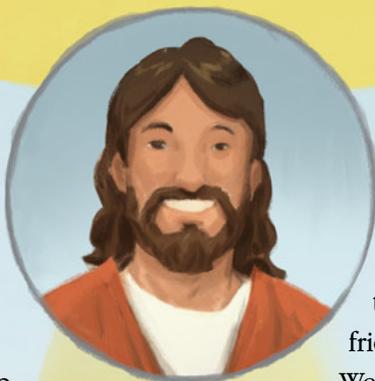
By President
Thomas S. Monson

Let Your Light SHINE

Each of us came to earth with the **Light** of Christ. It is up to us to keep our **light** burning brightly for others to see and follow. One of the best ways to keep the faith we need is to study the scriptures and to pray.

As you keep the flame of testimony burning brightly, you will become a **signal light** of righteousness for all to see. The Savior said, “Let your **light** so shine before men, that they may see your good works, and glorify your Father which is in heaven” ([Matthew 5:16](#)).

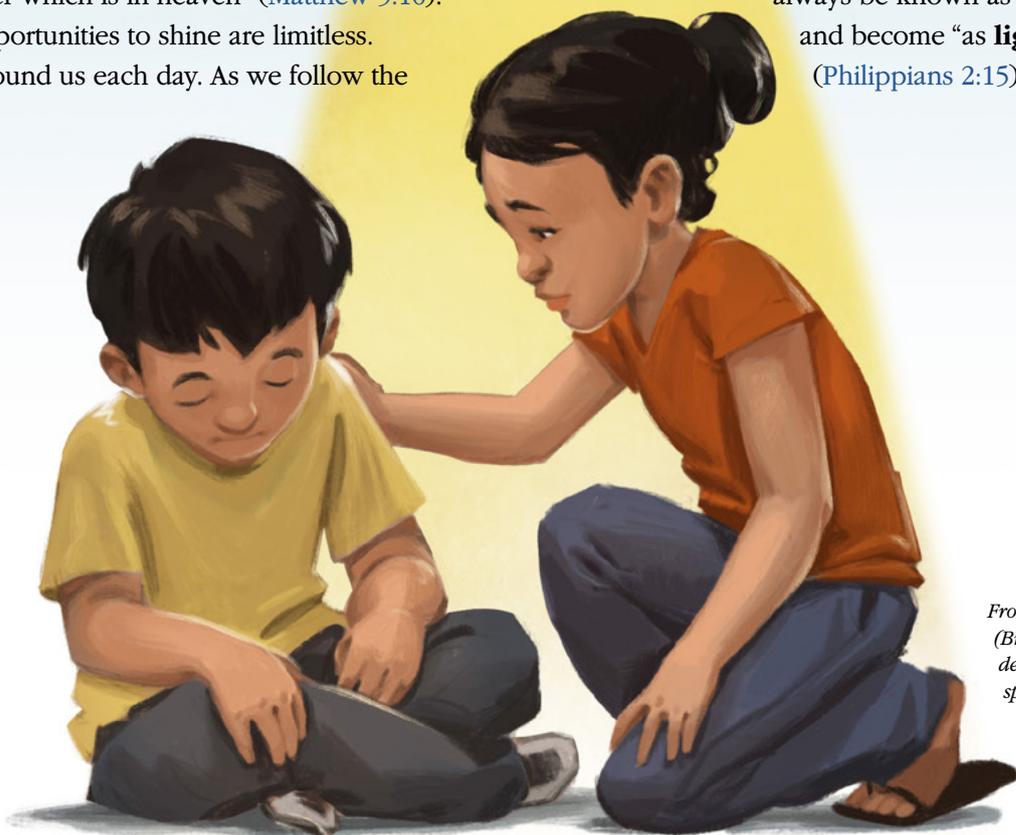
Our opportunities to shine are limitless. They surround us each day. As we follow the



example of the Savior, we will be a **light** in the lives of those around us—whether they be our own family members, our friends, or total strangers.

We can be a **light** to the world. Just as turning on a **light** switch in a dark room will fill the room with **light**, being an example of righteousness can help **light up** an increasingly dark world.

My friends, we can be, as the Apostle Paul said, “an example of the believers” ([1 Timothy 4:12](#)). We can always be known as followers of Christ and become “as **lights** in the world” ([Philippians 2:15](#)). ♦



*From “Be a Light to the World”
(Brigham Young University
devotional, Nov. 1, 2011),
speeches.byu.edu.*

SEND US YOUR STAR!

How do you let
your light shine, like
Jesus asked us to do?
Do you set a good example,
serve your neighbor, or share your testimony? Tell the Friend about
it by sending us a star with your story!

1. Trace this star, or draw your own, and write how you are shining brightly by being a good example or helping others.
2. Cut out the star and send it in with the permission statement from page 39!



3 Nephi 17:7, 9

3 Nephi 17:21

John 8:10-11

SCRIPTURE STARS

Color a star as you read each scripture about Jesus Christ's example.

3 Nephi 11:13-15

John 11:33-44

Mark 10:46-52

By Christy Jepson
(Based on a true story)

“By small and simple things are great things brought to pass” (Alma 37:6).

Matthew climbed into bed. He pulled a fluffy blanket up to his chin. “Is Adam coming home from the hospital tomorrow?” he asked. Matthew hadn’t seen his younger brother since Adam broke his leg and went to the hospital to get a special cast.

“Yes!” Mom said. She tucked the blanket around Matthew. “He’ll need our help. He won’t be able to move around too much because of his cast.”

“How big is it?” asked Matthew.

“It goes all the way around his waist. And it covers all of his broken leg and half of his other leg.”

“Whoa,” Matthew said. “That sounds bad.”

“It will be pretty hard for him.” Mom turned off the light. “But if we look for small and simple ways to serve him, we can help him be happy.”



Matthew was tired, but he couldn’t go to sleep. He kept thinking about all the things Adam couldn’t do in his cast. *He won’t be able to play tag or hide-and-seek. Someone will have to carry him to his bed and the couch.* He finally fell asleep thinking of ways he could try to help.

After school the next day, Matthew ran home from the bus stop. “Welcome home, little buddy!” Matthew yelled as he ran inside.

Adam was sitting on the couch in the family room. Matthew gave him a big hug. Adam’s cast was bright green, and it rubbed against Matthew’s arms. It was hard and scratchy.

Matthew felt sad for his brother. The cast was so big! “So . . . do you want to play with me?” Matthew asked. Adam frowned and looked down at his cast. “I can’t.” “Sure you can! I’ll be right back.” Matthew gathered up Adam’s favorite games and toys and took them to the family room. He sat on the couch next to Adam. “We can play cars or a board game. Then maybe Dad can



Adam’s Big

get your wheelchair and we can all go for a walk before dinner.”

“OK!” Adam smiled wide. “And we can play with this!” He pulled a brown teddy bear from underneath his blanket. “His name is Ruff. I got him at the hospital.”

“Awesome!” Matthew grabbed a bucket of cars. Together they turned the couch into a racetrack with giant pillow mountains and a bear cave for Ruff. They had lots of fun!

Matthew did lots of little things to help his brother. When the cast was making Adam uncomfortable, Matthew helped him move around. When Adam asked for a snack, he brought graham crackers and milk to share. They were playing a board game when Mom walked in the room.

“It looks like you’re having fun,” she said.

“Yeah!” Adam smiled. “This is the best game day ever!”

Mom hugged Matthew. “Thanks,” she whispered.



“I thought about what you said last night, about the small and simple things,” Matthew said. Then he laughed. “But there’s just one problem.”

“What’s that?” asked Mom.

“My little buddy has turned into a turtle!”

They all looked at Adam’s big green cast. Adam laughed. “I *am* a big green turtle!” he said.

Mom hugged Adam. “You’re the cutest turtle I’ve ever seen.” ◆

The author lives in Utah, USA.

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



One day my brother was crying, so I asked him if he wanted to play a game. He said yes. We played on our trampoline. It felt good to make him happy!

Scott B., age 10, Hawaii, USA

Green Cast

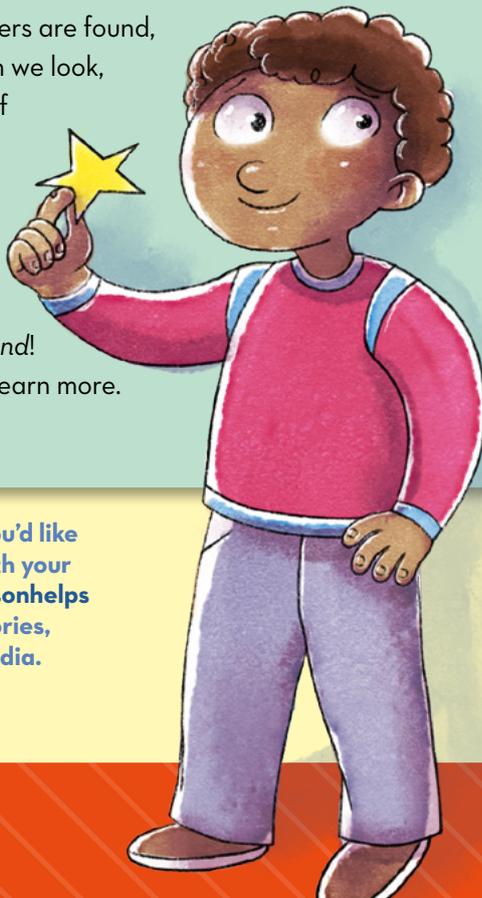
Family Night FUN

Here's an idea for family home evening. What other ideas can you come up with?

Searching for Service

Read "Adam's Big Green Cast" on page 4 with your family. Then do this activity.

1. On slips of paper, write down examples of people who need help, like "Your neighbor is sick" or "Your friend is sad."
2. Have everyone leave while you hide the papers around the room.
3. Call everyone back, and let the search begin! When someone finds a card, have them say how they would help that person.
4. When all the papers are found, explain that when we look, we can find lots of ways to help!
5. Now think of one way you can be kind, write it on a star, and send it to the *Friend*! Go to page 3 to learn more.



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



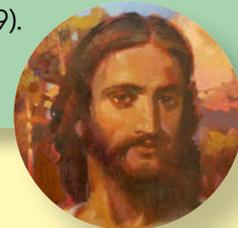
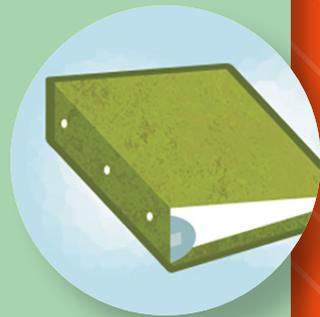
Small and Simple S'mores

You can serve in small and simple ways. Make simple s'mores with your family by squishing chocolate and a marshmallow between two graham crackers. (Microwave the marshmallow for a few seconds to get it soft.) That's all it takes! Here are some other easy ideas:

- Instead of graham crackers, use pretzels or snack crackers.
- Add fruit, nut butter, or caramel.
- Make a s'mores snack mix with mini marshmallows, chocolate chips, and square-shaped cereal.
- Toss popcorn with melted butter, graham cracker crumbs, and mini marshmallows. Drizzle with melted chocolate.

MORE IDEAS

- Start your family history binder! (See page 18.)
- Do the first challenge together from the Old Testament Card (page 19).

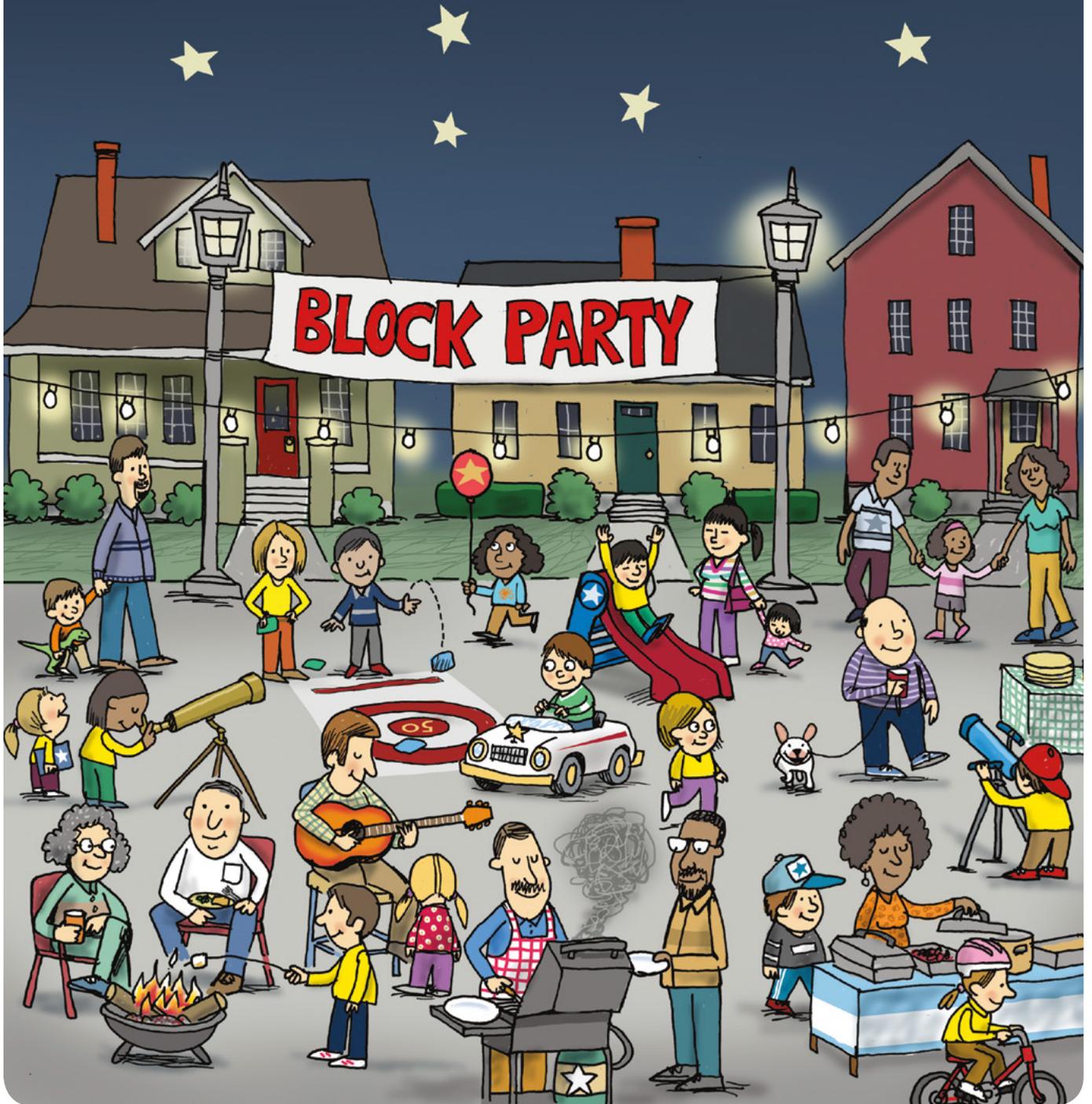




“Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”
—Matthew 5:16

Find It!

This year we're inviting you to send stars to the *Friend* to share how you're bringing light to others. Find all 12 stars, then see if you can also find the 8 members of a stargazing club. **Hint:** Think bright yellow!



Light the World with Love

Words and Music by
Janice Kapp Perry

Brightly ♩. = 84-100

F

1. This lit - tle light of mine, if I shine, shine, shine, can
2. Our Sav - ior Je - sus Christ shared His ho - ly light with
3. This lit - tle light of mine shin - ing bright, bright, bright, will

B \flat F C7 F

fill the world with beau - ty. This lit - tle light of mine is the
those who were des - spair - ing. And by His gen - tle touch oth - ers
teach the ways of Je - sus. And as I share my light, serv - ing

B \flat F C7 F Chorus

Light of Christ— it helps me know my du - ty.
felt His love, through sim - ple acts of car - ing. This lit - tle
with my might, I'll feel the joy that He does.

B \flat C F B \flat C7 F

light of mine will shine, shine, shine, and light the world with love.

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

January 2018

“Be thou an example of the believers” (1 Timothy 4:12).

“Let’s get more sticks!” Callie said to Marco.

Marco looked at the sky. “I have to go home. It’s almost sunset.”

“But we haven’t finished our fort yet!” said Callie.

“Sorry!” Marco called out as he jogged toward the backyard gate. “I have to be home before the Sabbath!”

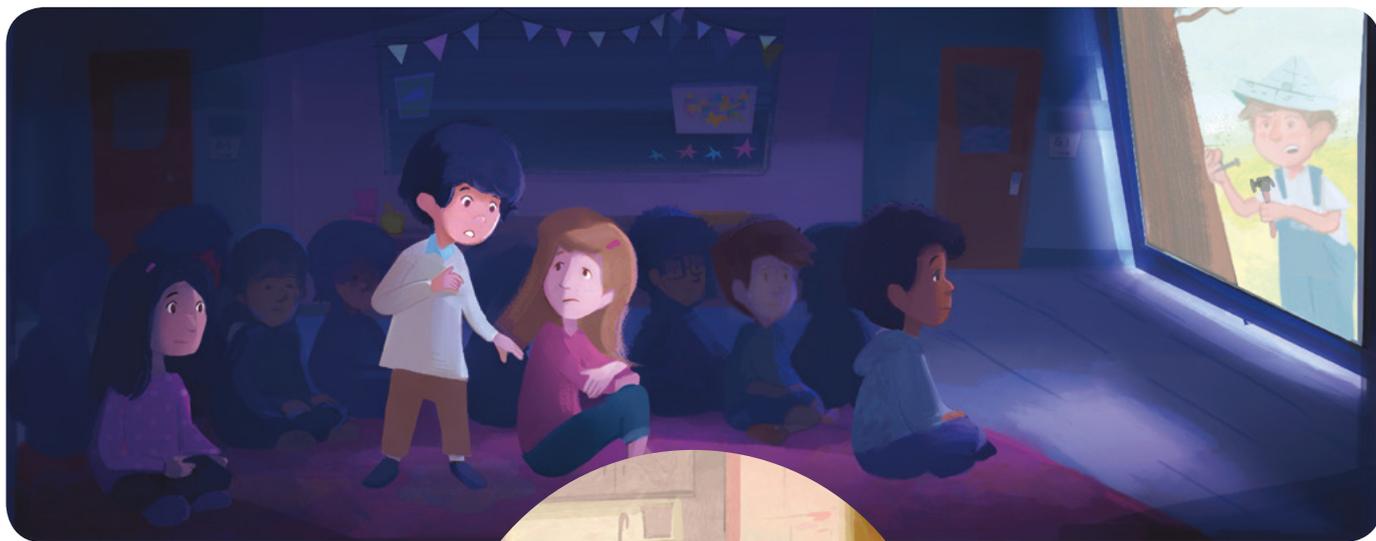
Callie sighed. There were great things about being

Marco’s friend, and there were hard things. Well, mostly just one hard thing. The hard thing was that they didn’t have very much time to play together. Even though they were in the same grade at school, they weren’t in the same class. They didn’t have the same recess. Plus, they both spent the Sabbath with their families. In Marco’s church, the Sabbath was Saturday. It started at sunset on Friday night. For Callie, the Sabbath was Sunday.

Callie and Marco went to different churches. Could they be good friends?

AND FRIENDSHIP

By Kasey Tross
(Based on a true story)



And the good things? There were lots of them. One was that Callie never had to worry that Marco would swear, try to get her to do bad things, or watch things that weren't good. He and his family went to a different church, but they believed a lot of the same things Callie did. Like they believed in keeping the Sabbath day holy, even though they had it on a different day.

Callie set down her armful of sticks and went inside.

"Did Marco go home?" Mom asked.

"Yeah," Callie said, slumping into a kitchen chair. "We hardly ever get to play."

"Maybe you two can get together Friday. It's a school holiday," said Mom.

"OK," Callie said, cheering up. She would get everything ready so when Marco came over, they could start working on the fort right away.

During school later that week, Callie's teacher made an announcement. The whole third grade was going to watch a movie together.

"Yes!" Callie said. She put her lunch box into her backpack and went into the common area between the classrooms.

Everyone found a place to sit on the floor, and the teachers turned off the lights. Callie got excited as the movie began. It was about some boys building a fort in the woods, just like she was building a fort with Marco! *If we ever finish it*, she thought. She shook her head and focused back on the screen.



But as the movie went on, Callie noticed that some of the words in it weren't very nice. She started to feel more and more uncomfortable. She didn't know what to do.

Just then, she felt a tap on her shoulder. It was Marco! He had crawled all the way through the crowd of students to talk to her.

"Callie, I don't think we should be watching this," he whispered. "I think we should go ask our teachers if we can read instead."

Callie breathed a sigh of relief. It felt good to know someone else felt like she did. "Yeah. I don't like this movie either."

She and Marco stood up and tiptoed around their classmates until they reached their teachers. Marco went to his teacher, and Callie went to hers. She asked if she could read a book instead of watching the movie, and her teacher said yes.

As Callie went into her classroom to read, she saw Marco doing the same thing. He gave her a thumbs-up and a smile. Callie smiled back. Having a true friend was even better than having a finished fort. ♦

The author lives in Virginia, USA.



"I have found a genuine goodness among people of all faiths."

Elder Quentin L. Cook
of the Quorum of the Twelve Apostles

"The Eternal Everyday," *Ensign*, Nov. 2017, 53.



“I express special gratitude to the Lord Jesus Christ. . . . I marvel at His matchless power to heal. I testify of Jesus Christ as the Master Healer.”

By President Russell M. Nelson

President of the Quorum of the Twelve Apostles

From “Jesus Christ—the Master Healer,” Ensign, Nov. 2005, 85–88.

Jesus Loves Me

When Jesus was on the earth, He helped people who were hurt, sad, or afraid. President Nelson taught that Jesus healed people in many ways.

Match the pictures with some of the ways Jesus healed people!
Check answers on page 39.

- Jesus helped the blind see.
- He helped the lame walk.
- Jesus healed the lepers.
- He helped the deaf hear.
- Jesus raised the dead.
- He showed mercy to sinners.
- Jesus comforted people who were sad.



Because Jesus loves me, He can heal and help me too!

Sharing Snacks and Smiles

We're
**Sam and
Anastasia,**
and we try to SHINE
OUR LIGHT by
sharing with others!



1

How Could We Help?

Where we live, in Florida, USA, we see lots of people who are homeless. We wondered how we could help them. Jesus fed people who were hungry, and everyone needs to eat! So we decided to make emergency snack kits.



2

Buying Supplies

Our friend Joa helped us shop for supplies at the dollar store.



3

Making the Kits

We put granola bars, bread sticks with cheese, and other yummy snacks in our kits. Sam even tried one!



4

Awesome!

Sharing our kits made us smile. Some people said, "Thank you!" and "Awesome!"

5

Lots More Kits

Our mom put our project on a website from the Church called JustServe.org so other people could make snack kits too. The young adult branch made

100 more snack kits for our local homeless shelter. The shelter used them to invite people to sign up for a program to help them get homes. That made us really happy!



HOW CAN YOU SHINE?

It's easy to find a service project to do with your family.

- Go to JustServe.org.
- Type in your postal code.
- Choose something you want to do!

SEND US A STAR!

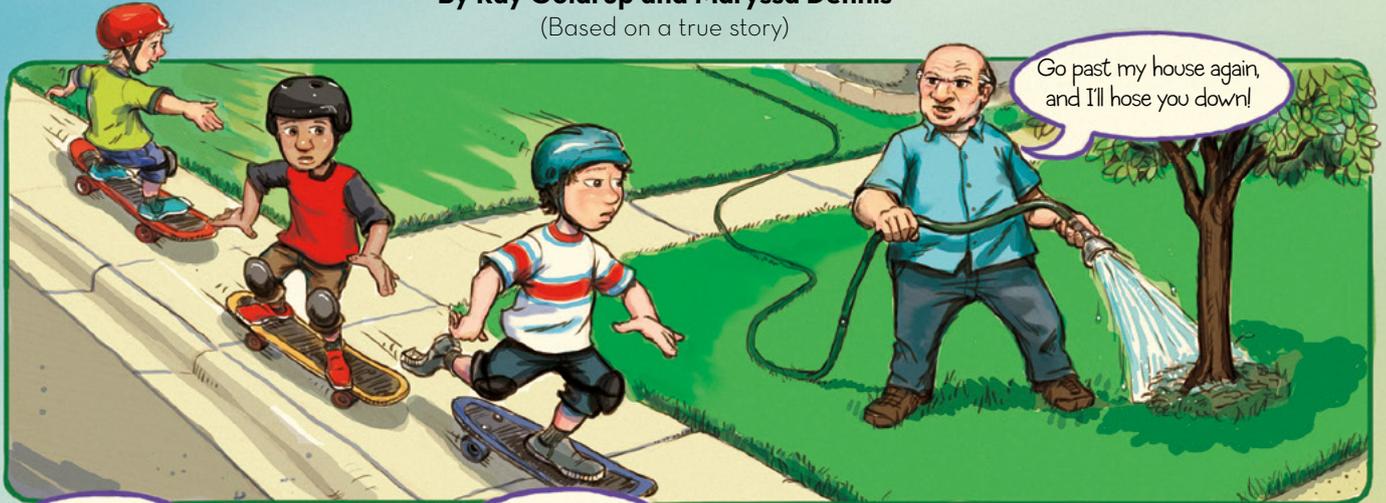


Jesus asked us to "let [our] light so shine before men" ([Matthew 5:16](#)). How do you let your light shine? Send us a star with your story, photo, and permission. See page 39.

A FRIEND FOR MR. MAURICE

By Ray Goldrup and Maryssa Dennis

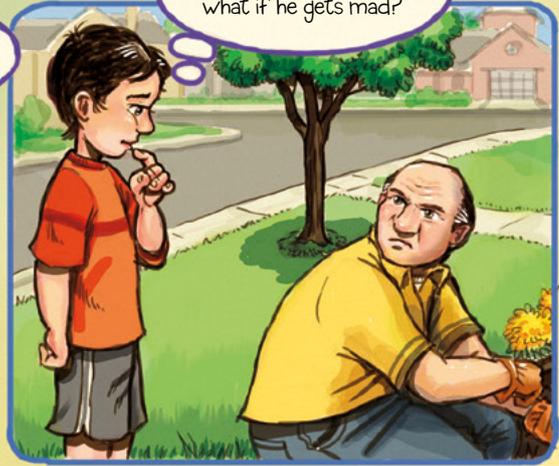
(Based on a true story)





Later ...

Jesus would be nice to Mr. Maurice. Maybe I can try



I want to help him... But what if he gets mad?



Um ... do you need some help?

Oh. Thank you. I'm planting my wife's favorite flowers. You could help bring the rest from the garage.



Cool! I love trains.

If you want, we can try to get it running later.



How's it going?

Great! Mr. Maurice showed me his electric train. We're going to fix it later.



Later that day ...

How about we build the track tomorrow?



Whoa!

Want to give it a try?



You know ... Mr. Maurice isn't so hard to love after all.

The authors live in Utah, USA.

Ready, Set,

Go!

Do the activity and earn a badge each month. By the end of the year, you'll be an official family history finder!

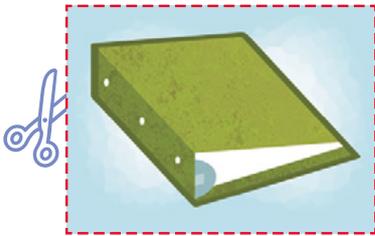
READY!

You're going to learn a lot about your family this year. Decorate a family history folder, binder, or box where you can collect things each month. Here are some decoration ideas:

- Family photos or a drawing of your family
- A map of places you've lived
- Words or pictures of activities your family likes to do

SET!

Visit FamilySearch.org and have an adult sign up for an account using the same log-in information as LDS.org. You'll be using FamilySearch.org for some of the quests later in the year.



GO!

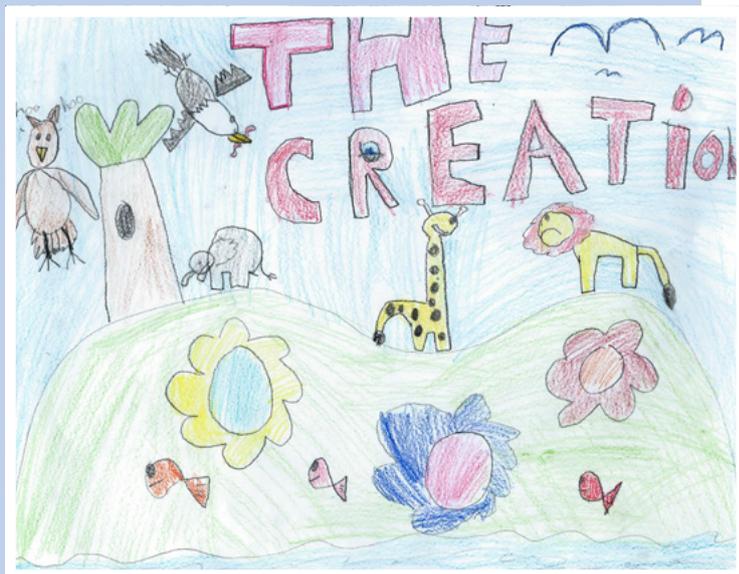
Congratulations. You've earned your first badge! Cut it out and glue it to the badge keeper below. Then hang on to the badge keeper so you can add to it next month. Print more copies at FriendFHQ.lds.org.

Family History Quest Badge Keeper

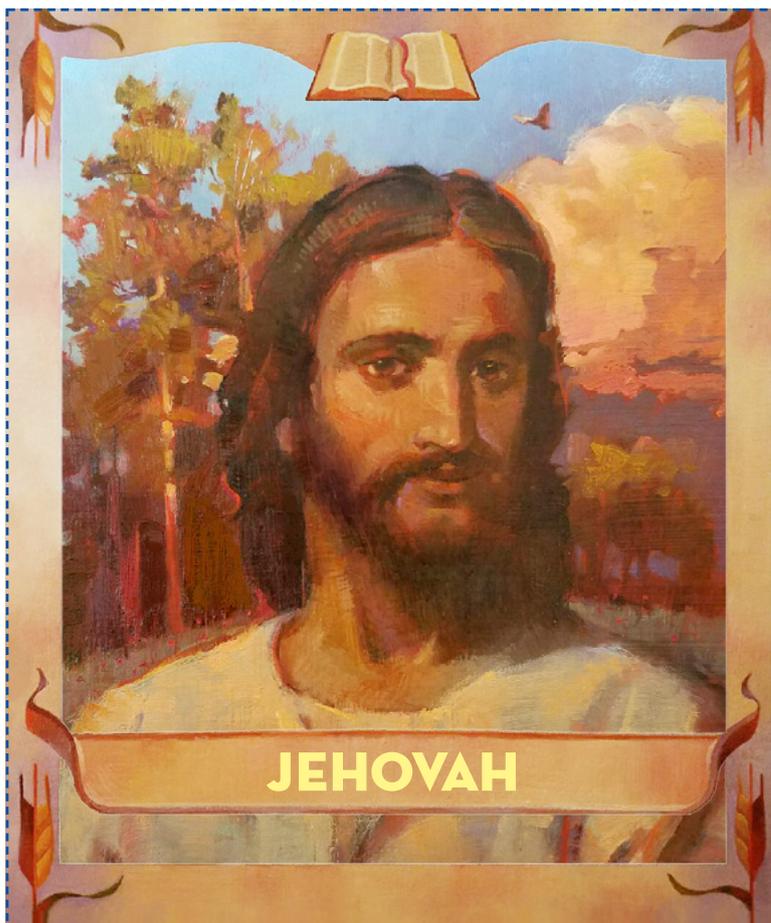


Jehovah Helped Create the Earth

Before we came to earth, we lived with our Heavenly Parents as spirit children. Heavenly Father's oldest son was named Jehovah. That's what Jesus Christ was called before He was born on earth. He helped Heavenly Father create the earth and plants and animals. They made this beautiful world as a place where we can learn and grow. We are so grateful for this planet Heavenly Father and Jehovah created for us!



Riley S., age 6, Oregon, USA



Jehovah is another name for Jesus Christ. We can choose to follow the example of Jesus, who was known as Jehovah in the Old Testament.

- Read and memorize Isaiah 26:4.
- Watch chapters 1 and 2 of the Old Testament videos at scripturestories.lds.org.
- Write or draw in your journal about a time you showed love for Heavenly Father and Jehovah's creations.
- I can follow Jesus by ...

Show and tell



I like to play soccer with younger kids and teach them new skills. It is one way I like to serve!

Sasha K., age 11, Moscow, Russia



At school, I help a friend understand the assignments. Serving my friend helps me feel the love of my Heavenly Father.

Allison M., age 9, Santa Ana, El Salvador



I fasted for my brother-in-law so he could get a good job. A week later, he got a job!

Caden J., age 8, Ohio, USA



Emily P., age 9, Utah, USA



We made a paper kindness garden and put a flower or bug sticker on it every time we served or were kind to others. At Christmas, we sent it as a gift to our grandparents who live very far away. Adding stickers reminded us how much we love them!

Deltree and Calan A., ages 10 and 8, Victoria, Australia



When I was younger, I decided that I wanted to stop sucking my thumb. I prayed to Heavenly

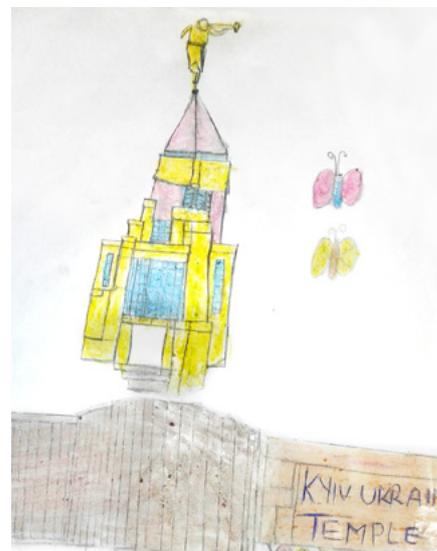
Father to help me. After my prayer, I waited a while and decided to try it just one time, but now it was disgusting! I know Heavenly Father heard my prayer and helped me!

Stephen C., age 9, Montana, USA



I decided not to color or draw when the sacrament is being passed. My little sisters have followed my example, and I have felt closer to Jesus.

Heidi H., age 6, Tennessee, USA



Emmanuel O., age 9, Lagos, Nigeria



Temani E., age 7, Cheshire, England



Keiger Y., age 9, Oregon, USA



Primary children in the **Midland Branch Primary, Ontario, Canada**, like to help clean up the Primary room and classrooms. They enjoy bringing their friends to church and making them feel welcome.

I can't wait to be a missionary and share the gospel!



Avery H., age 11, Arizona, USA

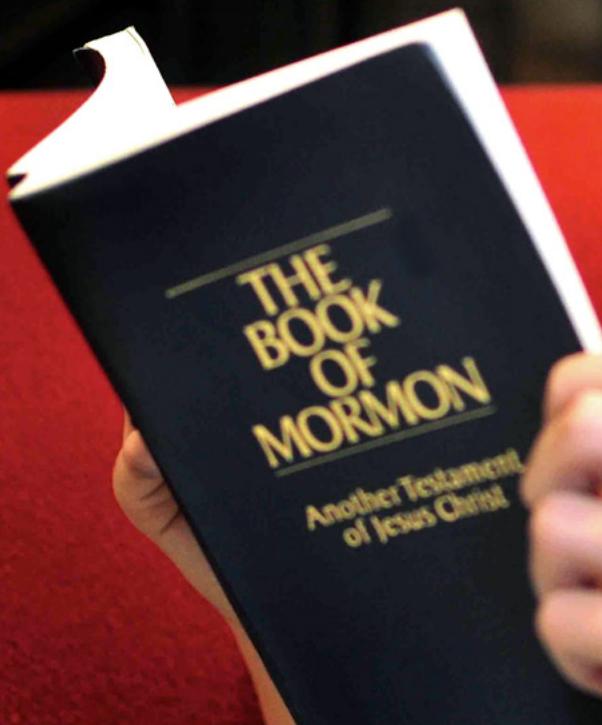
Book of Mormon READING CLUB

JOIN IN BY READING THE BOOK OF MORMON!

You can read on your own, with your family, or with a friend. Then tell us about it! (See page 39 to find out how.)

This month's verse: 1 NEPHI 3:7

"I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them."



The Book of Mormon is my favorite book. I love the example of Nephi. He's my hero in the Book of Mormon. He is very obedient to God's commandments. I want to be like him.

Jhetro F., age 10, Iloilo, Philippines



I enjoy the story of Nephi when he is told by Heavenly Father to get the brass plates and build a boat. "Nephi's Courage" is also my favorite Primary song!

Natalie C., age 11, Arizona, USA

Am I a Child of God?



By Chloe D., age 14, Idaho, USA

Sundays were always the same since I came to my new adoptive family when I was younger. Mom did my hair, and I got to wear a pretty dress. Then Mom made sure everyone was ready for church. I loved going to church! My teachers were nice, and the kids in my class were friendly. I loved to learn about Heavenly Father and Jesus. Most of all, I loved the music. Singing songs always made me feel happy.

But one Sunday we sang a song I hadn't heard before. As the other children sang, "I am a child of God, and He has sent me here, has given me an earthly home with parents kind and dear," I felt sad. My first parents hurt me and my sisters. I started to think that maybe I wasn't a child of God.

After church I ran to Mom and asked, "Mom, am I a child of God?"

Mom pulled me into her arms and told me that I've always been a child of God and that He loves me very much.

With tears running down my face, I asked, "Then why wasn't I born to parents kind and dear?" Mom said she didn't know why, but that she and Dad loved me and were glad I was in their family. That made me feel warm and happy inside. I knew what Mom said was true.

Now I love to sing "I Am a Child of God." I am grateful for my new parents who are kind and dear, and I know that everyone is a child of God. ◆



“Lead Me, Guide Me”

Go

You are a child of Heavenly Parents, and They love you dearly!
That’s why Heavenly Father gave you some special things to
help you find your way back home.

How to Play:

- Choose small objects as game markers, and roll a dice to move.
- When you land on a “Help Me!” space, point to one of the “Here’s Help!” squares and read the scripture.
- Have someone tell about a time when the thing on the card helped them feel God’s love or know what to do.
- Keep pointing to cards and telling stories until all the game markers make it to “My Home in Heaven.”



*He Sent Me
to Earth*



HERE'S HELP!

Commandments

Mosiah 2:24

HERE'S HELP!

Prophets

Amos 3:7

HERE'S HELP!

Scriptures

2 Timothy 3:15

HERE'S HELP!

Prayer

D&C 88:63

HERE'S HELP!

Priesthood

D&C 42:44

me

*"Lead me, guide me, walk
beside me, help me find the way"
(Children's Songbook, 2-3).*

*My Home
in Heaven*

FINISH

*Based on M. Joseph Brough, Second Counselor
in the Young Men General Presidency, "His Daily
Guiding Hand," Ensign, May 2017, 23-26.*

HERE'S HELP!

Holy Ghost
2 Nephi 32:5

HERE'S HELP!

Our Savior, Jesus
Christ
John 3:16

HERE'S HELP!

Repentance
D&C 19:16

HERE'S HELP!

Parents and Others
Who Love You
John 13:34

By Murlene Watkins

(Based on a true story)

"I love to read the holy scriptures, and, ev'ry time I do, I feel the Spirit start to grow within my heart—a testimony that they're true" (Children's Songbook, 109).

Lucia wiped away a tear. She didn't want the other kids to see. She left the school grounds and hurried toward home.

Lucia lived on a small, beautiful island. She was the only member of the Church at school. Everybody else went to the same church. They teased Lucia and wouldn't play with her because she was different.

That wasn't the only problem. Sometimes the teachers ignored Lucia when she raised her hand.

But today was the worst! Lucia thought. She kicked a pebble down the road. During class, the teacher read

some Bible verses that Lucia didn't understand. They made it sound like Heavenly Father, Jesus, and the Holy Ghost were the same person. Then the teacher said there were *some* churches that didn't believe what the Bible taught. She looked straight at Lucia. Everybody in class laughed.

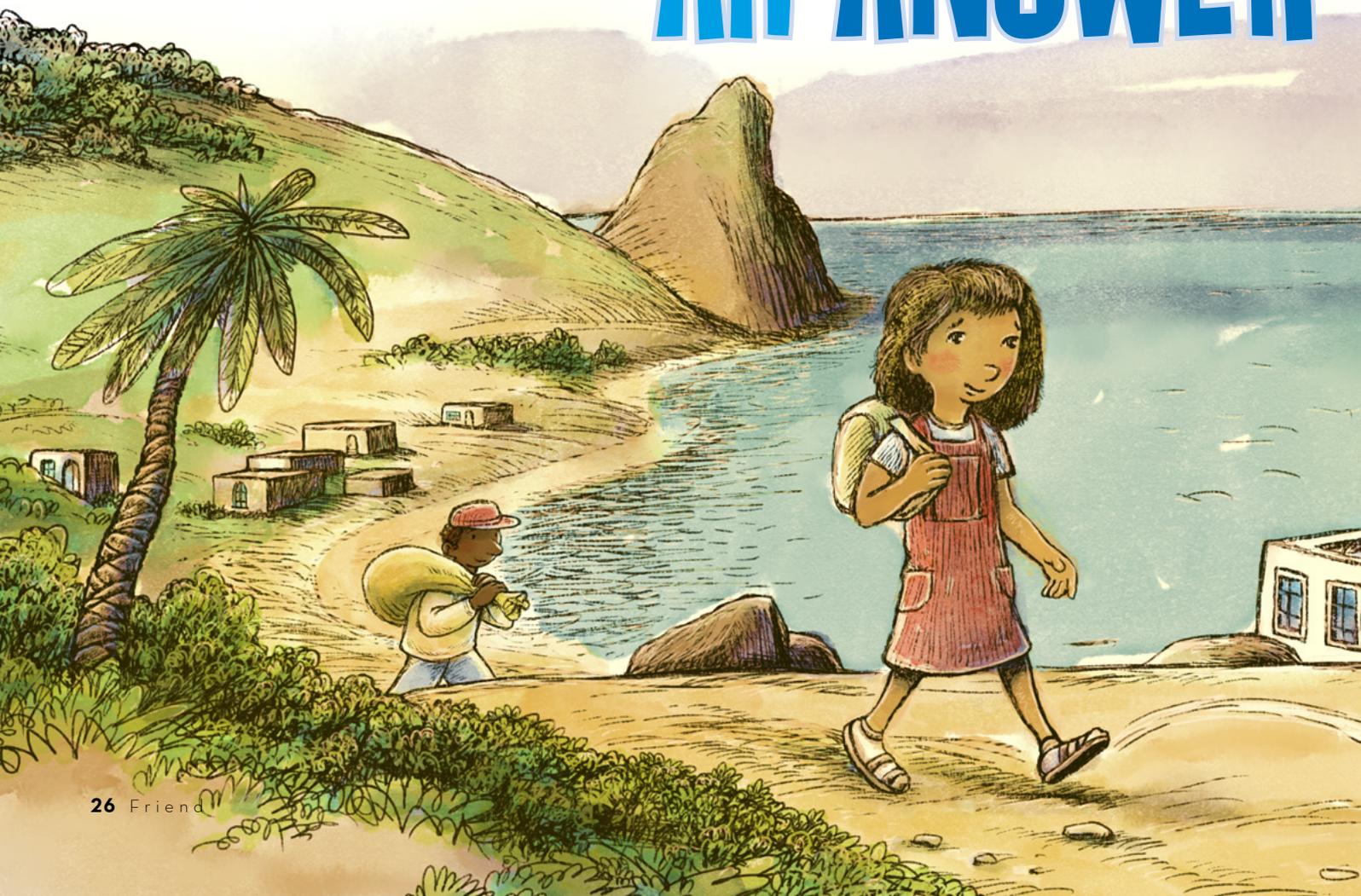
Lucia was confused. Weren't Heavenly Father, Jesus, and the Holy Ghost separate? What was going on?

Suddenly she had a happy thought. She could ask the missionaries! They came to Lucia's village every day. *They'll know how to help!* she thought.

When Lucia got home, she saw Sister Brown and Sister Ruiz. They were helping pump water up to a tank on the roof.

Lucia asked her question right away. "Why does the Bible say Heavenly Father and Jesus are the same person?"

An ANSWER



Sister Brown smiled. "That's a good question. After lunch let's look for some scriptures to help."

Lucia hardly tasted any of the yummy *ropa vieja* stew Mama had made. All she wanted was the answer!

Finally lunch was over. Lucia and the missionaries opened their scriptures. They read about Joseph Smith's vision. Then they read about Jesus's baptism. Both scriptures showed that Heavenly Father, Jesus, and the Holy Ghost were separate.

"So why do those other scriptures say they're the same?" asked Lucia.

Sister Brown started turning the pages. "Let's read in [John 17:21-22](#). That's where Jesus prays to Heavenly Father about His Apostles."

They all took turns reading. In the scriptures, Jesus prayed that His Apostles "may be one" like He and

Heavenly Father are one. Lucia counted three different times He said it.

"The Apostles couldn't all become the same person," Sister Ruiz said. "But they *could* become one in how they believed and acted. That's how Heavenly Father, Jesus, and the Holy Ghost are one."

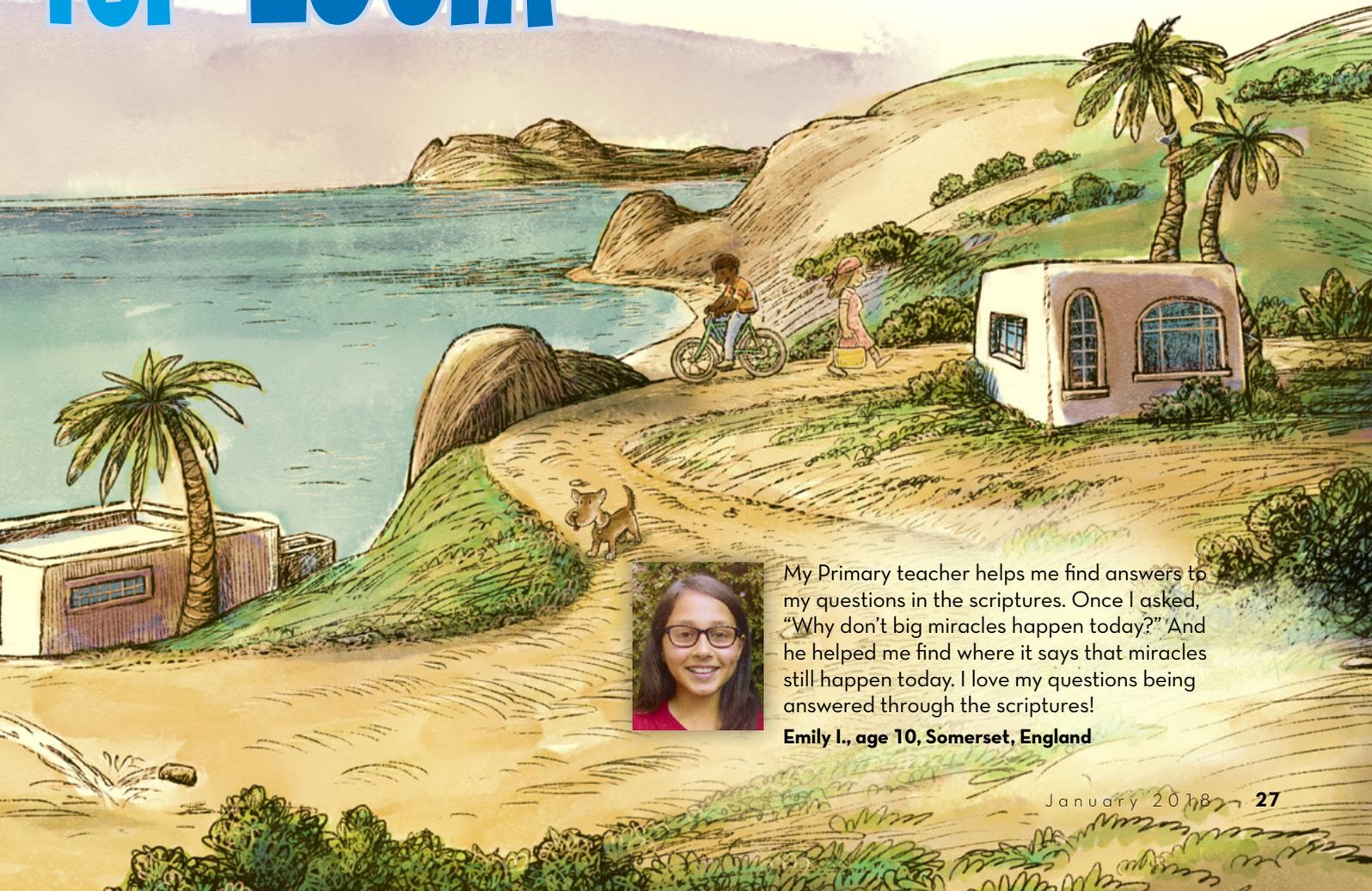
Lucia began to feel warm inside. She knew it was the Holy Ghost. He was telling her that what Sister Ruiz said was true.

Heavenly Father and Jesus weren't the same person. But They were the same in what They said and did. And Lucia knew that They both loved her. ◆

The author lives in California, USA.

for LUCIA

Lucia was confused about what her teacher said. Who could help?



My Primary teacher helps me find answers to my questions in the scriptures. Once I asked, "Why don't big miracles happen today?" And he helped me find where it says that miracles still happen today. I love my questions being answered through the scriptures!

Emily I., age 10, Somerset, England



By Elder
Claudio R. M. Costa
Of the Seventy

Moroni and the Mechanic



From an interview with Linda Davies

“And a little child shall lead them” (2 Nephi 30:12).

Many years ago, our family was driving home to São Paulo, Brazil, after visiting relatives. Just as we drove up a steep road, our car broke down.

We tried to restart the car for several minutes. But it wouldn't start. Car after car passed us. No one stopped to help.

Finally I told my family that we should pray. My six-year-old son, Moroni, said, “Don't worry, Daddy. I already prayed.”

“What did you pray for?” I asked.

“I prayed to Heavenly Father that the *right* person would come by to help us,” he said.

Soon two bright lights appeared behind our car. It was a tow truck. The driver was a mechanic.

“You're very lucky,” he said.

“I finished my work for the day and was heading home.”

He fixed our car. Then he followed us to make sure we got home safely.

I asked Moroni if he knew how special this experience was. “Of course,” he said. “Heavenly Father heard my prayer. So now I have my own testimony! I don't have to borrow it from you anymore, Dad.” My heart was touched by Moroni's faithful example.

Moroni is grown now, but I still remember his good example from when he was small. Even as a child, you can be an example to your family and friends. ♦

You Can Be a Bright Example **NOW!**

These children are all bright examples. Use the clues and fill out the chart to find out how old they are and where they're from. Check your answers on page 39.



Conan S.

shines by saying sorry when he does something wrong.



Noane P.

shines by obeying her parents.



Megan B.

shines by inviting friends to church.



Bryanna W.

shines by not gossiping.



Asher T.

shines by being an example at school.

CLUES

- None of the girls are from Texas.
- The six-year-old is not from Utah or Australia.
- The four-year-old is from Canada, but Bryanna is from the USA.
- Megan is exactly two years older than Conan.
- Asher is younger than Bryanna but older than Noane.

Now look over the clues again to see what else you can fill in!

	4	6	7	10	11	Ontario, Canada	Texas, USA	Pennsylvania, USA	Utah, USA	Victoria, Australia
Conan										
Noane										
Megan										
Bryanna										
Asher										
Ontario, Canada										
Texas, USA										
Pennsylvania, USA										
Utah, USA										
Victoria, Australia										

TIPS

Tip 1: Put an O in the boxes you know are TRUE and an X in the boxes you know are FALSE.

Tip 2: When you add an O, be sure to mark Xs on the rest of the row and column the O is on. (If that box is true, the rest have to be false.)

Tip 3: If all the boxes in a row are marked with an X except for one, you know that box is the answer! Put an O in it. Don't forget to mark Xs in the other direction!

How are you a bright example?



Send in a star!

MATT AND MANDY



for older KIDS

BRAIN TEASER

What belongs to you but is used more by others?

See page 39.



SECRET SERVICE

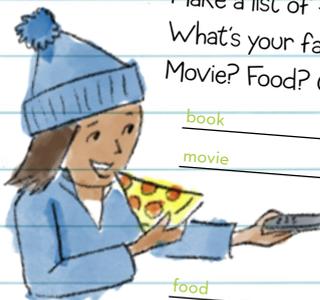
Put a nice note in a library book for someone to find!

- Do one of your sibling's chores.
- Write a letter to a missionary or someone in the military.



DEAR JOURNAL

Make a list of favorites.
What's your favorite book?
Movie? Food? Color? Season?



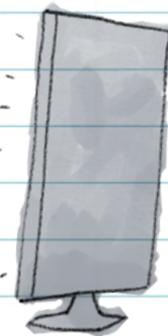
book _____

movie _____

food _____

color _____

season _____

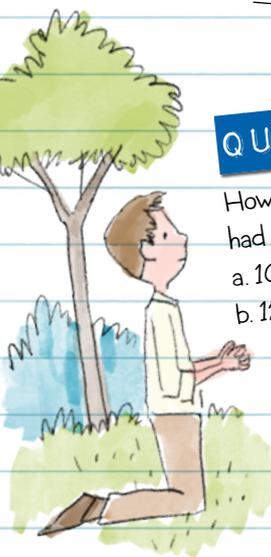


QUICK QUIZ

How old was Joseph Smith when he had the First Vision?

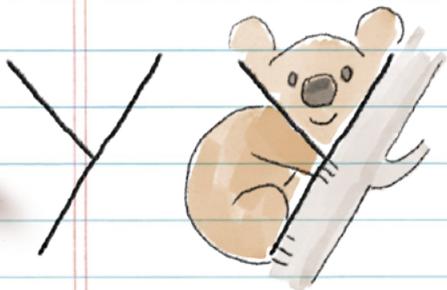
- a. 10 c. 14
b. 12 d. 17

See page 39.



DRAW IT!

Draw a koala from the letter Y!



I went to a friend's funeral because when I was baptized I promised I would mourn with those who mourn.

Ryan B., age 11, Texas, USA

Lucas and the Bully

What's on Your Mind?

Food & Fun

Forgiving Demi

Funstuff

Lucas and the Bully

By Eric B. Murdock

Church Magazines
(Based on a true story)

“Let us oft speak kind words to each other” (Hymns, no. 232).

“Oh no!” Here comes Pedro!” Everyone at school knew that Pedro was a bully. He was big, and he was mean! He called other kids names, took their lunches, and chased them around the school yard. No one wanted to be around him.

Pedro walked by Lucas and his friend Arthur. He called them “losers” and pushed Arthur.

Lucas was tired of Pedro being so mean. Without even thinking, he shouted, “Stop it, Pedro!”

Lucas couldn’t believe it. He’d just stood up to the biggest bully in school!

Pedro stormed up to Lucas and grabbed his shirt. “What did you say?” Lucas’s heart beat so fast it felt like it would jump out of his chest! “I’ll give you one warning,” Pedro said. “But you’d better watch out!” He shoved Lucas and walked away.

After that, Lucas did his best to avoid Pedro, but Pedro always found him. He kept Lucas off the swings, pushed him during dodgeball, tripped him in the cafeteria, and always said mean things.

One day Lucas and Arthur were playing with Arthur’s soccer ball. Pedro jumped out from behind a tree and grabbed it.

“Please give it back,” said Arthur.

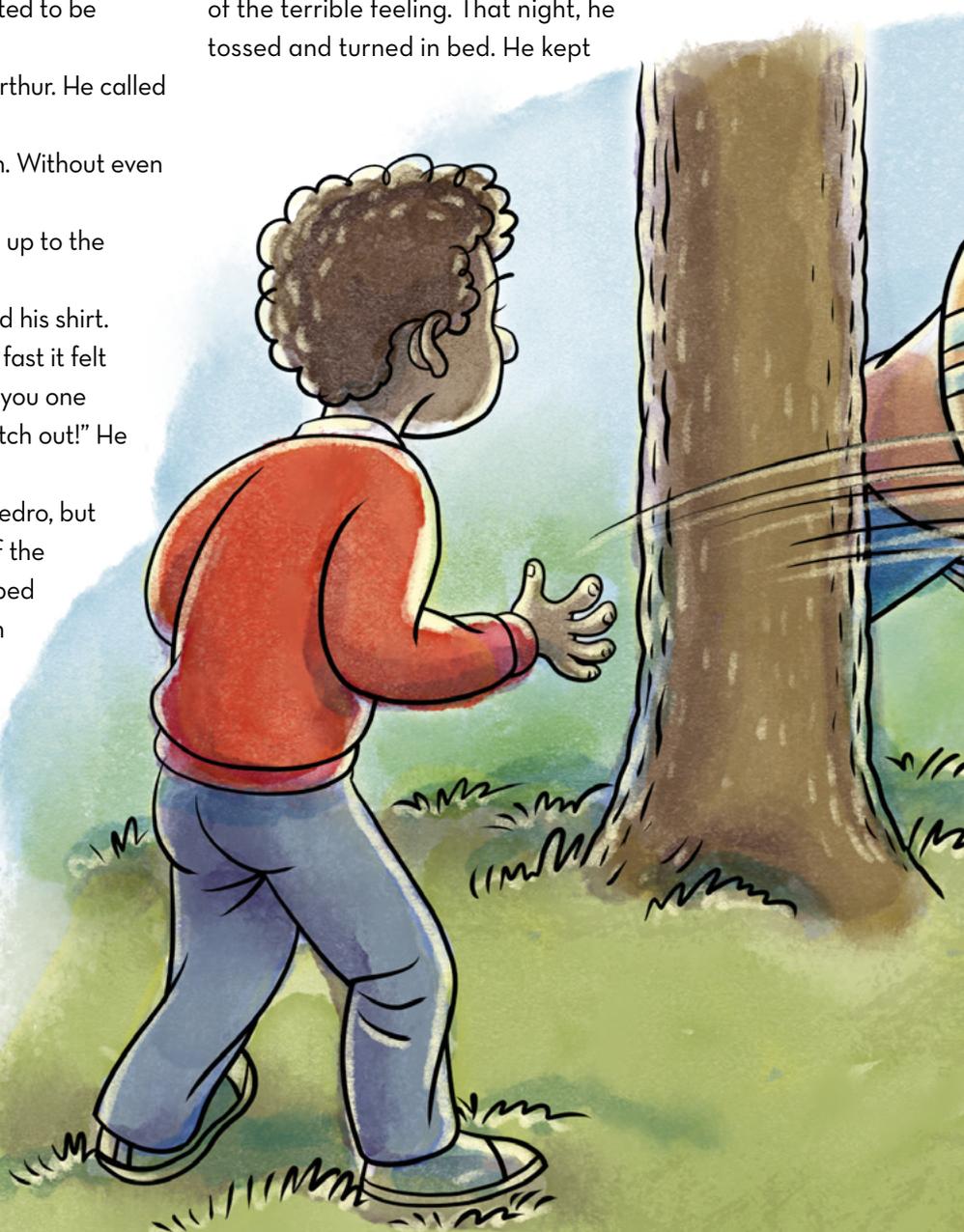
“Who’s going to make me?” Pedro pushed Lucas and laughed.

Lucas could feel his stomach twist in knots. He was so angry! “You know what, Pedro?” Lucas said. “You’re the meanest kid I know! Nobody likes you.

Everyone wishes you’d go away!”

Pedro stopped laughing. Lucas felt great about what he said ... until he saw the look on Pedro’s face. Was he about to cry? Pedro quickly looked down and walked away.

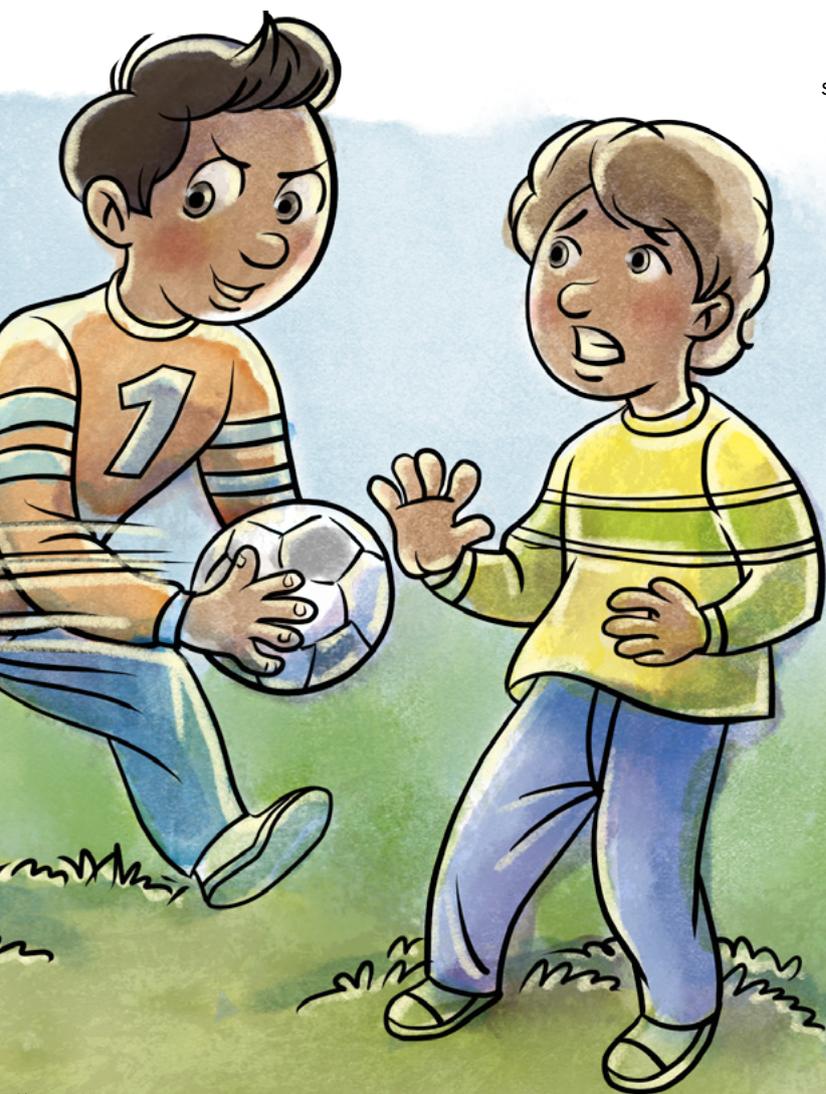
Lucas instantly felt terrible. For the rest of the day, no matter how hard he tried, Lucas couldn’t get rid of the terrible feeling. That night, he tossed and turned in bed. He kept



thinking about how sad Pedro had looked.

How could Pedro feel bad? Lucas thought. *He doesn't care if he's mean to other kids. I had to say something, right?* The more Lucas thought about it, the more he realized he was *right* to stand up for himself and his friend. But he was *wrong* to say those mean things.

Lucas knelt by his bed and asked Heavenly Father to



Lucas felt great about what he said . . . until he saw the look on Pedro's face.

forgive him. He told Heavenly Father that he never wanted to hurt anyone like that ever again. He wanted to be kind. When Lucas said “amen,” he knew what he had to do.

After lunch the next day, Lucas found Pedro standing against a wall by himself. Lucas was nervous. What would Pedro do? Lucas took a deep breath and walked over.

“Um, I’m sorry about yesterday.”

Pedro looked surprised. “You’re sorry?”

“Yes. I said some really mean things to you, and I shouldn’t have. I’m sorry.”

Pedro stared down at his shoes. “It’s OK.”

The bell rang. Lucas started walking back to class. He felt so much better. But there was one more thing he wanted to say. He turned back around.

“We could play soccer at recess tomorrow if you want.”

A small smile crossed Pedro’s face. “That sounds good.”

After that, things got better with Pedro. He was still a bully sometimes, but he wasn’t as mean. He even played with Lucas a few times at recess. And it was actually fun! At the end of the school year, Pedro told Lucas that he was moving away. Then he said something that really surprised Lucas.

“Thanks for being my friend,” Pedro said. “Even when I wasn’t nice.”

The warm feeling in Lucas’s heart let him know that being kind is always the right choice. ♦



“Use language to build and uplift those around you.”

President Thomas S. Monson,
“The Lighthouse of the Lord,” *Ensign*, Nov. 1990, 97.

My friend asked me why it matters if I keep the commandments. I'm not sure what to say.

-Wondering in Washington



Dear Wondering,

That's a good question. A lot of people think commandments just get in the way of having fun. But has your friend ever flown in an airplane? How do you think he or she would feel about flying with a pilot who didn't follow the rules of aviation? What about riding on a bus with a driver who didn't stop at red lights?



Heavenly Father's commandments are His loving way of helping us stay safe and return to Him.

He tells us not to smoke or use drugs so our bodies can stay healthy.

He tells us to be honest so others can trust us.

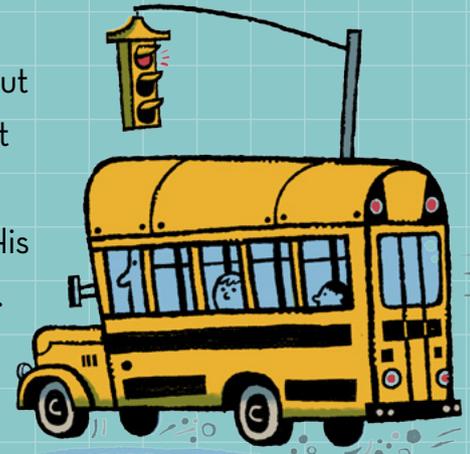
He tells us to keep the Sabbath day holy so we can keep our spirits strong and rest our bodies and minds.

When you think about it, every commandment is like a love letter from our Heavenly Father. Each one says, "I love you. I want you to be safe and happy. And I want you to come back to Me."

You can read about why Heavenly Father gives us commandments in [Moses 1:39](#).

Thanks for writing!

The Friend



WHAT'S ON YOUR MIND?

Do you have a question about the gospel, growing up, or getting a testimony? Email us at friend@ldschurch.org and put "What's on Your Mind?" in the subject line. Be sure to include the permission statement on page 39. We're excited to hear from you!

Rubber-Band Books

Make this book and use it to answer the journal prompts on "For Older Kids." When you fill up all the pages, make a new one!

1

Cut two sheets of paper in half lengthwise. Use more papers if you want a thicker book.



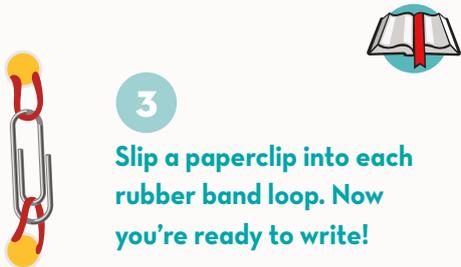
2

Fold all the papers in half, punch two holes on the folded side, then pull a rubber band through the holes to make two loops on the front.



3

Slip a paperclip into each rubber band loop. Now you're ready to write!



Hot Cocoa Combos

Mix 1 cup of hot milk with one of these flavor combinations. Stir until melted and smooth.

What other combos can you come up with?

What will you name your creations?

Top with marshmallows, whipped cream, candy canes, and anything else you can imagine!

Peppermint PIZZAZZ



1/2 cup white chocolate chips



2 crushed peppermint candies

Sweet 'n' SPICE



1/4 cup milk chocolate chips



1/4 teaspoon cinnamon + tiny pinch cayenne

Zesty ORANGE



1/2 teaspoon sugar



1/4 cup milk chocolate chips



1 teaspoon orange zest

Cut out these "stickers" and use them in your journal! When you write about one of these things, tape the picture to the corner of the page. Print more at friend.ids.org during January.



By Breanne Richards (Based on a true story)

Forgiving Demi



*“Pray, He is there;
Speak, He is list’ning”*
(Children’s Songbook, 12).

“Say cheese!”
the
photographer said.

The camera clicked, and a light flashed. It was class picture day for Mae’s sixth-grade class. And she was in the center of the back row—again. That was where the tallest person in the class always stood. And she was always the tallest.

Mae didn’t like how she had to look down when she talked to her friends. She didn’t like how the boys looked up at her like she was a

skyscraper. She didn’t like how her friends wore size extra small and she wore size medium.

Every TV show she watched made it seem like girls were supposed to be *small*.

Mae’s friends waited for her as she climbed down the bleachers.

Kayla waved for Mae to hurry. "It's finally lunchtime! I'm starving!" she said.

Mae smiled and headed to lunch with her friends. After eating their deliciously warm, cheesy pizza, they went outside.

"Let's go play kickball!" Kayla and Lexi said, running ahead.

Mae started to run after them when someone called, "Hey!"

She turned around. It was Demi and some of her friends.

"Good thing they put you in the back row for pictures," Demi said. "Otherwise you'd cover everyone up with your big head!"

Demi's friends laughed. Mae looked around for Kayla and Lexi. They were far away now.

"Leave me alone," Mae said.

"What's a giant like you going to do about it?" Demi smirked.

Mae felt tears roll down her cheeks as she ran past Demi and her friends. She ran until she got to the back corner of the field, where no one would see her crying.

Mae felt sick to her stomach, and her heart hurt. She thought of the words to her favorite Primary song: "Heavenly Father, are you really there? And do you hear and answer every child's prayer?"

Mae knew she could pray anytime, anywhere. She found a quiet spot behind a tree and knelt down to pray.

"Heavenly Father, what Demi said made me feel bad. Please help me feel better. I love Thee and thank Thee for the nice friends I do have."

Mae ended her prayer and continued to kneel quietly. She could hear kids playing across the field. She felt like someone had wrapped a blanket around her. It was like a warm hug!

Then she thought she heard the quietest voice in her mind say, "I love you, Mae."



She smiled. She knew that Heavenly Father was answering her prayer. Even though Demi's words still made her feel sad, she felt better.

Mae knew she was a child of God. There was nothing wrong with the way she looked! God loved her and cared about her. *Maybe Demi wouldn't say mean things if she knew she was a child of God too,* she thought.

Then Mae got an idea. She smiled and prayed again.

"Heavenly Father," she said, "help me forgive Demi and be kind to her. Please help her know that she is a child of God too. In the name of Jesus Christ, amen."

When Mae stood up, she didn't feel sad anymore. Sure, she was still the tallest and probably would be for a few years. But she knew that Heavenly Father loved her, and that was all that mattered. ◆

The author lives in Utah, USA.



Colors of Kindness

By Shannon Tuttle

FIRST – Fill in the Blank

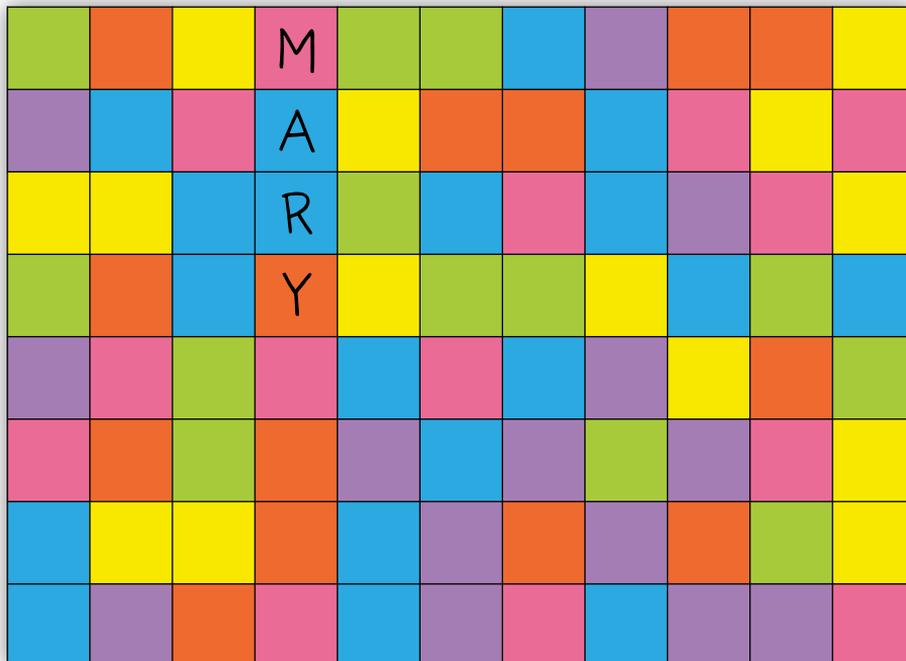
Jesus showed kindness in lots of ways. Read the scriptures to learn about some of the ways Jesus was kind. Then fill in the blanks. (Check answers on page 39.)

- **John 11:32-35, 43-44**
Jesus cried with M A R Y when her brother died. Jesus knew He could raise her brother from the dead, but He was still sad with her.
- **Mark 10:46-52**
Even though Jesus was busy, He took time to help a blind man named _____.
- **John 19:25-27**
When Jesus was on the cross, He asked His disciple to take care of His _____.
- **3 Nephi 17:4-7**
Jesus visited the Nephites. When it was time for Him to go, the people didn't want Him to leave. Jesus stayed and healed the people who were _____.
- **John 8:3-11**
Some people were judging a _____ who sinned, but Jesus did not get angry. He helped her.
- **Luke 18:15-16**
Jesus was patient and spent time with little _____.

NOW – Fill in the Crossword!

Use this code to figure out the color for each letter in the blanks. Then find the color pattern of each word in the grid below and write in the word! (Hint: words are only across and down, not backwards or diagonal.) The first one is done for you.

A B C D E H I K L M N O R S T U W Y



You Shine Bright!



Amelia, Miranda, Natalia M. and their cousins Sofia and Victoria M. from Puerto Rico, USA, visited us at the *Friend* and shared their stars with us. Now send us *your* star!

FUNSTUFF ANSWERS

Page 13: 7, 3, 1, 5, 4, 2, 6

Page 28: Conan S., age 4, Ontario, Canada; Noane P., age 7, Victoria, Australia; Megan B., age 6, Pennsylvania, USA; Bryanna W., age 11, Utah, USA; Asher T., age 10, Texas, USA

Page 31: your name; 14

Page 38:

		M		C					
		A		H					
	B	A	R	T	I	M	A	E	U
		Y		L					I
				D					C
M	O	T	H	E	R				K
				E					
W	O	M	A	N					



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ3, 6, and 27.

How to Write to the *Friend*

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

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

Please send your submission to:

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

May the *Friend* contact you
with a survey?

Yes No

The following information and permission must be included:

First and last name _____

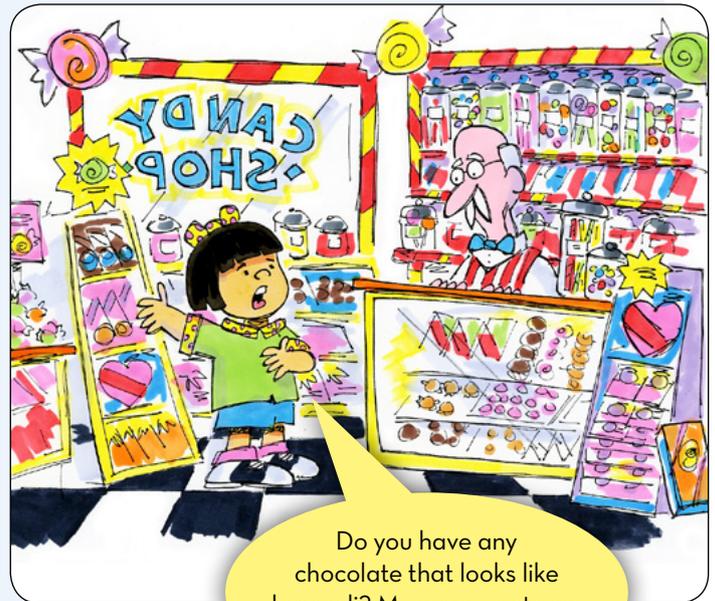
Age _____ Boy/Girl _____ State/Province, Country _____

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

Signature of parent or legal guardian _____

Email of parent or legal guardian _____

The Last Laugh



Do you have any chocolate that looks like broccoli? My mom wants me to eat more vegetables.

the Friend junior



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

For Parents of Little Ones

As the Primary song says, “Saturday is a special day. It’s the day we get ready for Sunday” (*Children’s Songbook*, 196). Although we may not brush our clothes or shine our shoes, the song’s message rings true today—preparing on Saturday is the secret to a happier Sunday.



Here are some ideas for getting ready for the Sabbath with your young children:

1. Make a Saturday checklist with tasks little ones can help with. You could include pictures for taking a bath, finding shoes, and laying out clothes, for example. Letting them mark off completed tasks can make kids more eager to cooperate.
2. Create a Sabbath soundtrack. Playing special music signals that this day is different. You can find music at mormonchannel.org/radio or download free music at youth.lds.org.
3. Sunday can feel like a day of “can’t’s” to young children. Instead, talk about things you can and will do, like bake cookies, visit someone, act out scripture stories, or take a walk together.
4. Have everything ready ahead of time for a stress-free morning. Plan an easy breakfast, have the diaper bag ready to go (or even in the car!), and gather materials you may need for a lesson.

ACTION RHYME

I Can Pray

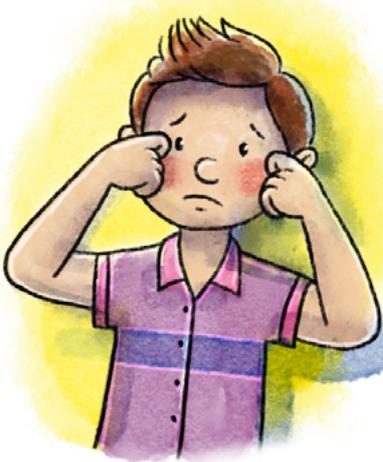
By Jordan Wright



I can pray before bed.



I can pray when I wake.



I can pray when I'm sad . . .



or I've made a mistake.



I can always pray to
my Father above.



He will answer my prayer
and fill me with love.

Following Paw Prints

By Jennifer Maddy



Derek

saw



paw prints

in the



snow

. What animal made them?



Derek

followed the



paw prints

down the



sidewalk

. He looked around and saw

Mrs. Lawson



walking

slowly across the



ice



Derek

held her



hand

and helped her into her



house

. The



paw prints

kept going, and



Derek

followed them. He spotted



Mr. Russell

shoveling



snow



Derek

stopped

to help him



shovel

. Then



Derek

saw more



paw prints

! He followed

them and peeked into



Mr. Russell

's backyard. There was Cloudy,



Mr. Russell

's



cat

!



Derek

likes following things. Most of all, he

likes following the example of



Jesus

by helping others.

Derek Follows Jesus

Jesus is happy when we help others!
How can Derek help his family members in this picture?



Bonus: Can you find these things in the picture above?



SCRIPTURE STORIES

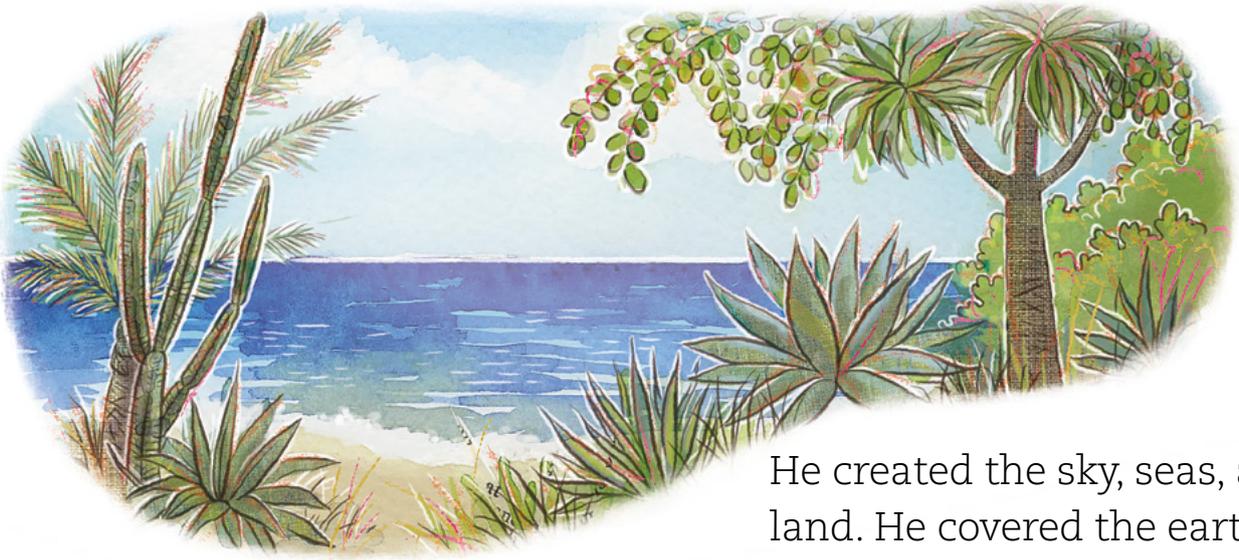
The Creation

By Kim Webb Reid

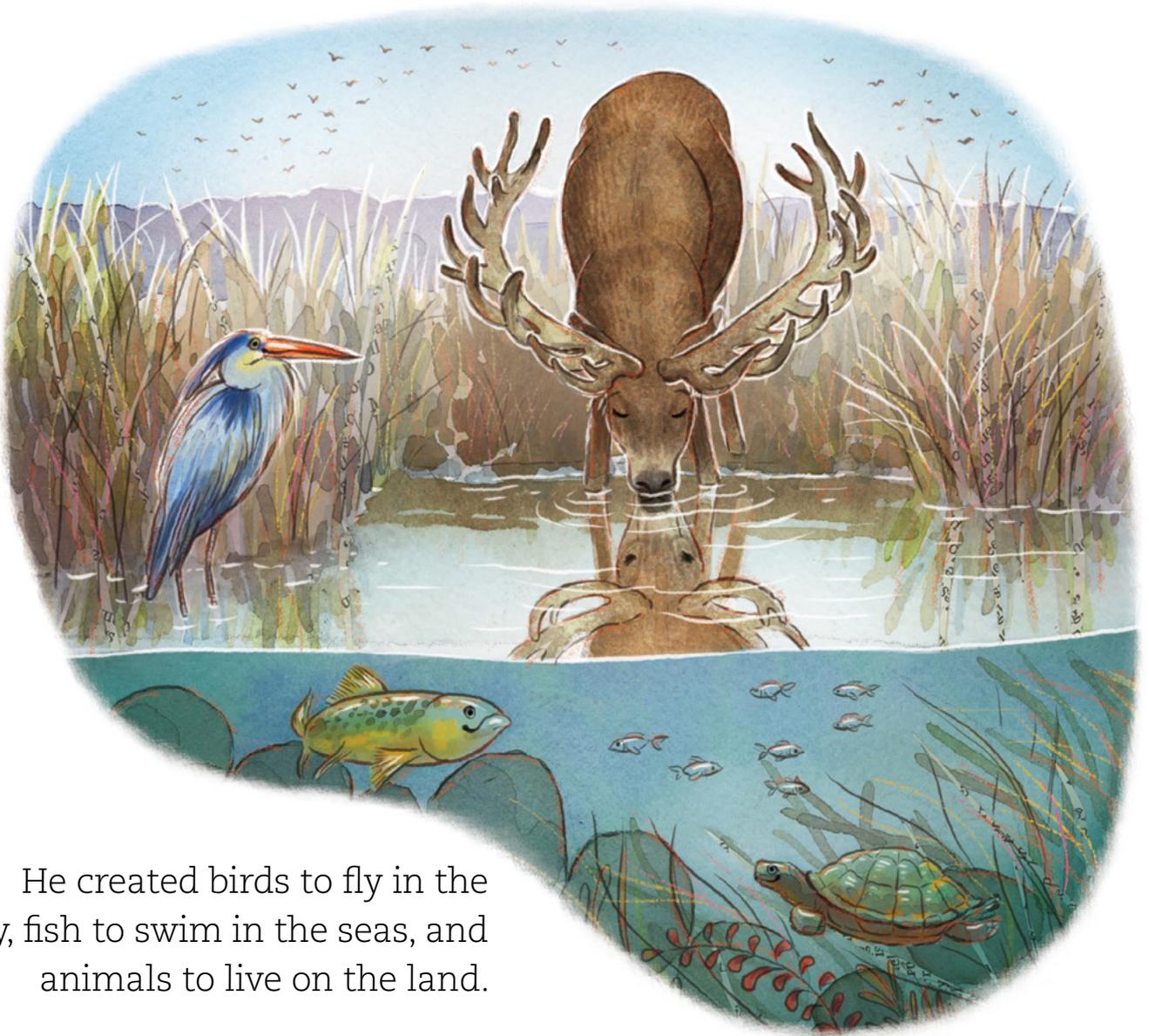
Long before I can remember, God created a beautiful place for me to live.



When He began making the earth, He separated the day from the night. He made the sun, moon, and stars so I would always have light to guide me.



He created the sky, seas, and land. He covered the earth with all kinds of plants.



He created birds to fly in the sky, fish to swim in the seas, and animals to live on the land.



Whenever I see God's creations, I feel reverence and love for Him.
I'm grateful He made this earth for me. ◆

I Am Part of a Beautiful World

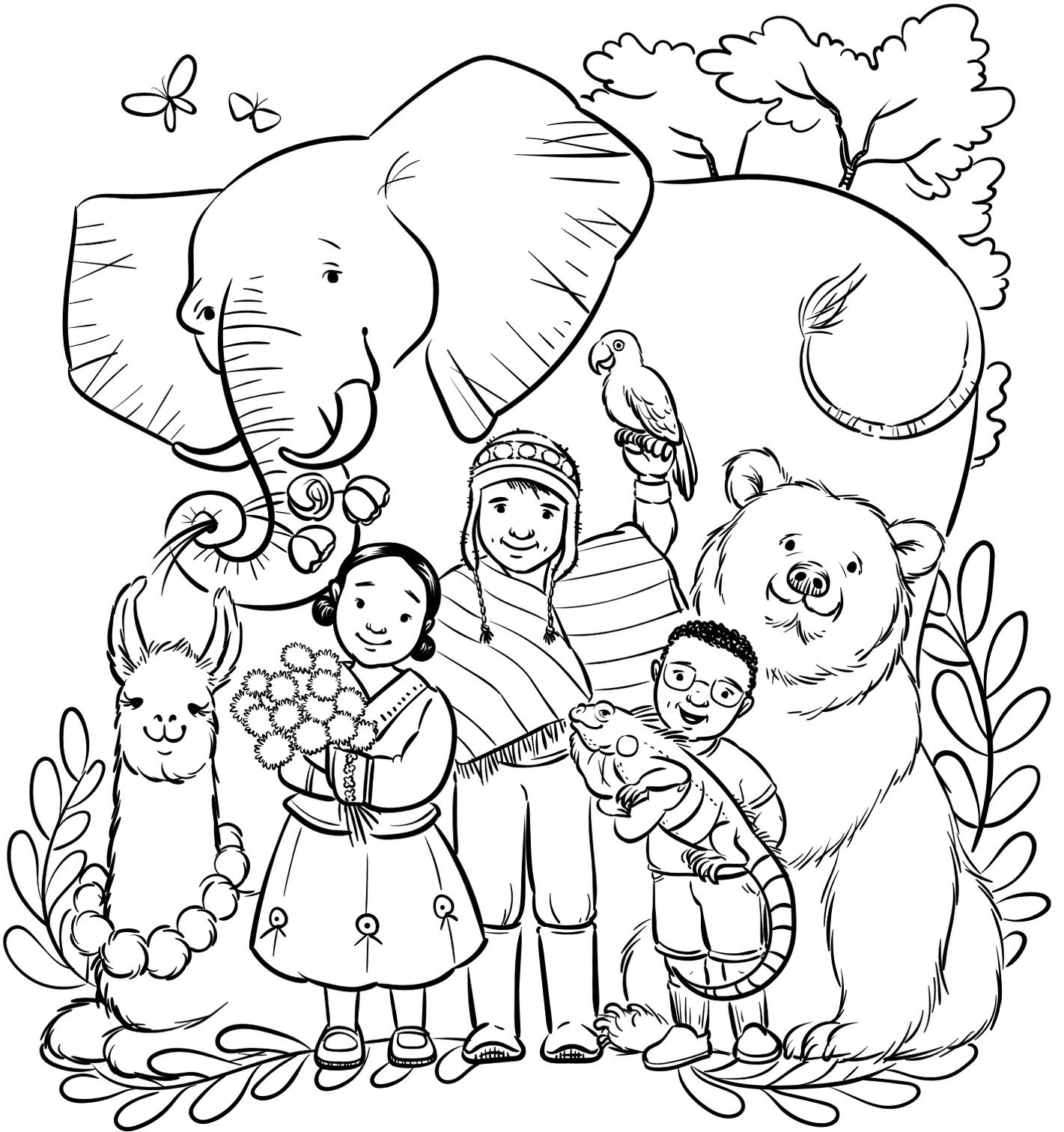


ILLUSTRATION BY APRYL STOTT



Heavenly

By Jane McBride

(Based on a true story)

Shannon was sitting in Primary. She was listening to Sister Tayson teach a lesson. The lesson was about following Jesus and Heavenly Father.

Sister Tayson put papers on the floor. The papers looked like stepping-stones. Each one was something that leads us closer to Heavenly Father. Sister Tayson read each one. They said:



Shannon frowned. She wasn't old enough to do those things. But then Sister Tayson put down another step.

"Can you read this stone?" Sister Tayson asked Shannon.

Shannon was just learning to read. She looked at the paper stone and read, "Pray." She thought about that.

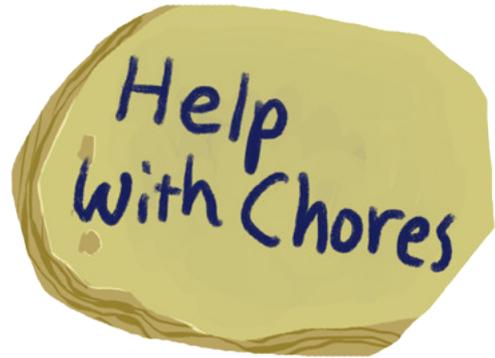


Stepping-Stones

“I can do that!” she said. She felt happy.

Sister Tayson smiled. “You can do lots of good things!”

She asked other children to read stepping-stones. They said:



Shannon felt better as Sister Tayson showed each step. She knew she could follow those steps. She didn't have to wait to follow Jesus! She didn't have to wait to follow Heavenly Father! And when she was older, she could do *all* of the things on the stepping-stones. ◆

The author lives in Colorado, USA.

