Read the Book of Mormon!
See pages 24–26
Service Survey

I liked the Service Survey (March 2019). My aunt told me that when she was young, she made a family survey. I decided to make my own family survey to get to know my family better. The Friend inspires me and makes me feel very peaceful.

Camilla C., age 10, Georgia, USA

CTR Sticks

I had fun making my own CTR out of sticks!

Peyton W., age 7, Nevada, USA

Art Challenge

Thank you, Tripp A., age 9, Washington, USA, for sending your art challenges from the For Older Kids page!

Dear Friends,

This year everyone in the Church will be learning about the Book of Mormon. The most important person in the Book of Mormon is Jesus Christ. All the Book of Mormon prophets taught about Him. Turn to page 24 to find a scripture chart you can color as you read the Book of Mormon this year.

Happy 2020!
The Friend

P.S. This year we’re collecting stories, drawings, and photos about the Book of Mormon. See page 39 to find out how to send us your story or art and to check out the art show!

STANDARDS SEARCH!

Can you find a story in this issue that talks about keeping the Sabbath day holy?

I found it! Page______.

Bonus challenge! Memorize this month’s standard: “I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ” (Children’s Guidebook, 63).

Was there a story or activity this month that helped you? Tell us about it! Turn to page 39 to find out how.
How precious is the Book of Mormon to you? If you were offered diamonds or rubies or the Book of Mormon, which would you choose? The Book of Mormon is truly the word of God. It teaches about Jesus Christ.

I invite you to read the Book of Mormon every day. Pray and think about what you are learning.

As you do this, I promise:

- You will feel closer to the Savior.
- You will make better decisions every day.
- Heavenly Father will help and inspire you.
- You will be able to overcome temptations.
- It will comfort you, make you strong, and cheer you up.
- Changes and miracles will begin to happen!

I gave a Book of Mormon to one of my classmates at school.
Felipe M., age 9, São Paulo, Brazil

When I learned to read, my mother gave me a Book of Mormon and asked me to read it as preparation for my baptism. Since then, I read it every day. My favorite story is when Lehi found the Liahona.
Keyla S., age 7, Mexico City, Mexico

“A tree of Life,”
Russell K., age 8, North Carolina, USA

SEND US YOUR ART OR EXPERIENCE!

1. Draw a picture, take a photo, or write about the Book of Mormon.
2. Send it to “Book of Mormon Art Show”!
   See page 39 for our address and permission form.
3. Watch the Friend each month to see how children are following President Nelson’s invitation to read the Book of Mormon.
“Press onward, the goal is in sight” (Hymns, no. 237).

Gracie smiled as she closed her science book and slid it into her backpack. Having her homework done meant she could read the next chapter of her Nellie Clue mystery! She grabbed her book and plopped onto her bed. She couldn’t wait to read what happened next.

Wait, Gracie thought. I need to read a few pages of the Book of Mormon first.

For her baptism, her grandparents had given Gracie her own set of scriptures. Her goal was to read the whole Book of Mormon before her next birthday, and that was only a few months away. Nellie Clue would have to wait.

Gracie said a prayer and opened her scriptures. She liked reading, but the chapters in the Book of Mormon took her a bit longer than the chapters in her Nellie Clue books. Gracie frowned as she flipped through all the pages she hadn’t read yet. Would she ever be able to finish?

It was hard to read the scriptures by herself. Mom and Dad helped her sometimes. But Dad worked long hours at the hospital, and Mom was usually busy with the younger kids.

Gracie had only read a few verses when Mom called from the other room. “Gracie! The phone’s for you!”

“Coming!” Gracie said as she ran down the hall. Mom was helping her little brother into his pajamas as she passed Gracie the phone. “Hello?”

“Hi, Gracie girl,” said a familiar voice.

“Grandma!” Gracie loved it when Grandma called. Even though Grandma lived far away, talking to her always made her feel close.
On Gracie’s birthday, Mom made a special cake. It was covered in candles and had a Book of Mormon made out of frosting! But the best part of the day was opening presents. Gracie reached for the package Grandma sent in the mail, pulled open the box, and ripped off the tissue paper. It was a picture of the temple to hang on her wall. Gracie smiled as she read what Grandma had written on the card: “This is to help remind you of the other important goals in your life. I love you, Gracie girl.”

Gracie hugged her picture of the temple close. She knew that setting goals and trying hard was helping her become more like Jesus. And with people like Grandma to help her, there was so much she could do.

On Gracie’s birthday, Mom made a special cake. It was covered in candles and had a Book of Mormon made out of frosting! But the best part of the day was opening presents. Gracie reached for the package Grandma sent in the mail, pulled open the box, and ripped off the tissue paper. It was a picture of the temple to hang on her wall. Gracie smiled as she read what Grandma had written on the card: “This is to help remind you of the other important goals in your life. I love you, Gracie girl.”

Gracie hugged her picture of the temple close. She knew that setting goals and trying hard was helping her become more like Jesus. And with people like Grandma to help her, there was so much she could do.

What do you want to do to grow like Jesus this year? Use your Children’s Guidebook to help you!
Scripture Search
For 1 Nephi 1–7

Sing “Keep the Commandments”
(Children’s Songbook, 146)

Act out the story of Nephi getting the plates. Pick a narrator or take turns reading the story “Nephi Gets the Brass Plates” on page FJ4. You can use the cutouts on page 8 and give everyone a piece to hold.

Now it’s your turn to look for the scriptures! Send someone out of the room and hide a Book of Mormon for them to find. When they start searching, say “hot” when they get close and “cold” when they get far away. Take turns hiding and finding the scriptures.

Book of Mormon Art Show
For Introductory Pages of the Book of Mormon

Sing “Book of Mormon Stories”
(Children’s Songbook, 118)

Read “The Precious Book of Mormon” (page 2). What blessings come from reading the Book of Mormon?

Have everyone draw their favorite Book of Mormon story. Then hang them up for a family art show! They can help you remember to read the scriptures together.

Now send a picture of your art to the Friend! (See how on page 39.)

Now send a picture of your art to the Friend! (See how on page 39.)
Hello, Follow Me—for Individuals and Families each week.

**Blindfold Path**

**For 1 Nephi 8–10**

**Sing** "Search, Ponder, and Pray" *(Children's Songbook, 109)*

**In the vision** of the tree of life, people had to walk along the path and hold to the iron rod to get to the tree. The iron rod represents the word of God (see 1 Nephi 11:25).

**Get a long string** and a blindfold.
Blindfold one person and spin them around. Have them try to walk in a straight line across the room. Was it hard?

**Now have two people** hold the string.
After you spin the blindfolded person, have them hold onto the string as they walk across the room. How did it help them? How can the scriptures help us?

**Pass the Apple!**

**For 1 Nephi 11–15**

**Sing** "He Sent His Son" *(Children's Songbook, 34–35)*

**In the vision** of the tree of life, the fruit on the tree represents the love of God (see 1 Nephi 11:21–22). The fruit was so delicious that Lehi wanted to share it with everyone.

**Get a piece** of paper for each person and an apple or other round fruit. Roll each paper lengthwise into a cone and tape it in place.

**Now sit in a circle.** Put the apple in one cone and pass it from cone to cone around the circle. What's something good you can share with others?

**TREAT TIME**

**Cookie Dough Dip**

Mix 1 8-oz package (226 g) cream cheese, 1/4 cup brown sugar, 1/4 cup powdered sugar, and 1 teaspoon vanilla extract.

Stir in 3/4 cup mini chocolate chips.

Serve with graham crackers, sliced apples, or strawberries.

**Banana Bites**

Peel a banana and cut it into thin slices.

Spread peanut butter or chocolate spread on each slice.

Then put another slice on top to make a sandwich. For a fun frozen treat, place them in the freezer for about three hours.

**Mix-and-Match Trail Mix**

Use nuts, cereal, dried fruit, pretzels, or other small snacks to make your own trail mix.

Start by giving each person in your family a resealable plastic bag. Then take turns adding ingredients. Shake your bags to mix!
Book of Mormon Cutouts

Cut out these pictures to act out the stories of Lehi and Sariah’s family. You can draw and add more objects and people—like Nephi’s sisters and younger brothers!
The Book of Mormon Tells of Christ

Words and music by Nathan Howe

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This song may be copied for incidental, noncommercial church or home use. This notice must appear on each copy made.

Watch a sing-along video for this song at children.ChurchofJesusChrist.org.
It was a windy day. Nine-year-old Batbayar was walking home from the bus stop after school. He hugged his coat tighter in the wind. Luckily, it wasn’t far to his grandparents’ house, where he lived in Mongolia.

“Hi!” Batbayar said as he came inside.

“Welcome home,” Grandma said. “I made some khuushuur for a snack.”

“Thank you!” Batbayar reached for one of the warm, spicy Mongolian meat pies.

“Wait! Don’t eat any until the missionaries get here,” Grandpa said. “They’ll be coming any minute.”

Batbayar loved it when the missionaries from Grandma and Grandpa’s church came to visit. He always learned a lot from them. But there was just one problem.

“Will they ask me to read from the Book of Mormon again?” Batbayar asked. “Reading is hard for me.”

“That’s why they’re bringing another book today,” Grandma said.


“You’ll see,” Grandpa said.

Soon the missionaries arrived. They ate Grandma’s delicious meat pies together. Then Batbayar said, “Grandma says you brought me a book.”

“I think you’ll like this book,” Sister Heitz said. “It has lots of pictures.”

Batbayar looked at the cover. Book of Mormon Stories, it said. A picture on the cover showed people building a boat.

“I remember that story,” Batbayar said. “The man didn’t know how to build a boat. So he prayed. And God helped him.”

“That’s right,” Sister Enkhtuya said. “Will you try reading this book? Then you can pray and ask God if what it teaches is true.”

“I will,” Batbayar promised.

That night he read from the book with pictures. He read the story about the boat. Then he prayed. He fell asleep thinking about the man who built the boat and how God helped him.
From then on, each night Batbayar read a story. Then he prayed. And each night, he fell asleep thinking about what he read.

When the sister missionaries came again, they taught Batbayar more about Jesus Christ. Batbayar learned about prophets. He learned about God’s commandments. He kept going to church with Grandma and Grandpa. And he kept reading and praying.

One day Batbayar had something important to tell his grandparents. “When I read the stories in the book with pictures, my heart feels good,” he said. “When I pray, I feel they are true. I think I should be baptized.”

Today, Batbayar is a member of the Church. He has gotten better and better at reading. And he still reads the Book of Mormon every night!
There are about 3 million people in Mongolia and about 12,000 members of the Church. What do you notice in this picture that is the same as your family? What is different?

Mongolia is in Asia, in between China and Russia.

There are more horses in Mongolia than people! Mongolian festivals have horse racing, archery, wrestling, dancing, and tasty food.

This is the Mopmohpi Hom, the Book of Mormon.
Many families in Mongolia live in the capital city, Ulaanbaatar.

Other families live in the countryside. They live in tents called *gers* and herd animals such as yaks, horses, and camels.

**Meet some of our friends from Mongolia!**

I know Jesus Christ is the Son of God and that He loves me and all children everywhere. I love to go to church and Primary, because when I go there I can learn about Jesus.

**Bilegt, age 7**

I know that we have a living prophet, President Russell M. Nelson. He teaches things that are true.

**Gerelchimeg, age 4**

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

**Are you from Mongolia? Write to us! We’d love to hear from you!**
The Book of Mormon is about Jesus!
He’ll turn 92 this year! His birthday is October 8.

He keeps an Oreo cookie in a display case on his desk. It reminds him of a young boy who received a package of cookies after his long journey to a refugee camp in Lesbos, Greece. The boy insisted that President Ballard take the very first cookie.

In college, friends called him “the bishop” because he always tried to choose the right.

He and his wife, Barbara, have 7 children, 43 grandchildren, and 95 great-grandchildren!

“Do the best you can do day after day.”

President M. Russell Ballard

Flower Crawl

Help this caterpillar reach the other side of the flower patch. It can only move to a new flower by adding 4 or subtracting 2. It can also only move up, down, left, or right—not diagonally. The first move is done for you (3 + 4 = 7).

I just love a good picnic. Our lunch should show up any minute!
8 IDEAS for Reading the Book of Mormon

1. Find a reading buddy and read together.
2. Mark verses about Jesus Christ.
3. Draw favorite scenes. (And send us a picture! See page 3.)
4. Read from the illustrated Book of Mormon Stories book.
5. Use the coloring chart on pages 24–26.
7. Act out favorite stories.
8. Watch Book of Mormon videos online.
Have you seen the new videos at BookofMormonVideos.org? They show some of the stories you will be learning about this year at home and in Primary! Here’s a behind-the-scenes look at some of the sets, stories, and actors.

Many of the videos were filmed in Utah, USA. The set was built to look like an ancient city.

In this scene, the prophet Lehi is teaching people about Jesus. Rick M., the man who played Lehi, said he sometimes got nervous, but Heavenly Father helped him. “If I prepared and was prayerful, He would bless my performance,” he said.

“Women were an important part of the Book of Mormon,” said Kymberly M., who played Sariah. “The women worked hard, had their own opinions about everything, and made their own choices.”

“Anyone can be like Nephi,” said Jackson V., the young man who played Nephi. “Obey the Lord, and He will bless you.”

This is how the scene looked during filming. The large microphone held above the set is called a boom mic.

BOOK OF MORMON VIDEOS
Behind the Scenes!
Here is Nephi with Laman and Lemuel.

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This is how the scene looked during filming. The large microphone held above the set is called a boom mic.
A giant machine called a *gimbal* was used to film this scene from 1 Nephi 18, when Nephi's brothers tied him up. A platform was built to look like the deck of a ship, and the gimbal rocks the platform like it's on the sea. Sprinklers make the rain, and "waves" are splashed from big containers of water. The green background gets replaced by a digital picture! This photo (left) shows how it looks in the video.

Children got to act in these videos too! In this scene, Lehi and Sariah's family is happy they've made it to the shore. The children made up games while waiting between scenes. For example, one actor would hide a stone or piece of driftwood in the sand, and the rest of the group would try to find it.

Hundreds of people helped with props, costumes, hair and makeup, cameras, set design, music, and more to create these videos. If you could help make a scripture video, which story would you want to do?
When I was a child, I played the violin. I wanted it to sound pretty. I wanted to play for my parents and have them say, “Oh, Joy, that’s beautiful!” But it didn’t sound beautiful. It squeaked!

Sometimes when I didn’t practice, my teacher would say, “Joy, did you practice this week?” It made me want to practice so I could play better the next week.

Looking back, playing the violin was a good experience because it was hard. Even though I didn’t always like practicing, I learned so much from setting a goal to practice a little bit every day.

That is what I hope you will do. Try to learn a little more each day. Heavenly Father doesn’t expect you to be able to do everything at once. Life is about learning and growing a little at a time. He wants you to keep trying. And He wants you to enjoy it!

Sometimes we are hard on ourselves. We think, “I failed. I can’t do it,” and then we give up. But the Savior is saying, “Keep going. I’m right here to help you!” Because of Jesus Christ, we don’t have to do it alone.

We can get up and try again with His help. That’s what this life is all about.

If there was one thing I wish you could know in your heart, it would be that Heavenly Father loves you. You might be facing something hard, but you have been prepared to come to earth at this time. Just keep trying and keep sharing your light. Heavenly Father will bless and guide you as you follow the covenant path.

From an interview with Lucy Stevenson.
You can use the new *Personal Development: Children’s Guidebook* to help you grow in ways that Jesus grew when He was your age. It’s also a fun way to try new things!

**Growing Like Jesus**

- **Spiritual**  
  Jesus increased in favor with God.

- **Social**  
  Jesus increased in favor with man.

- **Physical**  
  Jesus increased in stature.

- **Intellectual**  
  Jesus increased in wisdom.

“Jesus increased in wisdom and stature, and in favour with God and man” (Luke 2:52).
A Nephi Attitude
By Rachael Lewis and Marissa Widdison
(Based on a true story)

“For I did liken all scriptures unto us” (1 Nephi 19:23).

Plop! Plop! Bennett felt drops of paint hit his face as he pushed the paint roller up the wall.

“Oh great,” he grumbled. His arms ached, he was thirsty, and now he was covered in sticky paint spots. He turned to Mom.

“I don’t really want to do this anymore. Can we go home?”

Mom stopped painting and wiped her forehead with her arm.

“There’s still a lot of wall left to paint,” she said. “And we haven’t been here that long. If you could keep helping, that would be great.”

Bennett looked at the grimy wall. It seemed to stretch on forever. At first he had been excited to help with this service project, but now he was just bored and tired. Several other people were helping paint, but Mom was right—there was a long way to go!

“Fine,” he mumbled, picking up his paint roller.

“Why don’t we play Name That Song?” Mom said. She started humming.

Bennett smiled a little. He was really good at this game! He knew the tune right away.

“That’s ‘Nephi’s Courage’!” Bennett said. “We sang it in Primary last week.”

Mom reached over to give him a messy high five.

“I like that song because it talks about some of the hard things Nephi did,” she said. “Like getting the plates, even when he had to keep trying over and over again.”

“And building a boat!” Bennett said.

Mom nodded. “When we get tired today, maybe it would help if we think of what Nephi would do. We could try having a Nephi attitude.”

Bennett liked the idea of being like Nephi. Nephi was strong and brave and good.

Bennett imagined Nephi painting with him. He imagined Nephi standing on his tiptoes to help him reach the highest bricks. He imagined Nephi racing him to see who could paint the fastest with the least drips. He thought Nephi would probably like working hard to help someone else.

Little by little, Bennett and Mom kept painting the wall, playing Name That Song as they went along. Sometimes they took a water break under a nearby tree with the other helpers. As the sun got high and hot in the sky, Bennett realized that they were almost finished!

“Sorry I was grumpy,” Bennett told Mom as they sat in the shade. “I guess I feel like Laman and Lemuel sometimes.”

Mom laughed. “We all do! And I really appreciate your help. Thanks for not giving up.”

Bennett looked at the wall. Almost all of the grime and graffiti was now covered with fresh, clean paint. It made the whole block look brighter! Bennett grinned. He had helped make that happen!

There was just one part left to paint.

“C’mon, Mom,” Bennett said, taking a last gulp of water and picking up his paintbrush. “Let’s go and do!”

The authors live in Arizona and Utah, USA.

“You are a great power for good. You will make the world a better place.”
Elder Dieter F. Uchtdorf
of the Quorum of the Twelve Apostles


See Come, Follow Me for 1 Nephi 1–7.
This year you can use this coloring chart to follow along with the *Come, Follow Me* lessons. Read the verses on page 26 each week. Then color in the matching spaces. Your testimony of Jesus Christ will grow as you read the Book of Mormon!
Book of Mormon
### Book of Mormon Reading Chart

These scripture verses go along with the *Come, Follow Me* lessons. Color in the numbered spaces on pages 24–25 as you read them.

<table>
<thead>
<tr>
<th>1. Introduction to the Book of Mormon, paragraphs 1, 8–9</th>
<th>18. Mosiah 8:16–18</th>
<th>36. Helaman 13:2–3; 14:2–8</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. 1 Nephi 3:7; 4:1, 4–8, 17, 38</td>
<td>19. Mosiah 13:1–5</td>
<td>37. 3 Nephi 1:8–15</td>
</tr>
<tr>
<td>3. 1 Nephi 8:10–12, 19–22</td>
<td>20. Mosiah 18:8–16</td>
<td>38. 3 Nephi 11:8–17</td>
</tr>
<tr>
<td>35. Helaman 10:2–7</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Find It!

For family night, Maria hid stuffed animals around the room to represent the animals that Ammon helped find and protect (see Alma 17:27–33). Can you find all 12 stuffed animals? Then find the other hidden objects.
When President Nelson asked the women in the Church to read the Book of Mormon, our family decided to read it together. We read it before school each day. It took a while, but we finished just before the end of the year. Now I listen better at church and I am reading better at school too.

Eli C., age 7, California, USA

My mum set me a challenge to read the Book of Mormon by the end of the year. I read about three to four chapters a day. I believe the Book of Mormon is true because I could feel the Holy Ghost with me. I’m up to my second time reading it.

Jordan M., age 8, New South Wales, Australia

Our bishop challenged us to read the Book of Mormon as a family. We got behind, but we still finished. We were blessed, and it was fun to read it! We took turns reading a few verses every night and prayed together at the end to know if the Book of Mormon is true. We went to dinner and ice skating to celebrate.

Magnolia, Juniper, and Curtis B., age 7, 3, and 5, Utah, USA

Samantha S., age 11, Wyoming, USA
I read to my sister, Ella, every morning before school. We put a cotton ball in a jar each time we read. We’ll celebrate with a family activity when it’s full. I feel blessed when I read the scriptures with my sister.

Sophia S., age 10, Connecticut, USA

We love the Book of Mormon. It’s our favorite book because it teaches about Jesus Christ.

Rachel and Skylar W., ages 3 and 5, Arizona, USA

Send in your Book of Mormon art and experiences! See how on page 39.
It’s summer in Australia.

I bet my cousin Max was at the beach surfing today.

Every New Year’s Day, his family goes to the beach.

They barbecue, play volleyball . . .

Max has never played in the snow.

Or even felt snow.

What’s that you keep mumbling about?

I said, “Poor Max.”

Yeah, poor Max.

Mmmmf.

Mmmmf.

Mmmmf!

Mmmmf!

Mmmmf.

Mmmmf.

Mmmmf.

Mmmmf.

Right down my neck!

Oh, that’s cold!
**SECRET SERVICE**

- Leave a nice note for someone.
- Make a family member’s bed for them in the morning.
- Smile at three people today as you walk by.

**A LOOK INSIDE THE TEMPLE**

Each temple baptism font rests on the backs of twelve oxen. They stand for the twelve tribes of Israel and remind us that the Lord wants to gather all people into His Church.

Unscramble the letters to find out which temple this font is in. See answer on page 39.

**BRAIN TEASER**

What can travel across the world while staying in the same corner? See page 39.

**TILBGRE ANOZIRA**

Unscramble the letters to find out which temple this font is in. See answer on page 39.

**ART CHALLENGE**

How many animals can you draw using only circles?

**SHARING WITH A FRIEND**

When I was in second grade, a girl kept saying the Lord’s name in vain. I asked her to stop, and she did. Later in the school year, I gave her a Book of Mormon. The next day she said that she and her mom had been reading it and she liked it. I am glad I could share the gospel.

Bailee A., age 11, Alaska, USA
By Katie Morrell

"I'll live each day the best that I know how"
(Children's Songbook, 168).

Eliza felt like she had butterflies in her stomach as she stood outside the school gym. She had spent the last month getting ready to try out for the school volleyball team. And today was finally the tryout!

She took a deep breath as she pushed open the gym door. Don't be nervous, she told herself. Don't be nervous!

Eliza might not be the best player, but she'd been practicing every day with her sister. She'd improved a lot!

“Eliza!” her friend Jada called from the other side of the gym. “Want to practice with me?”

They found a volleyball and passed it back and forth to each other. It helped Eliza feel a bit better. I can do this! she thought.

When the coach finally arrived, Eliza and Jada joined the other girls in the center of the gym. The coach welcomed them, and then tryouts began!

First they did some warm-ups. Then they split into teams and practiced hitting the ball to each other. They ended with a game of volleyball. Eliza felt good when she earned her team a point.

Two hours later, Eliza was back home and exhausted. She fell on the couch, ready to rest.

“How did it go?” Mom asked.
Eliza's stomach dropped. “Didn’t Mom tell you? I didn’t make the team. I failed.”

“Part of learning new things means not always succeeding. That can be scary. But the important thing is you still tried. We think that’s worth celebrating!”

“Really?” Eliza asked.

“Really!” Dad said.

That night, Eliza and her family ate the pie. Eliza piled lots of whipped cream on her slice. It was delicious!

“Thanks for the pie,” Eliza said, with her mouth full.

“You’re welcome,” Mom said. “We’re proud of you for trying something hard!”

The author lives in Utah, USA.
Dear Seeking,

Even if your family doesn’t study the scriptures, remember that you can! Do your best to read on your own, even if it’s just a little each day. You could read and color the chart on pages 24–26. There are some more ideas on page 17!

Whether you read the scriptures with others or by yourself, the Holy Ghost will be with you. You are not alone!

The Friend

P.S. Here’s a scripture bookmark for you! Cut it out and tape it closed.

“Something powerful happens when a child of God seeks to know more about Him and His Beloved Son. Nowhere are those truths taught more clearly and powerfully than in the BOOK OF MORMON.”

The Apology

Minchan K., age 11, Gyeonggi-do, South Korea

One day at school, a few of my classmates were making fun of another student by calling him names. It looked like fun, so I joined them. For a few weeks, I made fun of him with my friends.

Several weeks later, the boy told me how he was feeling. He was hurt by our words, even though he pretended like he didn’t care that we were making fun of him. He said he cried every night. I almost cried when he told me. I wanted to help him and decided to apologize for what I had said to him.

So the next day, I went up to him and put my arm around his shoulder. I said, “I’m really sorry that I made fun of you.” He nodded at my words, and his eyes filled up with tears. But the other kids were still making fun of him.

Then I remembered what I learned in my Primary class: choose the right.

So I told my classmates, “Stop making fun of him! Do you guys know how hard this has been for him? Please say you’re sorry for what you have done and be his friend.”

But they wouldn’t change that easily. Instead, they were mad at me and said, “What’s the matter with you all of a sudden? You made fun of him too!”

I still felt bad for what I had done before. So I said, “I already said sorry to him. I want you to understand how he feels and stop making fun of him too.”

One of them said sorry, and the three of us became good friends. A few people still make fun of him, but he feels better because he has us. I will choose the right by helping a friend in need.

KINDNESS CHALLENGE

If you’ve hurt someone’s feelings, let them know you’re sorry!
“Remember the sabbath day, to keep it holy” (Exodus 20:8).

Jake loved Sundays! He loved learning about Jesus. He loved singing in Primary.
And he loved pizza.
Every Sunday, Jake's family stopped at a pizza place on their way home from church. Thinking about the gooey cheese and warm tomato sauce always made his mouth water.
One Sunday, Jake's class was talking about keeping the Sabbath day holy.
“What can we do on Sunday to show that it's a special day?” Sister Chi asked.

The Pizza Problem: SOLVED!

“Help other people?” Raul said.
“Go to church!” Tamara said.
“Spend time with our family,” Jake said.
 Those are all great answers,” Sister Chi said, writing them on the board. “Anything else?”
“We don’t go shopping on Sunday unless it’s an emergency,” Liam said.
“That’s right,” Sister Chi said, nodding. “Then we can think about Heavenly Father instead of thinking about buying things. Also, that helps other people keep the Sabbath day holy instead of having to work.”

Sister Chi and the other kids kept talking, but suddenly Jake found it hard to listen. His family never went to the mall or the grocery store on Sunday. But they did go out for pizza. Were they keeping the Sabbath day holy?

When class ended, Jake went to find his parents. For the first time, he wasn't very excited to eat pizza.
Mom met him in the hallway with his little brother, Daniel. She led them outside to the car, where Dad was waiting.
“How was church?” she asked once they were all buckled in.
“Great! I learned a new song in Primary,” Daniel said, singing what he could remember. Jake stayed quiet, looking down at his shoes.
“What about you, Jake?” Dad said.
“It was OK,” Jake mumbled without looking up.
“What did you learn about?” Mom asked.
“The Sabbath day,” Jake said.
“We learned about that too,” Dad said, glancing over at Mom.
“Actually, we wanted to talk with you guys about—”
“Should we be buying pizza on Sunday?” Jake blurted out. He didn’t want to ruin their family tradition. But he wanted them to keep the Sabbath day holy too.
Mom looked back at him, surprised.
“That’s exactly what we wanted to talk about,” Mom said. “We realized that eating at the pizza place probably isn’t the best thing to do on the Sabbath.”
“But can we still have pizza on Sundays?” Daniel asked.
“Sure. We’ll eat something else today,” Dad said. “From now on I’ll buy a frozen pizza on Saturday. Then we can bake it at home on Sunday.”
“Can we try different toppings on it?” Jake said.
“Like olives and peppers shaped in a smiley face?”
“Yeah! With a pineapple nose?” Daniel added.
“Ha! You got it,” Mom said.
Jake felt a big grin spread across his face. The warm feeling he had inside was worth all the pizza in the world.

“A sacred Sabbath truly is a delight.”
President Russell M. Nelson
**Pizza Roll-ups**

This pizza snack is great to share with friends or family. Be sure to get an adult's help.

- 1 8-oz can crescent roll dough (about 227 g)
- 4 mozzarella cheese sticks, cut in half
- pepperoni slices
- 1 1/2 tablespoons olive oil
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- marinara sauce for dipping

**Instructions:**

1. **Brush with olive oil and sprinkle with Italian seasoning and garlic powder.**

2. **Put on a greased baking sheet and bake at 350°F (180°C) for 10–15 minutes.**

**Inspiration Board**

Flip through old magazines and cut out pictures and words that remind you of some of the goals you'd like to set with your *Children's Guidebook*. You could also cut out letters to spell your name or other words that remind you of your goals.

Glue the pictures, words, and letters on a piece of heavy paper or poster board. Then hang it up!

Thanks to Chloe and Danny B. for your great art!
How to Write to the Friend
To send us a letter, drawing, poem, or story . . .

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

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

The following information and permission must be included:

First and last name

Age  Boy/Girl  State/Province, Country

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

Signature of parent or legal guardian  Date

Email of parent or legal guardian

May the Friend contact you with a survey?
■ Yes  ■ No

Funstuff Answers
Page 31: a stamp; Gilbert, Arizona

Hidden CTR Rings

Did you find the rings? Look on pages 19, 19, and 14.

Book of Mormon Art Show!

Alayna D., age 9, Texas, USA

Tucker D., age 8, Utah, USA

The Last Laugh

Hey, Jack! How’s your New Year’s resolution coming?

Great! I’ve taken my kid on a walk every day this month!
Come, Follow Me for Little Ones

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

• **For the Introductory Pages of the Book of Mormon:** Read the full title of the Book of Mormon, including the subtitle, “Another Testament of Jesus Christ.” Put a picture of the Savior somewhere in the pages of a Book of Mormon. Help your children flip through the book and find the picture. You could do this repeatedly, and every time you find it, help your little ones say, “The Book of Mormon is about Jesus!”

• **For 1 Nephi 8–10:** Read 1 Nephi 8:30 together and help your little ones say, “I will hold on to the word of God.” Ask your children to hold on to a broomstick or rope to represent the iron rod as you lead them around a room. End your walk at a picture of Jesus or something else to represent God’s love. You could even have some fruit as a snack!

• **For 1 Nephi 11–15:** Read 1 Nephi 11:24 together and help your little ones say, “Jesus came to earth because He loves me.” Help your little one flip through copies of the *Friend* and draw a heart next to each picture of Jesus. This would be a great time to share your feelings about the Savior.

• **For 1 Nephi 16–22:** Read 1 Nephi 17:13 together and help your little ones say, “The Lord will guide me.” Turn off the lights and walk around a room using just flashlights. Talk about how Jesus, like the light, can help us feel safer and know what to do.

• **For 1 Nephi 1–7:** Read 1 Nephi 3:7 together and help your little ones say, “God will help me keep the commandments.” Hide a set of scriptures in your home and give your children clues to help them find it. You could use the scripture story in this month’s *Friend Junior* to tell them about when God helped Nephi get the scriptures.
Following the Liahona

One morning
Lehi’s family found
A special compass,
small and round.

When they chose
to disobey,
The compass wouldn’t
show the way.

But when they followed
God’s command,
He sent them toward
the promised land.

See *Come, Follow Me* for 1 Nephi 16–22.
Pablo knows the Book of Mormon is special.

It teaches him about Jesus.

It helps him feel Heavenly Father’s love.

It is more important than any treasure.

He reads from it every day.

Pablo loves the Book of Mormon!
Book of Mormon Match

Match the words and pictures for some things we learn about in the Book of Mormon.

Jesus

Baptism

Prophets

Prayer

See *Come, Follow Me* for the Introductory Pages of the Book of Mormon.
Lehi and Sariah’s family were traveling to the promised land. God told Lehi to send his sons back to Jerusalem to get the scriptures. They were written on metal plates.
Laman and Lemuel said it would be too hard. But Nephi said he would go and do what God commanded. Sam followed Nephi’s example.

The Holy Ghost told Nephi how to get the brass plates from a wicked man named Laban.

Nephi and his brothers brought the brass plates back to their family. Lehi and Sariah were so happy! They studied the scriptures on the plates. They learned about God’s commandments.

See Come, Follow Me for 1 Nephi 1–7.
I can help my family study the scriptures. I can be brave like Nephi and “go and do” what God commands!

Read about this story in 1 Nephi 3–5.
What is your favorite scripture story?

That’s why Ellie hugged Mom during church. She loved sitting on Mom’s lap. Mom always held her close.

Then sacrament meeting ended. It was time for Primary. Ellie loved
Primary. She was a big girl now. Three years old! She even had her own scriptures!

But today Ellie just wanted to keep hugging Mom forever.

Mom carried Ellie down the hall. In the Primary room, Mom sat Ellie down on a chair.

“Can I go with you?” Ellie said.

“No,” Mom said. Her voice was kind. “You need to be in your class,” she said. “And I need to be in my class.”

Mom kissed Ellie’s cheek. Then she walked out the door.

Ellie felt tears rolling down her cheeks.

She thought about Mom holding her. Mom always held her when they read the Book of Mormon. They usually read with the family. Sometimes Ellie and Mom read by themselves.

Ellie picked up her Book of Mormon. Inside was a picture of Jesus.

Ellie closed the book and hugged it.

She felt like she was hugging Jesus. She felt warm. And safe. And happy. It was the best hug ever! ●

The author lives in Utah, USA

What helps you feel better when you are sad?