

JULY 2021

the Friend

Following Jesus Together



The Plan of
HAPPINESS

See pages 24–25

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

Dear Friends,

Before you were born, you lived with your heavenly parents. Heavenly Father made a plan for all of us to come to earth to learn and grow. This is the plan of happiness. Jesus Christ showed us the way when He came to earth. As you choose to follow Him, you are choosing to follow Heavenly Father's plan. You are growing to be like the Savior!

Go to page 2 to learn more about the plan of happiness. Then play the game on page 24.

Love,

The *Friend*



WHERE WE READ THE *FRIEND*

Denzel B. and Elba E., ages 8 and 9, read the *Friend* in English at home and at church in Dar es Salaam, Tanzania.



WE LOVE TO SEE THE TEMPLE

Abraham, Fernando, and Enoc T., ages 7, 10, and 5, visited the **Guadalajara Mexico Temple** with their parents.



JESUS'S SHEEP

I enjoyed the activity to blow the sheep to Jesus from the *Come, Follow Me* ideas (Sept. 2020).

Ari S., age 4, Texas, USA

the Friend

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FIND 3 HIDDEN CTR RINGS

Hard: Church gardening

Harder: Water for dishes

Hardest: Holding a pencil

Here is the CTR ring in Tongan!



Front cover by Ben Simonsen

CTR ring answers: pages 47, 35, 17

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

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Heavenly Father's **PLAN of HAPPINESS**

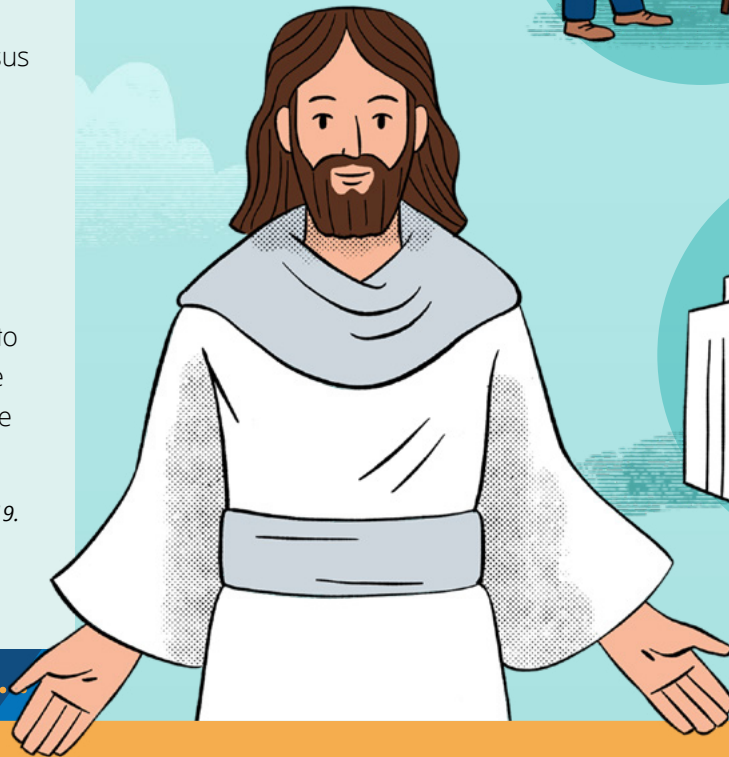


By President
Henry B. Eyring
Second Counselor in
the First Presidency

Heavenly Father loves you. You are His child. He gave you Jesus Christ as your Savior. The Savior watches over you with love.

In the spirit world, before you were born, Heavenly Father gave you the choice to accept or reject His plan of happiness. He did this because He loves you. We chose to follow His plan. The happiness He wants for you is eternal life. It is the greatest of all His gifts. ●

Adapted from Facebook post, May 20, 2019.



“Pray to your Heavenly Father night and morning. Remember the covenants you make when you are baptized and when you go to the temple. Then you will have the happiness Heavenly Father wants for you.”

President Henry B. Eyring

◆ See *Come, Follow Me* for Doctrine and Covenants 76 and 77–80.



Coloring Page

What a beautiful world
Heavenly Father gave
us to live in!

**"All things which come of the earth . . . are made
for the benefit and the use of man, both to please
the eye and to gladden the heart."**

Doctrine and Covenants 59:18

Winfred's New Recipe

By Richard M. Romney

Church Magazines
(Based on a true story)

"We lived after the manner of happiness" (2 Nephi 5:27).

Winfred was helping Jajja (Grandma) make dinner.
"Mmm, I love *matoke*," Jajja said.

"Me too," Winfred said. "It's one of my favorite meals! I like the green bananas. And the peppers and tomatoes. But the best part is the sauce."

"That's because the sauce combines all the flavors into one," Jajja said.

They kept cutting vegetables. Then Winfred sighed.

"Jajja," she said, "how do you stay so happy all the time?"

"I try to," Jajja said. "But I'm not happy *all* the time. Sadness is a part of life. Are you sad right now?"

Winfred nodded. "I miss *Taata* (Daddy), because he's working far away. And I miss school, because we can't



2. Read Scriptures

go right now. And I miss my friends from church."

"It's OK to feel sad about those things," Jajja said. "Life is not always easy. But when I'm sad, I try to follow my recipe for happiness."

"Your recipe?"

"Just like I have a recipe for *matoke*, I have a recipe for happiness. Sometimes sadness is too big to go away right away. But often I find that my recipe is just what I needed to feel better."

"What is your recipe?"

Jajja smiled. "Why don't you see if you can figure out a recipe for yourself? Then you can tell me about it."

That night when Winfred prayed, she knew Heavenly Father was listening. She realized that prayer made her happy! She got a piece of paper and wrote, *Winfred's Recipe for Happiness*. 1. *Pray*. Then she went to sleep.

The next morning she read her Book of Mormon. Reading the scriptures made her happy too. She found her paper and wrote, 2. *Read scriptures*. Then she looked



1. Pray



3. Have Faith in Jesus Christ

at the scripture she had opened to: "Believe in Christ" (2 Nephi 33:10).

Winfred added another note: 3. *Have faith in Jesus Christ.*

Winfred thought about how nice Jajja was to let her visit. Winfred found Jajja and said, "Thank you for letting me stay with you."

Saying thank you made Winfred feel good. She wrote on her paper again. 4. *Be grateful.*

Then Winfred asked her neighbors if the younger children could come and play. She brought her little sister, Milfred, and her little brother, Alfred. When they were done playing, she invited the children to read with her. Jajja cut up a watermelon for everyone to share.

Later Winfred went to visit her friend named Happy. Together, they washed the dishes for Happy's mother. Then they swept the floor. It was fun to help!

When evening came, Winfred helped her siblings with their homework. She studied the alphabet with Milfred. She helped Alfred with his math.

That night, Winfred talked to Jajja again.

"I feel much better today! I think I found my recipe for happiness."

"Wonderful! Tell me," said Jajja.

"Winfred's Recipe for Happiness," she read. "1. Pray. 2. Read scriptures. 3. Have faith in Jesus Christ. 4. Be grateful."

"That is a marvelous recipe," Jajja said. "But I think you may have forgotten something. What else made you happy today?"

Winfred thought for a minute. "Well, I had fun playing with the little children. And helping Happy and her mother. And studying with Milfred and Alfred. Wait . . . that's it! Helping others is the last ingredient."

"That's right," Jajja said. "Serving others is like the sauce—it combines all the other good things into one."

"That's a good recipe." Winfred grinned. "I want to try it again tomorrow." ●

This story took place in Kampala, Uganda.



4. Be Grateful

YOUR RECIPE

What is your recipe for happiness? Make a list, like Winfred did. Then share your "recipe" with someone you love.



SCRIPTURE TIME FUN

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

The Plan of Salvation

FOR DOCTRINE AND COVENANTS 76

🎵 🎵 Sing “I Know That My Redeemer Lives” (*Hymns*, no. 136).

Jesus Christ showed Joseph Smith a vision of God’s plan for us (see Doctrine and Covenants 76). We call this plan the plan of salvation or the plan of happiness. You can read more about it on page 2.

Now play the game on page 24 with your family. Help everyone get to the celestial kingdom!



Gratitude Game

FOR DOCTRINE AND COVENANTS 77-80

🎵 🎵 Sing “Count Your Blessings” (*Hymns*, no. 241).

Jesus taught us to “receiv[e] all things with thankfulness” (Doctrine and Covenants 78:19). That means being thankful for what we have.

Play a gratitude game! One person stands while the others sit in a circle. Those in the circle pass an object (like a toy) around as fast as they can. When the standing player says, “Stop!” the person holding the object says something they are thankful for. Then that person stands for the next round.



ILLUSTRATIONS BY KATY DOCKRILL



Words of Comfort

FOR DOCTRINE AND COVENANTS 81-83

🎵 Sing "Have I Done Any Good?" (*Hymns*, no. 223).

Jesus taught that we should "lift up the hands which hang down" (Doctrine and Covenants 81:5). That means helping others and encouraging them when they are sad or tired.

Make a helping hand! Trace your hand on a piece of paper and cut it out. Write something on it that you will do to help others, and then hang it up where you can see it. If you want, you could hang your family's hands up together to make a helping hands tree!



Paper Lilies

FOR DOCTRINE AND COVENANTS 84

🎵 Sing "I Feel My Savior's Love" (*Children's Songbook*, 74-75).

Jesus said to "consider the lilies of the field" (Doctrine and Covenants 84:82). If Heavenly Father takes care of the flowers, we can trust that He will take care of us! (See Doctrine and Covenants 84:83-85.)

Make a paper lily to remind you of Heavenly Father's love and care. Trace your hand on a piece of paper and cut it out. Roll the hand shape into a cone. Then roll each "finger" around a pencil to curl the paper outward for the petals. If you want, you can tape your flower to a stick to make a stem.





A Postponed TRIP

By Mary Yang
(Based on a true story)

What if Freddie never got to visit his grandparents in Korea?

"Families can be together forever"

(Children's Songbook, 188).

Freddie hugged Dad goodbye. "Tell Haraboji we're praying for him."

"I will. I'll call every day to let you know how he's doing."

Freddie nodded and swallowed the lump in his throat.

Dad was leaving for South Korea to visit Freddie's grandparents, *Haraboji* and *Halmoni*. He would be gone for almost a month while Freddie and his family stayed home in the United States.

The door closed, and Dad was gone.

"I wish I could go too," Freddie mumbled. He wiped away a tear. Freddie hadn't seen Haraboji and Halmoni in a long time. His family had been saving money to spend their next vacation with them in South Korea. But Haraboji was sick, and now he needed surgery.

"I'm sorry, Freddie," Mom said. "I wish we could all go with Dad, but we haven't saved enough money yet. And it's important for your dad to go now, when Haraboji needs him."

"But what if the doctors can't help Haraboji? What if he dies and I never get to see him? We should go with Dad now!" He wiped away more tears. He felt sad and angry.

Mom wrapped her arms around him. When he stopped crying, she asked, "Should we say another prayer for Haraboji?"

Freddie nodded, and they folded their arms and prayed together.

Freddie and his family prayed for Haraboji every day. Freddie made sure to always remind them. He tried his best to help out while Dad was gone. He did some of Dad's jobs, like walking the dog and reading stories to the little kids before bed.

Weeks passed, and Freddie wasn't so sad anymore. But he still worried about Haraboji.

One night he was talking to Dad on the phone. "What if I never get to go to Korea?" he asked. "What if Haraboji doesn't get better, and I miss my chance to see him?"

"Freddie, someday you'll have a turn to visit Korea. But whether or not Haraboji is still alive, you'll see him again. Our family is eternal."

"I know," Freddie said. He felt something warm in his chest. He *would* see Haraboji again someday, no matter what happened.

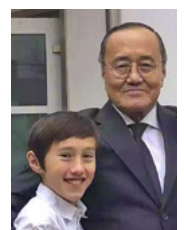
"I love you, Freddie," said Dad. "And I'll be home soon."

"I love you too."

Freddie smiled as he hung up the phone. He knew they would all be together someday. He was glad he had a forever family. ●

The author lives in Maine, USA.

Haraboji did get better! And two years later, Freddie visited him in South Korea.





The Apostles minister to people around the world and teach them about Jesus Christ.

Elder Andersen Visits Thailand



In January 2020, Elder Neil L. Andersen and his wife, Kathy, visited Thailand—also known as the “Land of Smiles.”

Elder Andersen told missionaries and Church members to share their testimonies, love the Savior, and keep the commandments.



Elder Andersen greeted a girl who came to hear him speak.



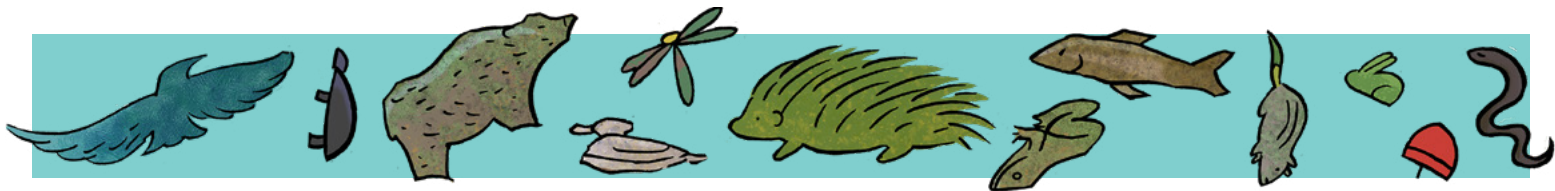
We are a light in the world. We have to shine. *

Elder Andersen visited the place where a temple is being built in Thailand. This is what it will look like.

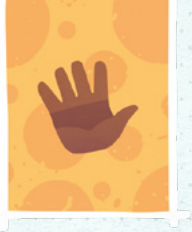


Find It!

Julia and Leo went on a nature walk with their dad and stepmom. They loved seeing all of God's creations! Find the hidden objects below.



ILLUSTRATIONS BY CHUCK DILLON



MEET ETA

from American Samoa

Meet Primary children helping others, like Jesus did.



All about Eta



AGE: 9

LANGUAGES:

English and learning Samoan



FROM:

American Samoa

GOALS AND DREAMS:

- 1) Go on a mission.
- 2) Get married in the temple.
- 3) Graduate from college.
- 4) Take over her mom's bakery.



FAMILY:

Mom, Dad, two brothers, and one sister

Eta's Helping Hands

Eta's mom owns a dessert bakery on their island. Eta and her older sister, Talai, love to share with their teachers and with people who may be having a hard time. Sometimes they go for a drive with their mom and give cookies and other treats to people they see on the street. It makes people so happy, and it makes Eta and Talai happy to share. They get more joy from sharing food from the bakery than from eating it themselves! They are both learning to bake as one of their Children and Youth goals this year, so they always have treats to share.

Eta says, "I love sharing with others because it makes them glad, and it makes me glad. I know that's what Heavenly Father wants us to do." ●



Eta (right) baking with her sister, Talai.

Eta followed Jesus by sharing with others. Turn the page to read a story about how Jesus helped others.

Eta's Favorites



PLACE:

The tide pools on her island, where she likes to swim



COLOR:

Purple



STORY ABOUT JESUS:

When He was resurrected



PRIMARY SONG:

"Love Is Spoken Here"
(Children's Songbook, 190–91).



FOOD:

Fries



SUBJECT IN SCHOOL:

Math

"Let us put our faith
in the Lord Jesus Christ
into action!"

President Russell M. Nelson, "Opening the Heavens
for Help," *Ensign* or *Liahona*, May 2020, 73.



Jesus Shared with Others

After Jesus was resurrected, He saw His disciples fishing in a boat. They were not catching any fish. Jesus told them to cast their net on the other side of the boat. They caught so many fish that their net was too heavy! Then the disciples joined Jesus on the land. They sat with Him by a fire. Jesus shared bread and fish with them. He asked Peter, "Do you love me?" Then He said, "Feed my sheep." That means He wanted Peter to share the gospel with others. We can show love to Jesus by sharing with others, like He did. ●

You can read this story in John 21:3-17.

I CAN SHARE

What is something you can share with someone else?

Say a prayer and make a plan to help.

Do your plan!



I helped make cookies for our new neighbors. The woman only spoke Arabic, but she invited us inside. We got to spend time together and get to know each other even though we didn't speak the same language. She was very nice, and it made me feel good inside.

Grayson C., age 5, Abu Dhabi, United Arab Emirates

How are you trying to help others, like Jesus did? Write and tell us.



Cut out this card to remind you to keep helping like Jesus.



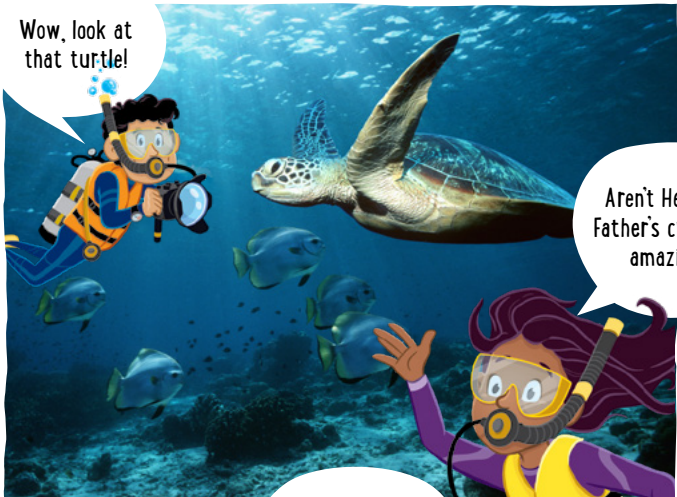
ADVENTURES IN AMERICAN SAMOA

with Margo and Paolo

American Samoa is made up of five islands and two coral reefs called atolls.



Wow, look at that turtle!



Aren't Heavenly Father's creations amazing?



"Samoa" means "sacred earth."

About 25% of American Samoans are Church members.



Let's find someone to share this tasty fruit with!



Soon they'll have their own temple!



Eta followed Jesus by sharing food with others.

Challenge: Look for a chance to share what you have with your friends and family, even if it seems small.

Join the Helping Hands Team



ILLUSTRATIONS BY KATIE MCDEE


By Charlotte Larcabal

Church Magazines

(Based on a true story)




A Dream for Dieter

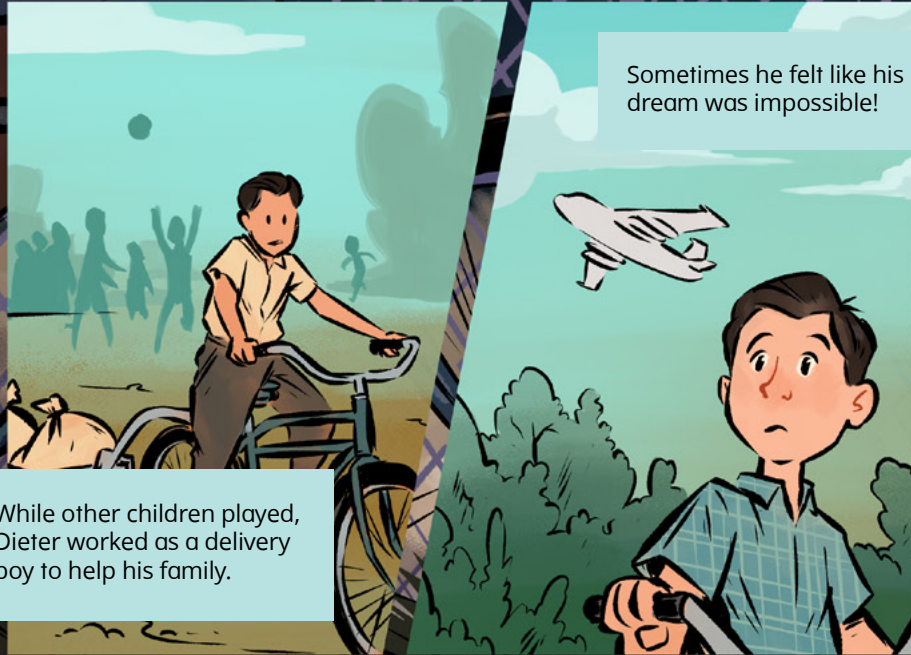


Someday, I want to be a pilot.

When he was a boy, Elder Dieter F. Uchtdorf loved watching airplanes. He imagined flying one of those big airplanes.



But Dieter's family didn't have much money. They had been refugees and had to leave their home twice to go to a new country.



Sometimes he felt like his dream was impossible!

While other children played, Dieter worked as a delivery boy to help his family.

But as he grew up, Dieter worked very hard to reach his dreams. He had faith that Heavenly Father would help him.

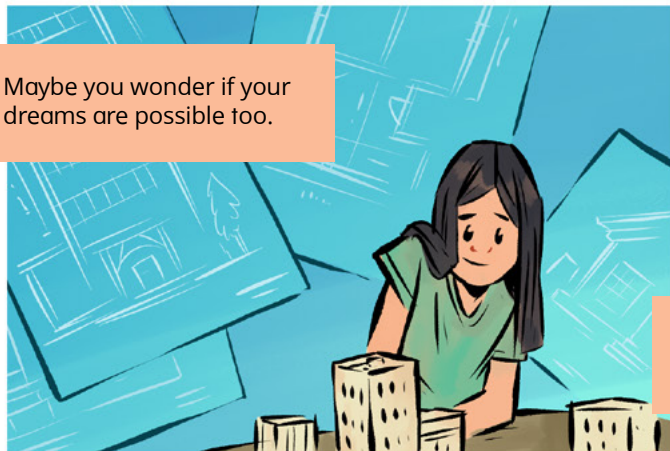


He joined the air force and trained to be the best pilot he could be.

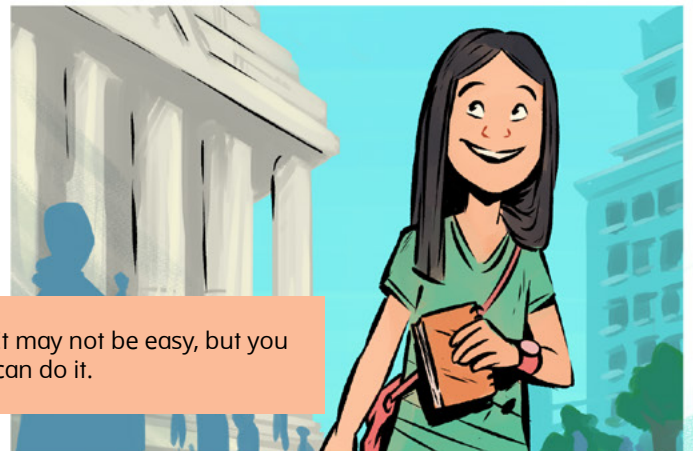


Finally he reached his dream. He flew big airplanes for many years!

Maybe you wonder if your dreams are possible too.



It may not be easy, but you can do it.



You might face challenges, but they can make you stronger. God is with you every step of the way!



Work hard. Have faith. Have hope. Trust in God. If you do your part, things will work out.



Adapted from Elder Dieter F. Uchtdorf, "Call for Heroes!" (BYU-Pathway Worldwide devotional, Jul. 14, 2020, byupathway.org/devotionals).

Cut out the cards, fold on the dotted line, and tape them closed.



JOSEPH F. SMITH

1838–1918

“Truth will stand,
truth will endure.”

- He was Hyrum Smith's son. Both of his parents died when he was young.
- At age 15, he was called to serve a mission in Hawaii. Sometimes he felt scared and lonely. But he found people to help him.
- He later served a mission in England and two more missions in Hawaii.
- He became the prophet. He said a temple would be built in Hawaii.

Gospel Doctrine, 5th ed. (1939), 1.

“She took me in and was
a mother to me.”

- She and her husband joined the Church in Hawaii.
- She cared for Joseph F. Smith when he was sick as a young missionary.
- When Joseph F. Smith was the prophet, he promised her she would live to see the temple in Hawaii.
- When the temple in Hawaii was finished, she was able to go inside and be sealed.

Joseph F. Smith, as quoted by Charles W. Nibley in *Gospel Doctrine*, 5th ed. (1939), 520.



“MA” NAOHEAKAMALU MANUHII

1832–1919

Pioneers Then and Now

In July, we celebrate when the pioneers arrived in the Salt Lake Valley. A pioneer is someone who helps lead the way. There are many ways to be a pioneer!

How many *similarities* can you find between these two pioneer families?



ILLUSTRATIONS BY VAL CHADWICK BAGLEY



Secrets and Surprises

Was it right to keep Kate's secret?

By Sheila Kindred

(Based on a true story)

"The Spirit of Christ is given to every man, that he may know good from evil" (Moroni 7:16).

"Hey, look!" Kate picked up a crumpled paper doll from the floor in the store. "Here, put it in your pocket."

"You want me to take it?" Maddy asked.

"The store can't sell it anyway," Kate said. "They'd just throw it in the trash. This is a rescue mission. We're saving this doll!"

Kate smiled at Maddy. Maddy smiled back.

"OK." Maddy slipped the paper doll into her pocket. It felt special to be on a rescue mission!

Still, as they walked out of the store, the paper doll felt like a heavy rock in her pocket. Is that what a rescue mission was supposed to feel like?

When they got back to Maddy's house, Kate carefully taped and flattened the paper doll the best she could.

"What kind of clothes should I make for her?" she asked, picking up a crayon. "How about a beautiful ball gown?"

Maddy nodded eagerly. "Then we can show my mom!"

"No! We can't tell anyone," Kate said. "Not ever. It's our secret, OK? Promise me you won't tell."

"Oh . . . OK. I promise," Maddy said. "But why can't we tell?"

"If you tell, your mom would get mad, and she might not let us play together anymore."

"Why would she be mad?" Maddy asked. Her stomach felt fluttery and nervous.

Kate put down her crayon. "If you don't tell, I'll let you keep the doll and all the outfits I draw for her."



Now Maddy knew why she felt so nervous. "We . . . we stole it, didn't we?" she whispered.

"Hey, you're the one who stuffed it in your pocket and sneaked it out of the store."

"Because you told me to!"

"I did not!" Kate said. "I'm going home before you get me in trouble." She stood up and ran out the door.

Just then Mom came into the room. "Why did Kate leave in such a hurry?" She saw the paper doll in Maddy's hands. "And where did that come from?"

Maddy bit her lip. She didn't feel good about keeping a secret from Mom. But what if Kate was right and Mom got mad?

The nervous feeling in her stomach wouldn't go away. She took a deep breath and blurted out the whole story.

"Kate told me to promise to keep it a secret," she said. "But it felt wrong."

Mom sat beside her on the bed. "Most secrets are wrong. Especially if you're told to never tell anyone. On the other hand, a surprise, like a gift or party, can be a good thing. It's meant to be fun for everyone."

Maddy nodded. "Thanks for not getting mad at me," she said. "Kate said you would."

Mom hugged her tight. "I'm really proud of you for listening to the Holy Ghost and telling me the truth."

"Will you drive me back to the store to return the doll?" Maddy asked.

"Of course!" Mom smiled. "And when we get back, you can help me make a cake to surprise Dad."

Maddy laughed. "Now that's something I can feel good about!" ●

The author lives in Iowa, USA.



Protect Yourself

You should treat all of Heavenly Father's children with kindness and respect. You should also expect others to treat you the same way. If someone tries to harm you with words or actions, it's not OK!

1

If you feel unsafe . . .
Say no. You don't have to do anything that feels wrong or makes you uncomfortable. It's OK to say no.

2

Listen to your feelings.
The Holy Ghost gives us quiet warnings to help us stay safe. If you feel like something is wrong, don't participate, and try to get away if you can.

3

Don't keep hurtful secrets.
There's a difference between a happy surprise and a hurtful secret. You should *not* keep a hurtful secret, even if you promised.

4

Tell an adult you trust.
If something bad happens or you feel afraid, tell someone who can help you right away, like a parent, teacher, or Church leader.

Who can you talk to when you have a problem? Write a list of trusted people here:

REMEMBER . . .

- ◆ You are loved and important!
- ◆ It's not your fault if someone makes choices that hurt you.
- ◆ You are not alone. There are people who can help you.
- ◆ Heavenly Father and Jesus Christ know how you feel. They can help you.



I Feel My Savior's Love

(Simplified)

Words by Ralph Rodgers Jr., K. Newell Dayley, and Laurie Huffman
 Music by K. Newell Dayley

Expressively ♩ = 76-84

F C Dm C⁷

1. I feel my Sav - ior's love In all the world a -
 2. I feel my Sav - ior's love; Its gen - tle - ness en -
 3. I feel my Sav - ior's love And know that He will

F C⁷ F C Dm C⁷

round me. His Spir - it warms my soul Through ev - 'ry - thing I
 folds me, And when I kneel to pray, My heart is filled with
 bless me. I of - fer Him my heart; My shep - herd He will

F⁷ B^b F Gm C

see.
 peace. He knows I will fol - low Him, Give all my
 be.

G⁷ C F C Dm C⁷ F

life to Him. I feel my Sav - ior's love, The love He free - ly gives me.

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Watch a music video for this song at
friend.ChurchofJesusChrist.org.
 Click on "Videos."

Plan of Salvation Board

Play this game to learn about Heavenly Father's plan. Use beans or coins as game pieces. For each turn, roll a dice or pick a number and move your piece that many spaces. When the first person passes a star, read the bubble. The next time someone passes that star, do the activity.

Start

Earth

We came to earth to gain a body, learn, and grow. We can choose between right and wrong.

Read Alma 34:32.

Christ's Atonement

Jesus Christ came to earth and lived a perfect life. He knows our pains. He atoned for us so we can repent.

Sing "He Sent His Son"
(Children's Songbook, 34-35).

Pre-earth life

We lived with our heavenly parents. We chose to follow Jesus Christ and come to earth.

Sing "I Lived in Heaven"
(Children's Songbook, 4).

◆ See *Come, Follow Me* for Doctrine and Covenants 76.

Game

Celestial kingdom

Because of Jesus Christ,
we can become like our
Heavenly Father and live with
our families forever.

Read Doctrine and Covenants 76:70.

Resurrection

Because Jesus rose from the
dead, we all will live again!
Our bodies and our spirits
will come back together.

Sing "Did Jesus Really Live Again?"
(*Children's Songbook*, 64).

Spirit world

After we die, our spirits keep
on living. People who didn't
learn about the gospel on
earth can learn about it here.

Read Alma 40:11.

RIVER ROCK RESCUE



By Elder Juan Pablo Villar
Of the Seventy

When I was six years old, my family went on a trip to a river. The water was very cold because it came from the mountains in Chile. After playing in the river for a while, I wanted to warm up.

The sun was shining on some nearby rocks. So I put my back against one rock and my feet on the other to sunbathe.

The rocks were covered in slippery moss that made me slowly slide down. It happened so slowly that I didn't realize I was slipping.

But then I got stuck! My knees were pressed against my chest. I couldn't breathe. I couldn't move. And I was still slipping! Every second my knees were pushing harder against my chest. My eyes were looking at the sky, and all the light was fading.

Then I saw the face of my brother. He took my hand and pulled me up. I wasn't stuck anymore! I could breathe and see the light again.

Jesus Christ is our Savior and our Elder Brother. He always knows where we are. He will pull us out of danger. He is always there to give us a hand. ●

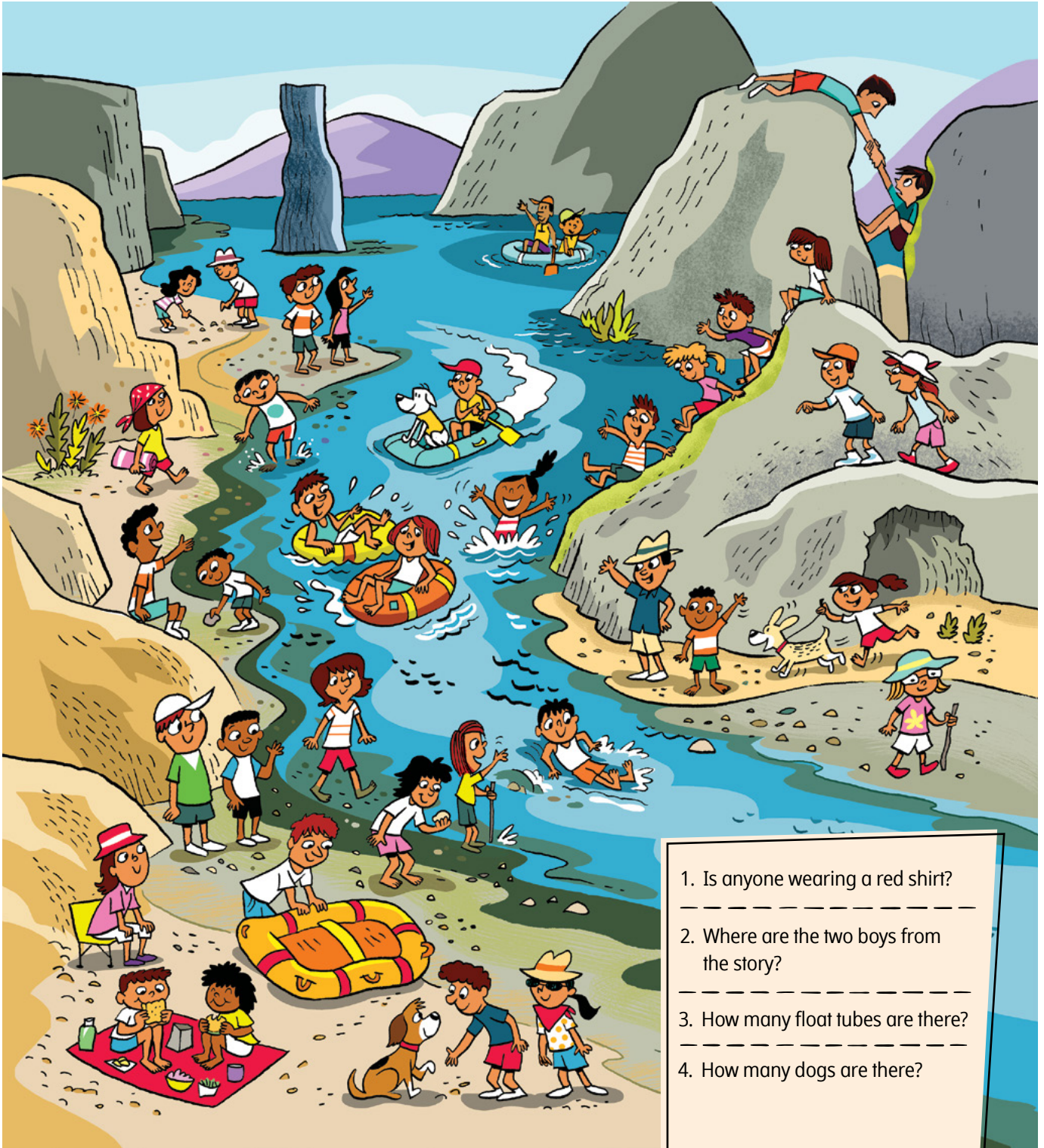
From an interview with Haley Yancey.



◆ See *Come, Follow Me* for Doctrine and Covenants 76 and 77–80.

Memory Game

Cover up the questions below and study the picture for one minute. Then have someone ask you the questions to see what you remember without looking! Make up some new questions to play again.



1. Is anyone wearing a red shirt?

2. Where are the two boys from the story?

3. How many float tubes are there?

4. How many dogs are there?

Show and Tell



**Meredith B., age 7,
North Carolina, USA**



I know I was choosing the right and following Jesus Christ's example by being baptized. I felt happy and warm afterwards. I love my Savior.
Zion M., age 9, Waikato, New Zealand



I asked my mom if I could ride my scooter. She said I could only ride it around the block. I went a little further and got lost. I felt scared and said a prayer. Afterward, I recognized some places and knew I was near my house. I am grateful Heavenly Father helped me.
Jack S., age 9, Masovia, Poland



I made the choice to be baptized and am glad I did! Making right choices is important.
Alicia P., age 9, Masovia, Poland



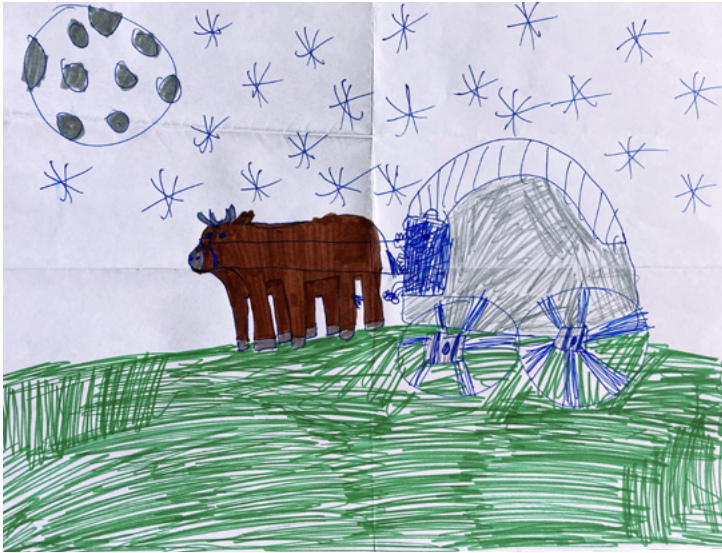
We love our Savior and always remember Him.
**Vianca and Avril V., ages 10 and 6,
Cundinamarca, Colombia**



**"The Second Coming," Santiago C.,
age 11, Santiago, Chile**



"I Love to See the Temple," Clara B., age 11, Minnesota, USA



Emerson G., age 8, Washington, USA



We felt like Nephi when we made our bows.
Neil and Aaron H., ages 8 and 10,
Alaska, USA



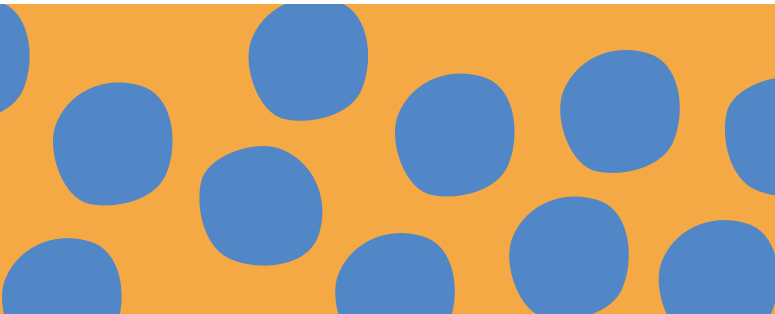
My dad ministers to a man who is blind. I wanted to do something for him. My dad helped me safely poke a special message into cardboard so the man could trace it with his fingers. It read, "Jesus loves you." I went with my dad to give it to him. The man was surprised and happy when he felt the letters.

Amber F., age 6, Utah, USA



My school did remote learning for a while because of COVID-19. I made a model of a Nephite temple in between my classes.

Samuel J., age 9, Ohio, USA



Send in your own art and stories!
Go to the back cover to see how.



MATT and MANDY



Eighth Article of Faith

"We believe the Bible to be the word of God as far as it is translated correctly; we also believe the Book of Mormon to be the word of God."

For Older Kids



Temple Prep Tip

If you can't go inside the temple yet, you can visit the temple grounds to sit, think, or read scriptures. If you don't live near a temple, draw a picture of one and hang it up!



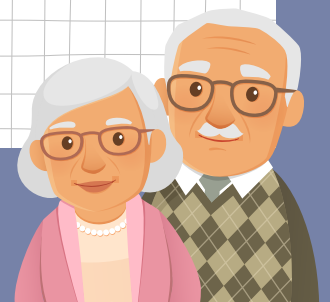
Looking Forward to the Temple

I am excited to get my temple recommend and go to the Moses Lake Washington Temple when it's finished. It will be only 45 minutes away from my house!

Auger H., age 9, Washington, USA

Family History Corner

Tell family stories! Ask a parent, grandparent, or other family member to tell a story from when they were growing up. What's a story about yourself that you can tell?



VAHA'I TONGA

EXAMPLE IN TONGA

By Nancy Harward and Lucy Stevenson Ewell

(Based on a true story)



Tonga is made up of about 170 islands in the Pacific Ocean.



Today, six out of ten people in Tonga are members of the Church.



Tonga is also known as the "Friendly Islands."

Vaha'i knelt by his bed to say his prayers. It was his first night at boarding school, and he shared a room with lots of other boys. None of them were members of The Church of Jesus Christ of Latter-day Saints, like he was.

Dear Heavenly Father... Vaha'i started to pray in his heart. But it wasn't easy. The other boys were talking and laughing loudly.

"Hey, look!" one of his roommates, Akau, shouted. "He's praying!"

Vaha'i shifted uncomfortably. He knew Akau was making fun of him. But he pretended not to hear him. He just kept praying.

When Vaha'i first learned about the gospel, his grandparents hadn't liked the Church much either. Vaha'i had gone to Primary with his uncle or his friends.

When he turned 12, he decided to be baptized. His grandparents weren't too happy at first. But then his grandma said, "From now on, you are a member of that church. We want you to stay faithful."

Now that Vaha'i was away at school, he was determined to do just that. So he kept praying. Even when the other boys made fun of him.

One night when Vaha'i knelt down, he heard something different.

"Hey, be quiet! Vaha'i is praying," someone said.

Vaha'i finished his prayer and opened his eyes.

Akau was sitting on his bed. "It's really important to you, isn't it?"

Vaha'i nodded. "Yes, it is."

After that, the other boys were quiet whenever Vaha'i prayed. Soon Akau started kneeling with him. Other boys joined too. Eventually, all the boys in the room knelt to pray with Vaha'i each night.

Vaha'i felt happy. He had never had family prayer at home. But now he could have family prayer with his schoolmates!



Vaha'i and his wife, Sela, were the first couple to be sealed in the Hamilton New Zealand Temple.



He served as president of the Nuku'alofa Tonga Temple.



He was a teacher at Liahona College, a Church-owned high school in Tonga.



Vaha'i kept praying, and one day it was different.

One day Vaha'i had an idea. A big Church meeting was coming up. He could invite his friends!

After prayer, Vaha'i told everyone about the meeting. "It's called district conference," he said. "People come to learn about Jesus. You can all come, if you want!"

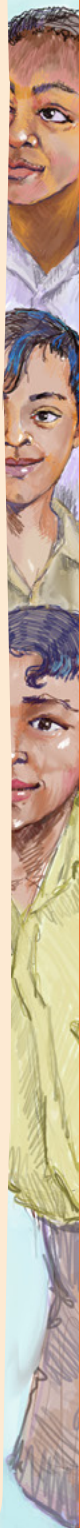
Since they would have to leave the school to go to the meeting, each of the boys had to sign a paper to get permission. Vaha'i was amazed when he saw the paper. There were 77 names on the list!

Vaha'i's heart felt warm as he sat with rows of his classmates and listened to the talks at the conference. Akau and some of the others must have felt warm inside too. By the end of the conference, seven of them wanted to be baptized!

That night after prayer with his friends, Vaha'i said a prayer of his own. *Thank you for blessing me with good friends*, he told Heavenly Father. *And for helping me be a good example.* ●

The authors live in Waikato, New Zealand, and Utah, USA.

◆ See *Come, Follow Me* for Doctrine and Covenants 81–83.



Courage to Stand Alone

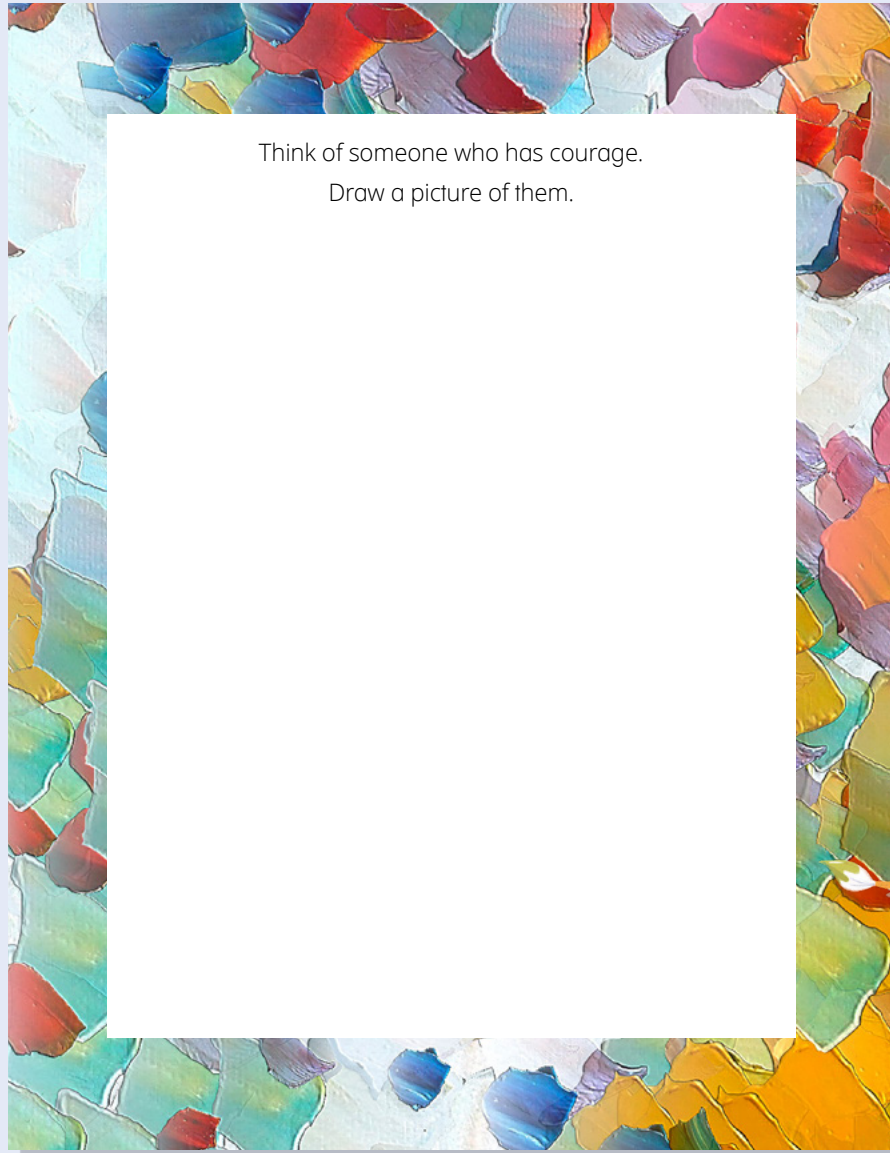
Sometimes we need to do the right thing even when no one else is doing it. That takes a lot of courage!

When did you have courage to do the right thing even though you felt alone?

Think of someone who has courage.
Draw a picture of them.

Next time I feel alone and need courage, I can:

- Say a prayer.
- Take a deep breath.
- Remember I am strong.
- _____
- _____
- _____



Come, Follow Me during COVID



**Sarah F., age 10,
Pas-de-Calais, France**

During the COVID-19 quarantine, I did school at home with Papa. We did my regular schoolwork, but we also studied the *Come, Follow Me*

Primary manual. Here are some of the things I did:

- I made a crown that I wear at home when I help my parents. I want to serve like King Benjamin.
- I colored a heart-shaped badge. It reminds me that when I was baptized, I took Christ's name upon me.
- I drew a picture of Joseph Smith and colored it. It reminds me that Joseph Smith was a prophet of God.
- I did a paper-cutting activity about the prophet Abinadi in the Book of Mormon. I thought about how I must also stand up for the truth.
- I colored a picture of the baptism of Jesus Christ. It



reminds me that when I was baptized, I made a covenant with my Heavenly Father.

Because I studied *Come, Follow Me*, I think Heavenly Father helped me with school. At first I made lots of mistakes in my homework. Then my dad asked me to start by saying a prayer. After the prayer, I understood better. Soon I was no longer making as many mistakes. When my teachers received my homework, they would say, "Congratulations, Sarah! Keep doing what you are doing!"

I successfully completed my school year. And school at home went well, because we always started with a prayer, just like we do when we study *Come, Follow Me*. ●



The Honesty Question

By Juliann Tenney Doman
(Based on a true story)

"Ye should do that which is honest"
(2 Corinthians 13:7).

"Christy, this is for you," her teacher, Mrs. Devin, said. She handed Christy an envelope.

"Thanks," said Christy. She tore open the envelope and read the note inside.

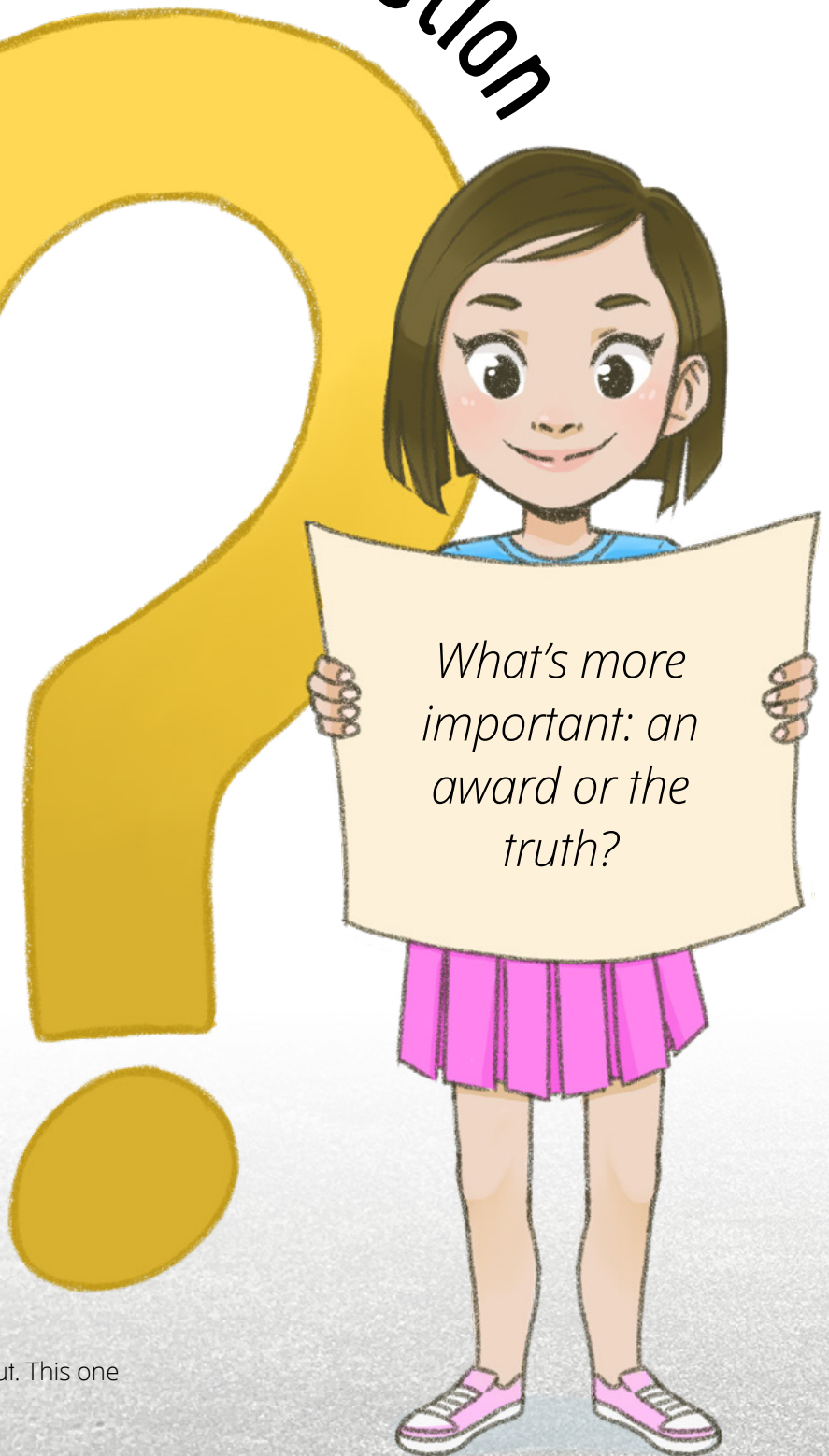
Congratulations! You are one of six students chosen by your classmates to receive an Outstanding Citizen award for the fifth grade. Please answer the questions below and submit them to the office by the end of the day for our judges to review.

Christy gave the envelope a squeeze of excitement. She could hardly wait to show her friends!

"Guess what!" she told Gabriella at lunch. "I might get an award."

"That's great!" said Gabriella.

"I just have to answer all of these questions first," said Christy. "But I feel like I'm running out of interesting things to write about. This one



says, 'How have you made a difference in your community?' I'm having a hard time thinking of anything."

"You could probably just write something you *think* would be good to do," said Gabriella. "It's not that big of a deal. They just want to know what kind of person you are."

Christy didn't feel great about making something up. But maybe she could write something that she could plan to do in the future. She tapped her pencil on the page while she thought.

Then she remembered a sign she'd noticed at the public library: "Looking for tutors for beginning readers." She liked helping her younger siblings read. It could be fun to help other kids too. She hadn't signed up to help yet . . . but she wanted to! She wrote down, "Volunteering at the library to help kids learn to read."

Christy looked at what she'd written. She felt a little lump in her throat and tried to swallow it down. But the uncomfortable feeling just seemed to get worse as she walked to the office and turned in her answers.

As Christy walked home from school, her footsteps felt heavy. By dinnertime she didn't feel like eating.

"You OK, honey?" asked Mom.

Christy let out a big sigh. "Not really."

"Want to talk about it?" asked Dad.

Christy explained what she'd done. "I haven't felt good inside since." She folded her arms and slid down in her chair.

"I'm glad you told us." Mom squeezed Christy's hand. "That's the first step in making things right."

"And I know what the next step is," Christy said with a smile. Just thinking about what she would do made her feel a little better.

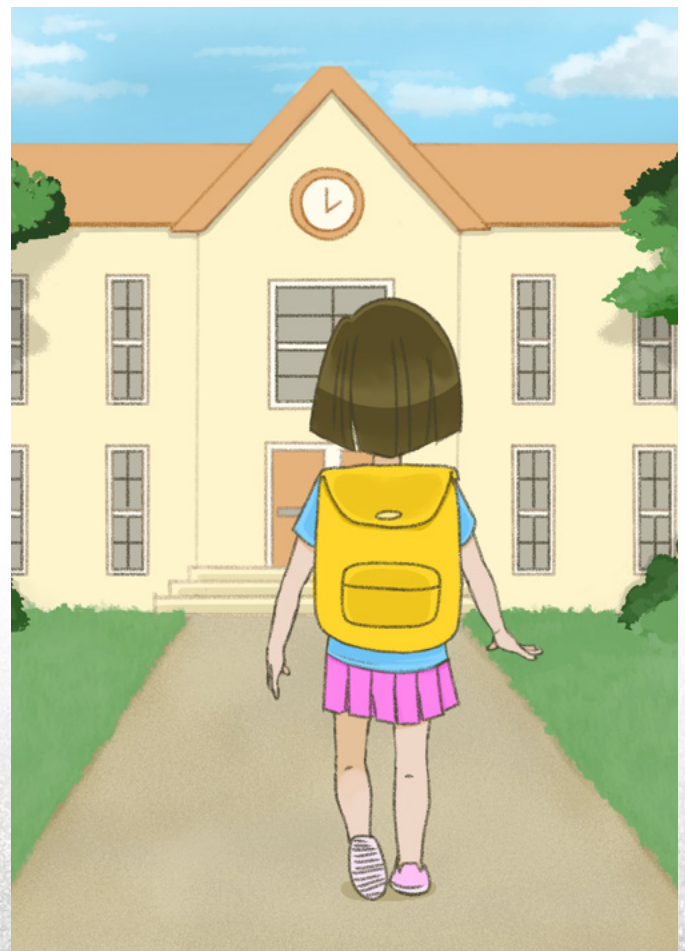
That night as she prayed, she told Heavenly Father she was sorry that she hadn't been honest. She knew He would help her repent and make things right.

The next morning, Christy walked to the school office. She swung open the door and stepped inside . . . ●

The author lives in Utah, USA.

HELP FINISH THE STORY!

What did Christy do next? Write and tell us what you think happened. See the back cover to find out how to send us your ending.



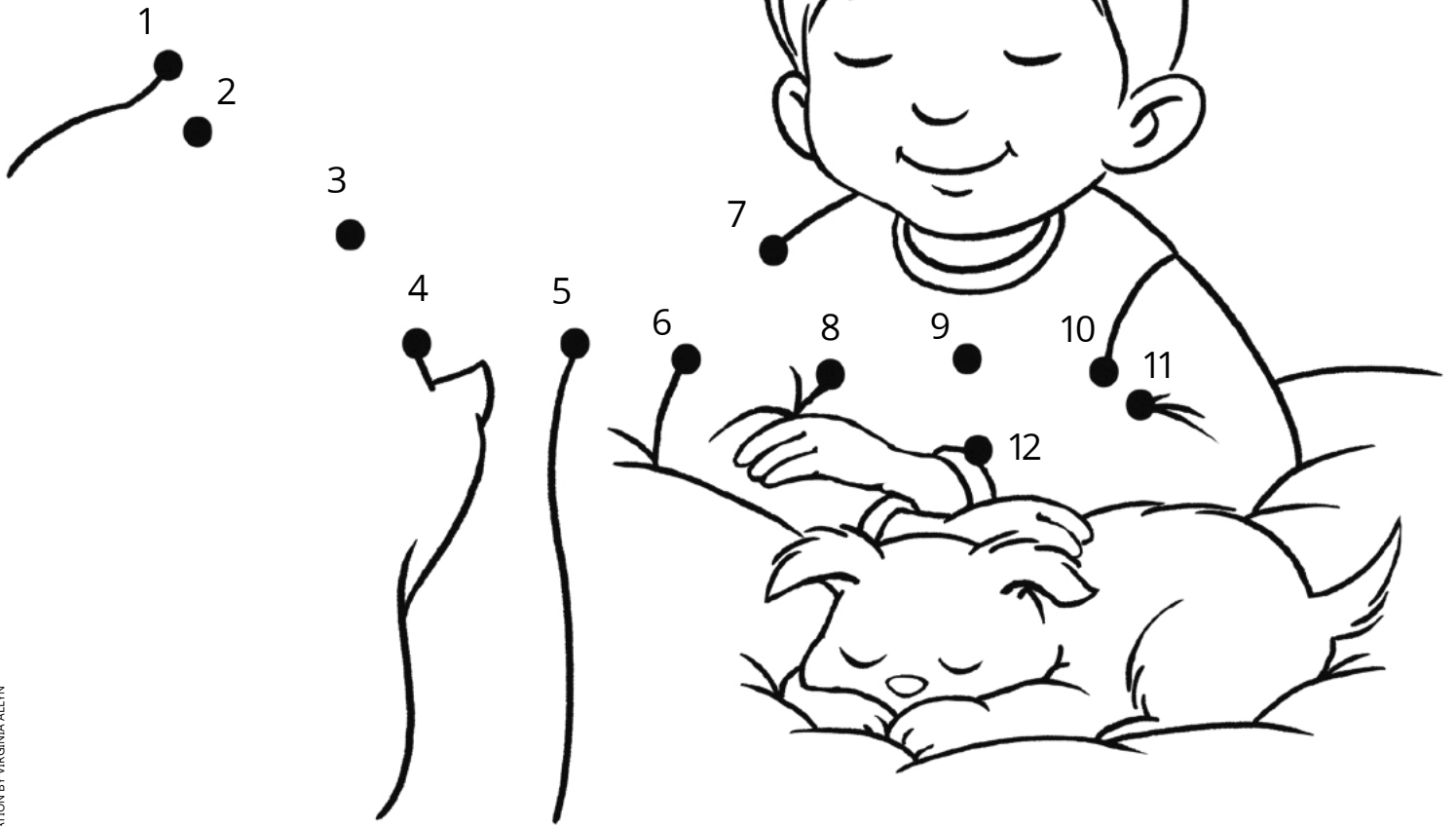
Draw the Town

Missionaries share the gospel all around the world. These missionaries are walking around town looking for people to teach. Pick a town below, then draw it in! Add some people for them to teach too.



◆ See *Come, Follow Me* for Doctrine and Covenants 84.

Draw lines between the dots to finish the picture.



Can you find these pictures in the next pages?





Helping at the Market

By Jennifer Maddy



Marta likes going to the market with Mamá.



Marta sees a lost dog.



Marta says a prayer to find the dog's owner.



"Is this your dog?" Marta asks. Everyone says no.



"There you are, Paco! Thank you for finding him!"



Marta feels good when she helps!

Who Needs Help?

Marta likes to help others. Find some people at the market that she and Mamá can help.





A Vision of God's Plan

One day Joseph Smith and Sidney Rigdon were reading the scriptures. They had a vision. They saw Heavenly Father and Jesus Christ.

They learned that before we were born, we lived in heaven with God.



We came to earth to learn how to follow Jesus and listen to the Holy Ghost. We learn to keep the commandments and repent when we make bad choices.

After we die, we will be resurrected. If we are righteous, we will live with our Heavenly Father again.

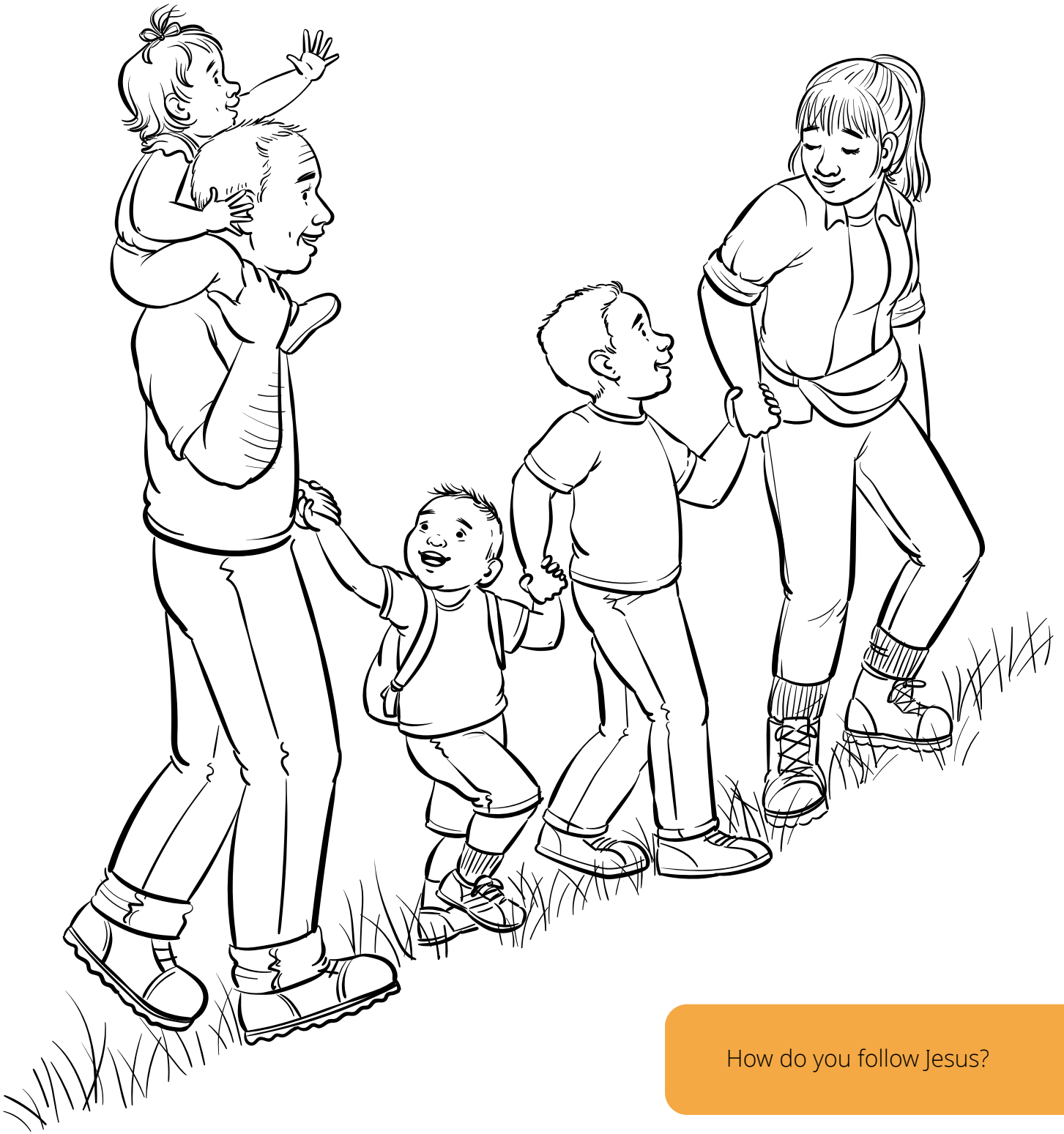




I can learn about God's plan in the scriptures. Because of Jesus,
I can be with my family forever. ●

◆ See *Come, Follow Me* for Doctrine and Covenants 76.

Heavenly Father Has a Plan for Me



How do you follow Jesus?

Tomoshi's Favorite Job

By **Lori Fuller Sosa**
Church Magazines
(Based on a true story)

"It's time to go water the flowers," Mom says.

"Yay!" says Tomoshi. He puts down his toys. It's time for his favorite job. Twice a week he helps Mom water the flowers at the Church building.

Tomoshi finds his bike helmet. Mom helps him tie his shoes. Now he's ready to go!

Tomoshi loves riding the bike with Mom. He even has his own special seat. He can see lots of fun things as they pass by.

"Look!" Tomoshi says. He points at a beautiful black butterfly.

"It's looking for flowers," Mom says. "It's one of God's beautiful creations."

"Look!" Tomoshi says. He points at some bright flowers growing by the road.

Mom stops the bike. She picks up a flower petal that has fallen.

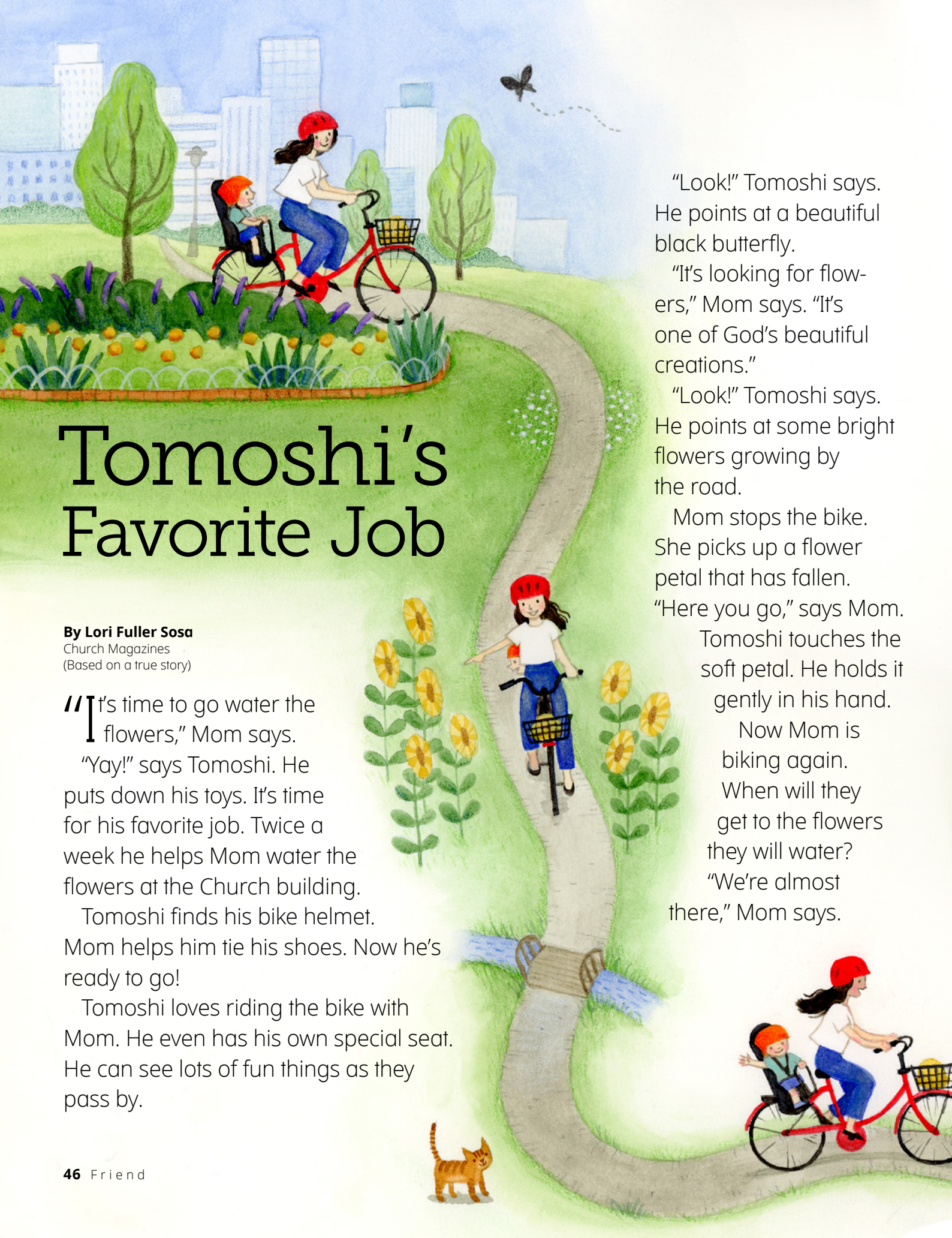
"Here you go," says Mom.

Tomoshi touches the soft petal. He holds it gently in his hand.

Now Mom is biking again.

When will they get to the flowers they will water?

"We're almost there," Mom says.



Tomoshi waves at a smiling old man as they ride by. He waves at a girl holding her grandma's hand.

And he waves at the Church building as they pull up in front. They made it!

Mom unbuckles Tomoshi's helmet. She hands Tomoshi his yellow hat. He puts it on to help block the sun.

Then Tomoshi helps hold the bright green watering can. Mom fills it up with water.

Now it's time to water the flowers! Tomoshi waters yellow flowers and blue flowers and pink flowers. He makes sure every plant gets a drink.

"All done!" Tomoshi says.

"Thank you," Mom says. "You are helping serve Heavenly Father. You help His church look beautiful."

Tomoshi smiles big. He's glad he can help. ●

This story took place in Japan.

◆ See *Come, Follow Me* for Doctrine and Covenants 81-83.



Little Things

By Wendy Ellison



Even though I'm little,



There are things that I can do.



I can listen to the prophet



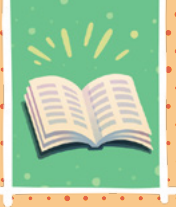
And love the scriptures too.



I can be a good example



In what I say and do.



SCRIPTURE TIME FUN for Little Ones

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

I am Heavenly
Father's child.

For Doctrine and Covenants 76:

Sing "I Am a Child of God."
Help your little ones say, "I
am Heavenly Father's child.
He loves me."



For Doctrine and Covenants

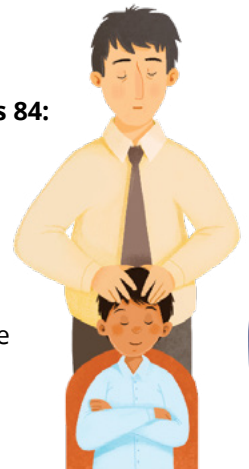
81–83: Think of someone your
family can serve. Give them a treat or card or
help them with something. Help your little ones
say, "I can help others!"

For Doctrine and Covenants 77–80: Help your
little ones say, "Heavenly Father and Jesus
created our beautiful world." Go outside
and point out some of God's
creations that your family
members enjoy.



For Doctrine and Covenants 84:

Show a picture of someone
getting baptized or receiving
a blessing. Talk about the
good feelings these special
acts bring. Help your little
ones say, "I am blessed by the
priesthood."





DEAR PARENTS,

You have a sacred duty to love, care for, and protect your children. This includes protecting them from physical, emotional, and sexual abuse. Teach them how to say no and get help when they feel unsafe. Help them recognize the warnings of the Spirit. And remind them that no matter what, you love them, and so do Heavenly Father and Jesus Christ.

It's never too early or too late to have these important conversations! You can start with some ideas from pages 20–22.

We love you!
The *Friend*



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