

June 2020

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

the Friend

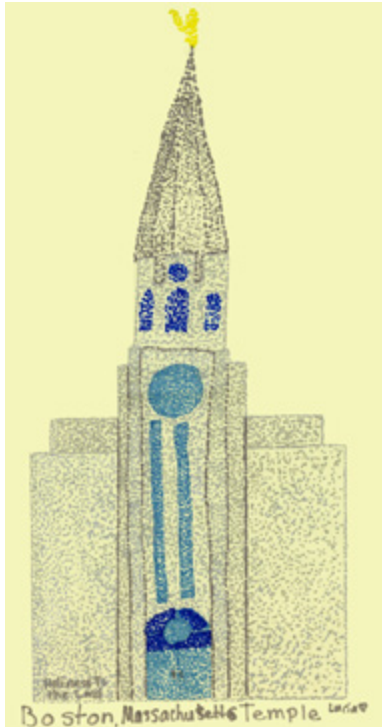
Learn about
ABISH!

See page 4 in *Friend Junior*

Friends by Mail



Lots of Dots!



Using the art challenge (Oct. 2019), I drew the Boston Massachusetts Temple using only dots!

**Lucia T., age 10,
Massachusetts,
USA**

Primary Grandmas

For our 2019 Kindness Garden, we adopted a “Primary grandma” each month. We sang their favorite Primary songs and listened to their testimonies. They even helped us sing in our Primary program! We love the *Friend* magazine!

Garden Park 7th Ward, Utah, USA

Saturdays with the *Friend*



On Saturday, I take the *Friend* to my room and read the whole thing. Then I share the things I find with my family and friends.

**Jomei G., age 8,
Utah, USA**

Dear Friends,

Have you ever wondered what a testimony is and how to help it grow? Turn to pages 2 and 3 to find out! Then on page 24 you can learn about Book of Mormon missionaries like Ammon and Abish, who shared their testimonies of Jesus.

Keep sharing!

The *Friend*

P.S. Don't forget to send us your testimony or artwork for our Book of Mormon art show! See some of the art on page 39.

STANDARDS SEARCH!

Can you find a story about someone showing love to a stepparent?

I found it! Page_____.



Bonus challenge! Memorize this month's standard:

“I will honor my parents and do my part to strengthen my family” (*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.

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COME,
FOLLOW ME

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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Find 3 Hidden CTR Rings

Hard: How do you get to church?

Harder: Why did she pray?

Hardest: Red, ripe tomatoes

Volume 50 Number 6 June 2020

The First Presidency:
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Henry B. Eyring

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Art Director: Mark W. Robison

Design: Jeanette Andrews, Mandie Bentley,
Thomas S. Child, K. Nicole Walkenhorst

Intellectual Property Coordinator:
Collette Nebeker Aune

Production: Marlene Roschke

Prepress: Joshua Dennis

Printing Director: Steven T. Lewis

Distribution Director: Nelson Gonzalez

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

Testimony and the Book of Mormon

Each time I read
even a few lines in the Book of Mormon,
I feel my testimony strengthened
that the book is true,
that Jesus is the Christ, and
that we can follow Him home.
It has been for me the book of books.
It is the word of God.



*Adapted from "The Book of Mormon as a Personal
Guide," Ensign, Sept. 2010, 4–6.*



A Testimony of Your Own

A testimony is a good feeling from the Holy Ghost telling you that something is true. You aren't too young to have a testimony. Cut out the strips and put them in a bowl or jar so you can choose one each day. When you feel a testimony in your heart, tell someone about it!

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

Sing "Gethsemane"
(*Friend*, Mar. 2018, 28–29).



Look at a picture of the temple.

Listen to a talk by
President Russell M. Nelson.

Look at a picture of Jesus,
or watch a Bible video about Him.

Pray to Heavenly Father and listen
for feelings from the Holy Ghost.

"Feast upon the words of Christ; . . . the words of Christ
will tell you all things what ye should do" (2 Nephi 32:3).

I Feel the Holy Ghost When . . .

I pray to
Heavenly Father.



I think about
the temple.



I help
others.



When have you felt a
testimony from the
Holy Ghost?

Eli's HELPING Hands

By Rebecca Rice Birkin

(Based on a true story)

"There is plenty indeed for my two hands to do" (Children's Songbook, 272).

It was Saturday morning, and Eli was crouched in the goal box, ready to pounce. He jumped and dove, doing his best to keep the soccer ball out of the net. But it was hard! Then right before the end of the game, the ball slid past his hands. The other team had scored! Eli's team had lost. He was so sad.

The next day at church, Eli walked slowly to his Primary class, still feeling glum.

Eli saw his friend Kate outside the classroom. Kate's mom pushed Kate's pink wheelchair inside. She hugged Kate before leaving to go to her own class.

"Hi, Kate," Eli said.

Kate couldn't answer or wave back, but she always looked right into Eli's eyes so he knew she heard him.

Usually Kate smiled when Eli said hello, but not today. *Is Kate sad?* Eli wondered. *I know what that feels like.* He still felt sad that he hadn't stopped the other team from scoring the winning goal.

Eli sat by Juan and Makell as Sister Young started class. Then Kate whimpered. Sometimes it was hard



for Kate to sit still because her body hurt.

"Kate, are you hurting today?" Sister Young asked.

Kate started to cry.

"Maybe a Primary song will help," Sister Young said.

The class started to sing. Kate loved music. Usually she sang along by making

happy sounds. But today, Kate just cried.

How can we help Kate feel better? Eli wondered.

Then an idea popped into his mind. "I know!" Eli told Sister Young. "I'll push Kate's wheelchair a little bit."

Eli had seen how Kate's mom gently pushed her chair when Kate needed to feel better. He hurried over to Kate and started rocking her wheelchair slowly back and forth.

Kate stopped crying.

"Can I have a turn?" Juan asked.

"Me too!" Makell said.

As Sister Young taught the lesson, Eli and his friends took turns pushing Kate's wheelchair. Kate smiled. The whole room seemed brighter.

By the end of class, everyone was smiling.

"Helping Kate makes me happy," Eli said.

ILLUSTRATIONS BY MELISSA MANWILL



“I’m glad,” said Sister Young. “I’m sure it makes Heavenly Father happy too. He loves Kate and wants her to feel better. Sometimes we get to be His helpers.”

Eli looked at Kate. “You help me too,” he told her. “Every time you smile.”

Kate grinned.

As Eli headed home from church, he felt as warm as a soccer field on a sunny summer day. *Maybe I can’t catch all the soccer balls, he thought. But I can still help people!* ●

The author lives in Utah, USA.

See *Come, Follow Me* for Alma 17–22.



“Through our heartfelt kindness and service, we can make friends with those whom we serve.”

President M. Russell Ballard,
Acting President of the Quorum
of the Twelve Apostles

“Finding Joy through Loving Service,” *Ensign*, May 2011, 48.

MY FAMILY NIGHT FUN

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

Hide and Sheep

For Alma 5–7



Sing “Come, Follow Me”
(*Hymns*, no. 116).

The prophet Alma taught that Jesus Christ is the Good Shepherd (see Alma 5:38). He watches over us and calls us to come to Him.

Play this game with your family. One person is the shepherd. The others are sheep. All the sheep hide while the shepherd closes his or her eyes and counts to 20. Then the shepherd searches for the sheep. Whenever sheep are found, they help the shepherd find the others.

Who’s a Friend?

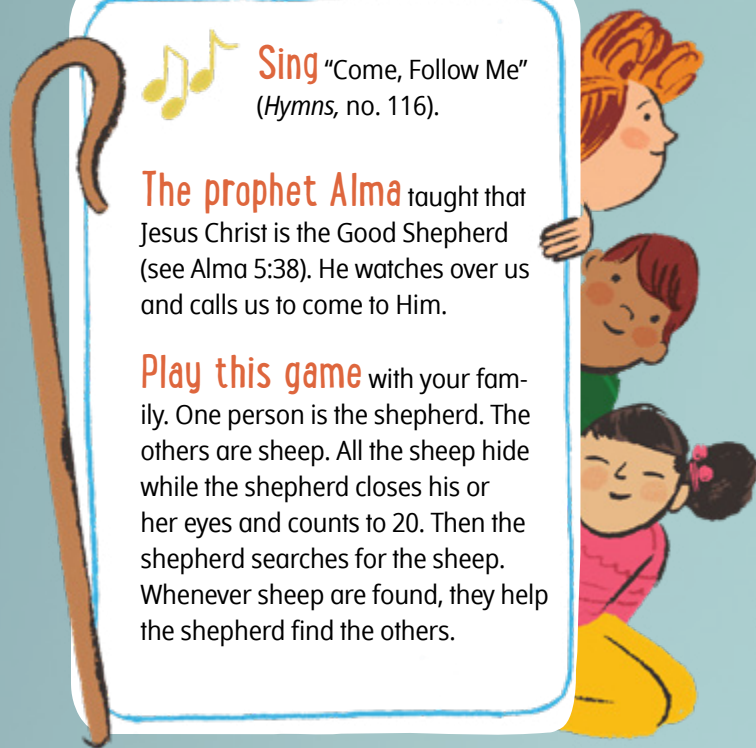
For Alma 8–12



Sing “We’ll Bring the World His Truth”
(*Children’s Songbook*, 172–73).

When Alma was sad, the Lord blessed him with a good friend named Amulek to help him (see Alma 8:14–30). How can you be a good friend?

Play the “Who Am I?” game on page 24. You could make your own version of the game with pictures of your friends and family.



TREAT TIME

Berry Coconut Smoothies



Combine **1 cup coconut milk**, **1 frozen banana**, and **2 big handfuls of berries** in a blender.

Blend until smooth and serve cold. Serves two.

Parmesan Ranch Popcorn



Drizzle **1/3 cup melted butter** over a **large bowl of popcorn**. Sprinkle with **1/4 cup shredded Parmesan cheese** and **2 tablespoons ranch dressing mix**. Toss until mixed well.

Cereal Bars



Melt **1/2 cup nut butter** and **1/2 cup honey** in a large pan over medium heat. Stir in **1/2 teaspoon vanilla** and remove from heat. Stir in **3 1/2 cups dry cereal** until completely covered.

Press cereal mix onto a pan lined with parchment paper and press down firmly. Refrigerate bars for one hour or until ready to serve.



Follow the Leader

For Alma 13–16



Sing “Follow the Prophet”
(*Children’s Songbook*, 110–11).

Zoram was captain of the Nephite army. He asked the prophet how to rescue some people who had been captured. Because he listened to the prophet Alma, he was able to rescue the people! (See Alma 16:2–8.)

Play this game to practice following instructions. One person tells everyone to do three things, like, “1. Touch your nose. 2. Pick up three toys. 3. Jump up and down.” Then everyone has to remember and follow the instructions! Take turns being the leader. Add more instructions to make it harder.

Acting Like Abish

For Alma 17–22



Sing “I Want to Be a Missionary Now”
(*Children’s Songbook*, 168).

Abish was a missionary when she helped people learn about Heavenly Father (see Alma 19:16–30).

Read the story of Abish on page FJ4. Now act it out!

Finish the Pattern

Here are four ways we can invite others to learn about the gospel.
Draw pictures in the blank spaces to complete the pattern on each row.

Invite a friend to hear you
give a talk in Primary.



Teach a friend your
favorite Primary song
and sing it together.

Share a copy of the
Friend magazine.



Tell someone how much
God and Jesus love them.



Jesus loves everyone!



Want to Go on a WALK?

By Sheila Kindred
(Based on a true story)

Abby and Sophie are going on a walk!





"And I, God, saw everything that I had made, and, behold, all things which I had made were very good"
(Moses 2:31).

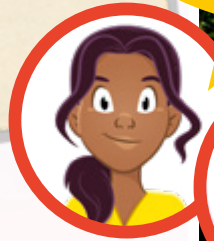




HELLO
from
Germany!



Hi,
we're Margo
and Paolo.
Join us as we visit
Germany!



Germany, or *Deutschland*, is a country in central Europe. It has forests and rivers, mountains and beaches, and villages and big cities. Around 13 million children live in Germany.

Germany has about 20,000 castles. Many are hundreds of years old. This is a famous one called Neuschwanstein.



Germany has two temples, one in Freiberg and one in Frankfurt.



Girls and boys enjoy going to Primary.

Sauerkraut, sausage, and *Spätzle* (noodles) are popular foods in Germany.



Germany is famous for its Christmas markets. Families love to look at the beautiful lights and eat tasty treats!



Here's what the *Children's Guidebook* looks like in German. How are you using your guidebook?

Meet some of our friends from Germany!



On the first day of school, each child gets a satchel, a pencil case, and a *Schultüte* (school cone) filled with sweets and little presents.

Thanks for exploring Germany with us. See you next time!



My favorite Book of Mormon story is when Christ visits and teaches the people. I want to follow Christ's commandment to not judge. The more I read about the Savior's teachings, the more I feel His love and peace.

Leila A., age 10, Franconia, Germany



I know if I keep the commandments, I have the assurance and security of staying on the path that leads to God. I can always know that I did something right when I feel the Holy Ghost.

Kaleb A., age 12, Franconia, Germany

Are you from Germany? Write to us! We would love to hear from you.



Swimming Like a SEAHORSE

By David Dickson

Church Magazines

(Based on a true story)

"The Holy Ghost . . . will show unto you all things what ye should do" (2 Nephi 32:5).

Robin stared into the swimming pool. He tried not to think about how far he had to swim. All that mattered was earning the badge. The *Seepferdchen* (seahorse) badge would show everybody in Germany that he knew how to swim all by himself.

I can do this! Robin thought. He took a deep breath and jumped.

SPLASH!

The cool water felt great on such a hot day.

Take it one meter at a time, Dad had told him. *Don't think about all 25 meters at once.*

Robin kept his head down. He moved his arms and legs the way he'd been practicing for months. Every few seconds he pulled up for air.

Kick. Stroke. Kick. Stroke.

Suddenly, the swimming teacher blew her whistle. Robin looked up in surprise.

"Way to go," his teacher said.

He'd done it!

Robin laughed and did a few underwater somersaults to celebrate. He was a seahorse!

When Robin got home, he hurried to find Dad.

"Dad, look!"

As soon as Dad saw the *Seepferdchen* badge, he smiled wide.

"On your first try?" Dad gave Robin a big hug. "What do you want to do to celebrate?"

Robin thought for a second. "What I would really like is to go to the pool with you. I want to show you what I can do."



Dad smiled even bigger. "Now *that* would be a celebration for both of us. As soon as I have some time, we'll go."

Robin pumped his fist in the air. He couldn't wait to have the badge sewn onto his swimsuit and go swimming with Dad.

Several days passed. Robin kept asking about the pool, but something was always in the way. Dad always seemed to be busy.

One morning Robin knelt by his bed to pray. At the end of the prayer, he added one more thing.

"Please give my dad some extra time so we can go to the pool. In the name of Jesus Christ, amen."

As Robin opened his eyes, he heard Dad knock on the door.

"Let's head to the pool. I want to see you in action!"

Robin's jaw dropped. "Dad! You won't believe this. I *just prayed* that you would get some extra time so we could go."

Dad folded his arms and leaned against the doorway. "Now, isn't that interesting? You see, *I* just heard a quiet message from the Holy Ghost that I should take you to the pool. Why don't we go now?"

They had a fantastic trip. Robin showed Dad how he could swim for 25 meters without stopping. Dad was impressed. And Robin was impressed with Dad's underwater somersaults. Dad could do five in a row!

"I'm glad Heavenly Father gave you some extra time today," Robin said.

"Actually," Dad said, "I think I was just letting myself get too busy. I think the Holy Ghost was reminding me that we have to *make* time for each other, don't you think? I promise to do my part."

Robin smiled. "Me too!"

Dad's eyes crinkled in a smile. "One more thing. Have I ever told you that I've never lost a splash fight?"

Robin grinned back.

"The day's not over yet!" ●



This story
takes place in
Germany!

Read more
about Germany on
pages 12-13.

BOOK REVIEWS

Compiled by MaryEllen Van Engelenhoven

***Girls Who Choose God: Stories of Extraordinary Women from Church History*, by McArthur Krishna and Bethany Brady Spalding; illustrated by Kathleen Peterson.** Read about 15 amazing women from early Church history. Each had an important moment when their decision to choose God made a huge impact!

***Maybe*, by Kobi Yamada; illustrated by Gabriella Barouch.** You are the only you there ever has been or ever will be! This is a story for who you are right now and all the magical potential you hold inside.

***Kitchen Science Lab for Kids: 52 Family-Friendly Experiments from Around the House*, by Liz Lee Heinecke.** When it comes to learning science, there's no place like home! Gather around to explore the amazing worlds of physics, chemistry, and biology with fun kitchen experiments for all ages!

***Kid Chef Junior*, by Anjali Shah.** Learn how to chop, whisk, bake, and cook while you laugh at the silly jokes included! With recipes like butterfly quesadillas, magic unicorn toast, and

tricolor ice pops, you'll have just as much fun making your food as you do eating it!

***Be Kind*, by Naomi Shulman; illustrated by Hsinping Pan.** One of the great things about being kind is that it inspires more kindness. Learn more ways to make kindness a habit you won't want to break!

***All the Ways to Be Smart*, by Davina Bell; illustrated by Allison Colpoys.** Learn the different ways you are smart your whole day through! Every hour of every day, we're each smart in our own special way.

***The Big Book of the Blue*, written and illustrated by Yuval Zommer.** Meet all kinds of slippery, shimmery, weird, and powerful sea creatures from around the world. Look for 15 different ocean species in a search and find. Watch out for imposters!

***Incredible You*, by Rhys Brisenden; illustrated by Nathan Reed.** Ever had a bad day and just wished that you were someone else? But wait—just think of all the amazing things YOU can do!



I Want to Be a Missionary Now

Words and music by
Grietje Terburg Rowley

Brightly ♩ = 108-120

1. I want to be a mis - sion - a - ry now. I don't
(2. I) want to tell my friends a - bout our church. And the
(3. Then) I can be a mis - sion - a - ry now. I don't

1. want to wait un - til I'm grown. I
2. hap - pi - ness it brings to me. I'll
have to wait un - til I'm grown. I'll

3. want to share the gos - pel while I'm young, For I
tell them how the gos - pel was re - stored, Tell them
live each day the best that I know how, And they'll

1. 2. F
have a tes - ti - mo - ny of my own. 2. I
how the Book of Mor - mon came to be. 3. Then
see I have a tes - ti - mo - ny

3. F
of my own, A tes - ti - mo - ny of my ver - y own.

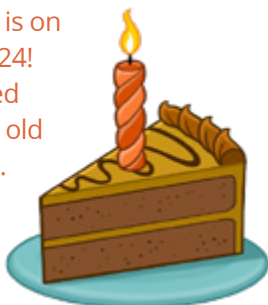
Watch a sing-along video for this song at
children.ChurchofJesusChrist.org. Click on "Videos."

ELDER D. TODD CHRISTOFFERSON

Of the Quorum of the Twelve Apostles



Elder Christofferson's birthday is on January 24! He turned 75 years old this year.



He helped take care of his family's sheep. During a spring blizzard one year, he worked to save the baby lambs.

His first name is David.



As a boy, he had a summer job picking pears and peaches.

He and his wife, Katherine, have five children and 17 grandchildren.



"Wherever you are, your Heavenly Father is mindful of you."

Elder D. Todd Christofferson

"Brethren, We Have Work to Do," Ensign, Nov. 2012, 48.

A vibrant cartoon illustration of two boys building a treehouse in a backyard. One boy, wearing a yellow hard hat and a striped shirt, is perched on a tree stump, holding a wooden plank. The other boy, also in a yellow hard hat and safety glasses, is on the ground, holding a hammer and a plank. The scene is filled with various tools like hammers, saws, and a drill, as well as a boombox, a bicycle, a dog, and a cat. The background shows a fence, a house, and a large tree with leaves falling.

KELLY'S PRAYER

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

Kelly and her mom walked up to the church building and looked around. It was beautiful, with palm trees swaying outside. The sign on the building said, “The Church of Jesus Christ of Latter-day Saints” in two different languages—Malay and Chinese.

Kelly didn't know much about Jesus Christ. And she had never been to church before. Her mom's friend, Liza, went to church here. She had invited Kelly and her mom to come with her.

As they went inside, people smiled and said hello. Everyone was so nice. Kelly and Mom followed Liza upstairs to a big room. Liza said it was called a chapel.

Kelly sat down next to Mom and Liza in a row of chairs, and soon church started. She listened to the music. She liked how it made her feel, even though she didn't know the words.

At the end of the meeting, a woman got up to say a prayer. Kelly looked around as everyone else folded their arms and closed their eyes. She still felt something really good inside. What *was* it? It felt different than anything she had felt before!

As they left the church later, Kelly told Mom about the feeling she'd had during the prayer.



“Well,” Mom said, “I didn't really feel anything special.”

But Kelly kept thinking about how she'd felt at church. She had liked the prayer. And she had liked hearing about Jesus.

“Can the missionaries teach me?” Kelly asked Mom. “I want to learn more.”

“That should be fine,” Mom said.

The missionaries taught Kelly how to pray and how to read the scriptures. They taught her about Jesus and how He loves us. They gave her a small picture of Jesus to help her think about Him. Kelly liked what she was learning.

One day the missionaries gave her a special challenge. “Will you try to pray during the week?” they asked.

Up until now, Kelly had only prayed with the missionaries. But she wanted to try it on her own. She knew Heavenly Father was always listening, and He wanted to hear from her.

“I'll do it,” she promised.

The next day at school was a special one. Kelly was going to sing in a competition! She had learned a beautiful new Chinese song. Learning all the notes and tones had been hard work! She had practiced and practiced and practiced.

Now that it was time to perform, Kelly was nervous. She pulled out the picture of Jesus she had put in the pocket of her school uniform that morning. She decided to say a prayer, like the missionaries had shown her. "Heavenly Father, please help me let go of my nervousness," she prayed. "In the name of Jesus Christ, amen."

Then Kelly stepped out onto the stage. She stared

at the audience and the judges. She thought about the picture of Jesus in her pocket and felt a little bit better. She took a deep breath and started to sing.

She sang all the words just like she'd practiced. As she sang the last note and took a bow, Kelly knew Heavenly Father had heard her prayer and helped her.

With a smile, Kelly walked off the stage. She couldn't wait to tell the missionaries about what happened! She wanted to keep praying every day. ●

This story took place in Malaysia.



My COOKING Goal

By **Fernanda G., age 10,**
Paraná, Brazil

I wanted to get better at cooking. So when I got my *Children's Guidebook*, I set a goal to cook with my dad. Whenever my father would cook, I watched him and saw how cool it was. I wanted to learn to cook like him.

My dad and I went to the store to buy ingredients. Then he taught me step by step how to turn flour into a beautiful cake. Later he also taught me how to make other things.

Working on this goal has helped me be closer to my dad. I love spending time with him! He has been a great teacher. One thing he taught me was that when we're cooking, I can't be distracted on my cell phone!

Now when I think of cooking, the feeling that explodes inside me is joy, because I love cooking! This goal helps me not only do something I love but grow spiritually too. I like that I get to choose my own goals. Heavenly Father wants to help me with this goal because He wants me to grow my talents. He wants to help me because He knows it makes me happy. ●



Your Children's Guidebook can help you set goals to grow closer to Jesus.



Ask a parent or another person you admire to teach you something new!

A Rock-Solid Father's Day Gift

Make this paperweight to show your appreciation for your dad or someone else you love! Be sure to get an adult's help.

SUPPLIES NEEDED:

- 1/2 cup flour
- 1/4 cup salt
- 1/4 cup water
- small rocks or gravel
- optional: clear nail polish



1.

Mix flour, salt, and water in a bowl. If the dough is too sticky, add more flour a tiny bit at a time. If it's too dry, it may crack later.



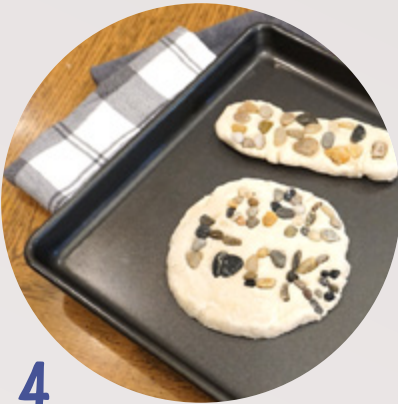
2.

Press the dough into whatever shape you want: circle, square, or even a football. Just make sure the dough is about 1–2 inches (2–5 cm) thick.



3.

Next, push small rocks or gravel into the dough to spell out "Dad rocks" or another message.



4.

Preheat oven to 250°F (120°C). Place your paperweight on a baking tray. Bake for three hours, or until the paperweight is completely dry.



5.

Optional: After it cools, you can seal your creation by brushing on some clear nail polish.



Don't forget to share it with your loved one!

"Honor your parents by showing love and respect for them."

For the Strength of Youth. 14.

WHO AM I?

Here's a game to play with family or friends. How many people from the book of Alma can you identify?

1. Cut out the "It's not me!" buttons to the left and the cards on page 27. Don't cut out the pictures to the right.
2. To start playing, pick one of the cards from page 27. Don't show anyone which card you picked! The rest of the group will try to figure it out.
3. To figure out the mystery card, the group looks at the pictures on page 25. Then they take turns asking yes-or-no questions about what the people on the cards look like or what they did.
4. When the group learns something that narrows down who the mystery person is, they can use the "It's not me!" buttons to cover the eliminated pictures. For example, if they ask, "Does your person have brown hair?" and the person with the card says no, they would put "It's not me!" buttons on everyone with brown hair.
5. After figuring out who the mystery person is, read the story from the card out loud to the group. Then play again by clearing off the buttons and having someone else pick a new card.

Tip: Before you start, you could read all of page 27 out loud so everyone remembers the stories!





ALMA THE
YOUNGER



AMMON



ANTI-NEPHI-
LEHIES



THE QUEEN



KING LAMONI



ABISH



AARON



KORIHOR



AMALICKIAH



CAPTAIN MORONI



THE
MAIDSERVANT



STRIPLING
WARRIORS



By Elder
Gary B. Sabin
Of the Seventy

No One Was Left Out

“Be ye all of one mind, having compassion one of another” (1 Peter 3:8).

My son Justin grew up with a difficult disease. Sometimes he was very weak. He couldn’t always do things like everyone else, even though he tried. He knew what it felt like to be different.

One day Justin and his friends got together to play a game. They had to hit a ball with their arms to keep it in the air. One of the girls who came to play had a broken arm.

It would have been easy to say, “OK, we’re all playing, and she’s just going to watch.”

But instead, Justin said, “I have a great idea. We’re all going to play with one arm.” Everybody played the game using just one arm, including the girl who was wearing a cast. No one was left out.

Justin is my hero. He always looked at other people and thought, *How do they feel?* Justin was sick for most of his life, but he was happy because he helped other people and followed Jesus Christ.

We all have challenges, but we have so much to be happy about. Do what you can. Trust God. The greatest happiness comes not from focusing on yourself but from focusing on others. ●





Abish

I was converted to God years ago, when my father had a vision. While working for King Lamoni, I helped many people learn about the power of God.



King Lamoni

When I learned about the gospel, I had a vision. I saw Jesus! I shared my testimony with my father and helped rescue missionaries from prison.



Korihor

I tried to convince people that Jesus wasn't real and demanded proof that there was a God. Suddenly I couldn't talk or hear!



Ammon

I'm one of the sons of Mosiah. During my mission, I protected King Lamoni's flocks. I taught King Lamoni and the queen about the gospel.



Anti-Nephi-Lehies

We used to be Lamanites who fought a lot, but we decided to follow God. So we buried our weapons of war and promised never to fight again.



Alma the Younger

I'm named after my father, the prophet. My friends and I made bad choices. But then we repented and became missionaries.

WHO AM I?—Pick a Card

Use these cards to play the game on pages 24–25.



The Queen

I protected my husband when others thought he was dead. After I learned about God, my servant Abish helped me stand and teach others.



Captain Moroni

I was captain of the Nephite army, but I didn't like hurting people. I made the title of liberty to remind people of what was most important to protect.



Stripling Warriors

We learned about faith from our mothers. When we needed to protect our families, we trusted that God would help us. And He did!



Aaron

I'm one of the sons of Mosiah. On my mission, I taught the father and mother of King Lamoni. Then they created laws protecting missionaries in their lands.



Amalickiah

I wanted to be king so badly! I poisoned the Lamanite chief and took over his army. I tried to convince people to fight and hurt each other.



The Maidservant

When someone hurt me, I was brave enough to tell someone about it and ask for help. I worked with Captain Moroni to protect his people.

Show and tell



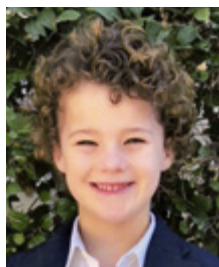
Andrew R., age 8, Texas, USA



My friend's little sister is afraid of dogs. When some dogs came near us, I shoed them away so

she wouldn't be scared.

Hyrum F., age 7, Maputo, Mozambique



Iremind my family to pray and read the scriptures every night.

Fierston E., age 6, California, USA



At school, some of the students like scary stories. They told one story to me that really started

haunting me at night. One night, I decided to pray to Heavenly Father to keep my mind off it. He helped me sleep every single night. That's when I realized I can pray to Him anywhere and anytime.

Enerel T., age 11, Ulaanbaatar, Mongolia



At school, a new kid was in my class. At first I went with the crowd and bullied him. I

talked to my parents, and they told me that I should change. The next day I played with him. Now we are friends. It's better to help people than to bully them.

Miles G., age 10, Utah, USA



I had a spelling test, and my teacher said I got 100%. My friend looked at my test and told me that one of the words wasn't right. I told the teacher, so she corrected the score. I felt happy because I was honest.

Eva W., age 8, Minnesota, USA



When I was younger, I had a skin disease. Every day I prayed for Heavenly Father to heal me. I learned to be patient, and after five years I was healed. I know that Heavenly Father hears our prayers.

Juyoung K., age 12, Gyeonggi, South Korea



I love having pet stick insects. One of them became very sick. I said a prayer that she would recover. The next morning, I looked into her cage, and she was all better. I know Heavenly Father heard my prayer.

Tahnee C., age 8, Wellington, New Zealand



My favorite recipe is Grandma Great's applesauce oatmeal cookies. Grandma Great died and is now with Heavenly Father and Jesus. Mommy and I make these cookies to remember her.

Lydia B., age 5, Texas, USA



My dad had a stroke and went to the hospital. He was still in the hospital when I turned eight. I decided to wait until my dad was out of the hospital to be baptized and confirmed. It was one of the happiest days for me.

William M., age 9, Queensland, Australia

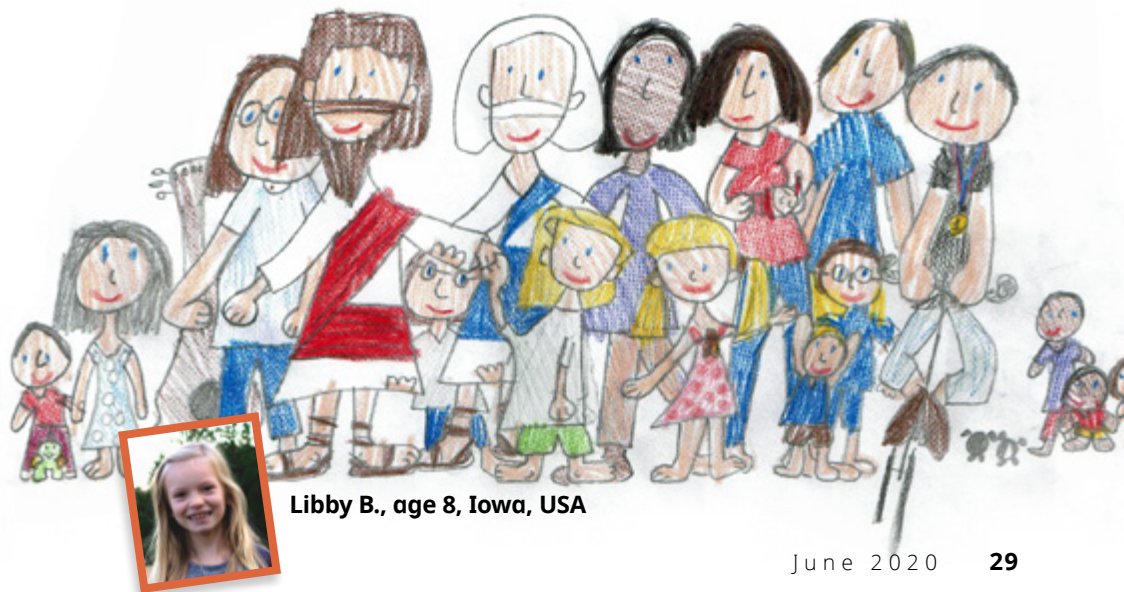


I love playing the cello because when I play good songs, it helps me feel the Spirit.

Michael B., age 10, Michigan, USA



Alexia W., age 10, Heredia, Costa Rica



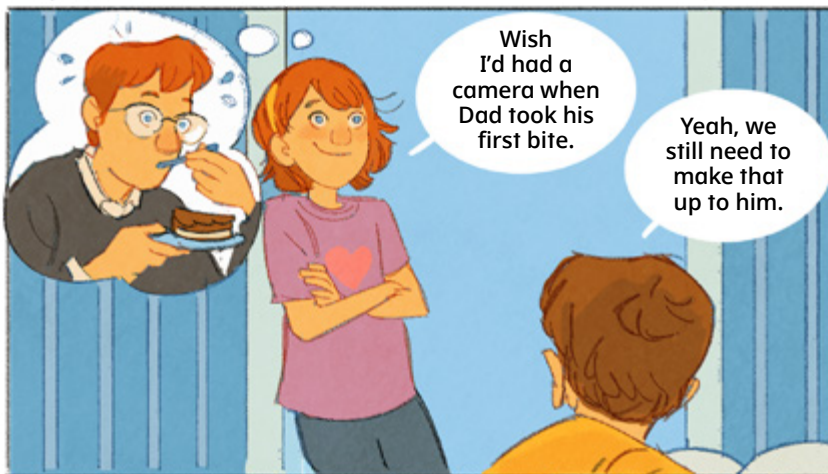
Libby B., age 8, Iowa, USA



Miguel T., age 7, Nuevo León, Mexico

GOD LOVES EVERYONE!

MATT AND MANDY



for older KIDS



A LOOK INSIDE THE TEMPLE

Some temples have beautiful staircases.

They can help us remember that we are here to grow and become closer to Heavenly Father, one step at a time.

Circle every third letter to find out where this temple is located. The first two are done for you. See page 39.

ⓅⓐⓂⓈⓁⓎⓐⓅⓈⓀⓔⓐⓇⓃⓐⓄⓈⓌⓉⓀⓔⓐⓁⓐⓂⓐ

ART CHALLENGE

Use building blocks to make a scene from your favorite Book of

Mormon story, like Thomas did!



FAMILY HISTORY CORNER

Choose a grandparent you want to learn more about. Look up the year they were born and find out what world events or inventions happened that year. How was life different back then?



SECRET SERVICE

- Pass out stickers to kids waiting in line.
- Invite a younger sibling to play with you and your friends.
- Sing a song, say a poem, or share another talent with someone who is lonely.

BRAIN TEASER

Why can't your head be 12 inches long?
(See page 39)

SCRIPTURE POWER



Nephi is one of my heroes. He was brave enough to go and get the plates from Laban. He was also obedient to the Lord in building a ship. He trusted the Lord would help him, even though he had never built a ship before. When his brothers were mean to him, he forgave them. I hope to "go and do" whatever the Lord asks me to do, just like Nephi.

Thomas P., age 10, Florida, USA

The Only **BALD** Deacon

*Was everyone going to
stare at Carlos?*



By Haley Yancey

(Based on a true story)

"They may always have his Spirit to be with them" (Doctrine and Covenants 20:77).

Carlos rubbed his hand along his head, feeling his bare scalp. He sighed.

His hair had been falling out for a while now. It was a side effect of the cancer treatments he was having. Carlos had decided to shave the rest of it off because he didn't like how patchy his hair looked. He used to have shiny dark hair. Now all he had was a shiny scalp.

"Carlos? Are you ready for church? It's time to go," Mom called.

"Coming," Carlos called back. He straightened his favorite tie and grabbed his scriptures. Then he ran out to the car.

This would be his first Sunday passing the sacrament without any hair. He was going to be the only bald deacon. Was everyone going to stare at him?

Carlos didn't say anything for the whole drive to church. He listened to his siblings and parents talk. His stomach was doing flips, and his hands were sweaty. The closer they got to church, the jumpier his stomach got.

The car pulled into the church parking lot. Everyone unbuckled their seatbelts. Everyone except Carlos. Part of him wanted to just sit in the car and never come out.

Mom noticed he wasn't moving. "What's wrong, Carlos?"

"I'm nervous about passing the sacrament. I don't want everyone to stare at me," Carlos said.

Mom turned around to look at Carlos. "Would you like to say a prayer before we go in?"

"Yeah," Carlos said. Everyone folded their arms and closed their eyes while Carlos said a prayer. He thanked Heavenly Father that he was able to pass the sacrament. Then he asked for help to not worry about other people

staring at him. When he opened his eyes, he felt peaceful and ready.

"That was a beautiful prayer. I know Heavenly Father will help you," Mom said.

Carlos smiled. He remembered the end of the sacrament prayer, "that they may always have his Spirit to be with them" (Doctrine and Covenants 20:77). Helping others have the Holy Ghost with them was one of Carlos's favorite parts of passing the sacrament. Now he felt warm and confident. He was ready.

Carlos walked into the chapel. He looked for his friends in the deacons quorum in the pews in front of the sacrament table. He couldn't see them. Instead, he saw seven bald heads. Where were all of his friends from deacons quorum?

He walked up to the pews and realized that those seven bald heads belonged to his friends!

The deacons quorum president, Samuel, was smiling at Carlos. "We had the idea to shave our heads. We didn't want you to feel alone."

Carlos hardly knew what to say. He thanked his friends and prayed silently to Heavenly Father. He thanked Him for blessing him with such good friends.

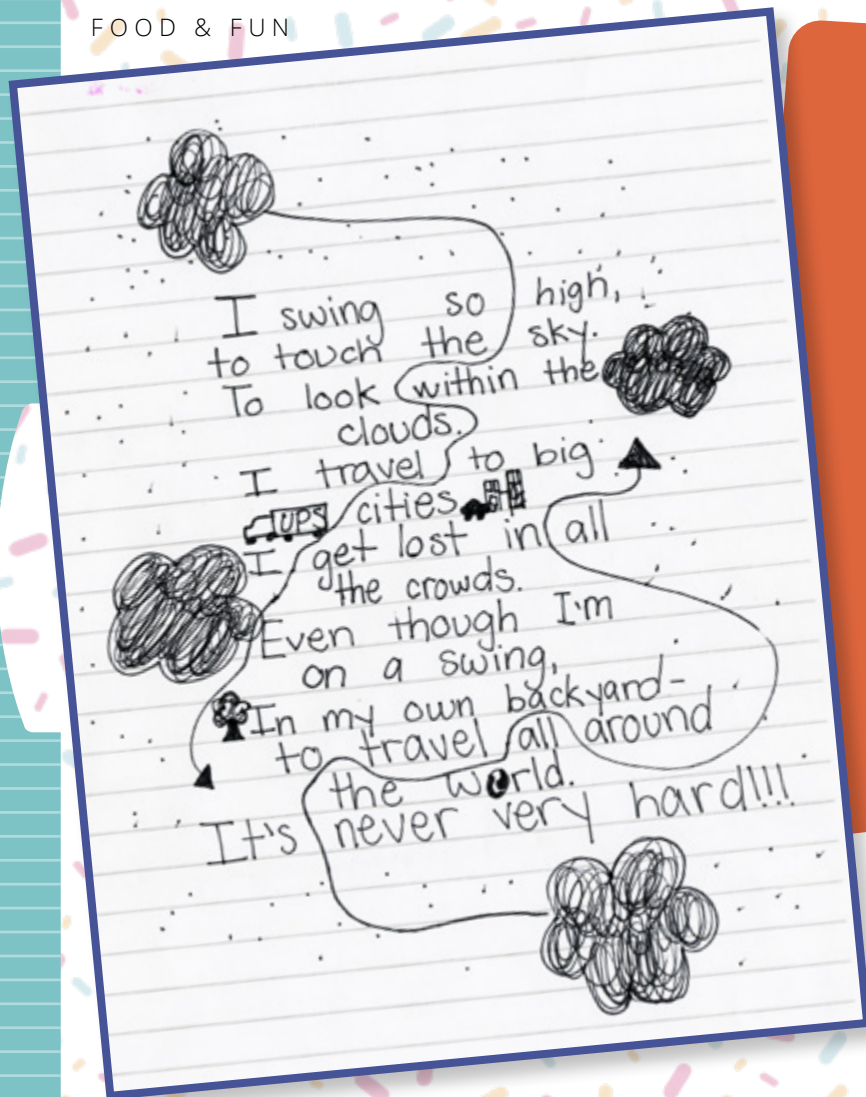
Carlos stood tall as he passed the sacrament. He wasn't alone at all! He had good friends, *and* he had the Holy Ghost with him. ●

The author lives in Utah, USA.



When someone in my ward got really hurt, I prayed every day for him to get better.

Tabitha F., age 11, Utah, USA



Poetry Workshop

Think of a place you love to go.
 Imagine yourself there and answer
 these questions:

- What do you touch?
- What do you see?
- What do you smell?
- How do you feel?

Now use your answers to write a
 poem! It doesn't have to rhyme.
 Draw pictures around the words to
 decorate it.

Check out this great poem by
 Madelaine H. from Utah, USA!

Ice-Cream-Cone Cake Pops

Make an ice-cream cone that won't melt! Be sure to get an adult's help.

15 mini ice-cream cones

1 9x9-inch (23x23-cm) cake of your choice (already baked)

Frosting of your choice

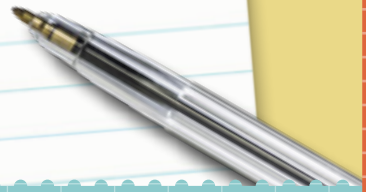
Melted chocolate

Toppings like nuts, sprinkles, or small candies

1. In a big bowl, break the cake into small pieces. Add 1 cup of frosting. Mix it together until the cake is sticky but still crumbly.
2. Shape half of the cake mix into 15 balls. Place them on a tray lined with waxed paper and refrigerate for an hour. Meanwhile, fill the ice-cream cones with the rest of the cake mixture.
3. Use melted chocolate to "glue" the cake balls to the top of the cones. Refrigerate until completely set.
4. Dip cake pops in melted chocolate so the top is covered. Finally, add toppings and enjoy!



Sometimes I worry about my family. How can I
feel OK when my family isn't perfect?
—Questioning in Quetzaltenango



Dear Questioning,

Sometimes it might seem like other families are perfect. But every family is different, and they all have challenges.

Maybe there are ways you can help your family. No matter what your family is like, you can try to love and serve them like Jesus would. You can ask teachers and leaders for help and support too. Most important, no matter what you are always part of Heavenly Father's family. He loves all His children, and He loves you!

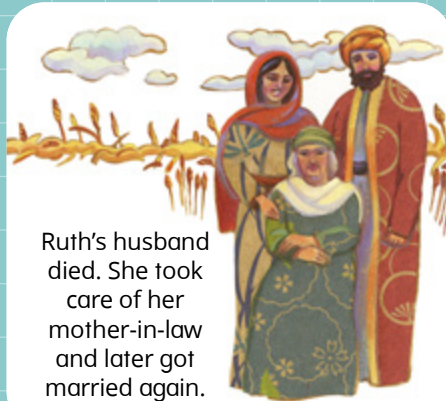
You are loved!

The *Friend*

Not all families are the same. Here are some pictures of families in the scriptures.
Draw your own family portrait in the empty box!



Moses was adopted by
Pharaoh's daughter.



Ruth's husband
died. She took
care of her
mother-in-law
and later got
married again.



Lehi and Sariah had a large
family. Their children didn't
always get along.



Jesus Christ was the son of
Mary and Heavenly Father.
Joseph was a wonderful
stepdad.

My Family

The Strongest Person



"Be strong and of a good courage"
(Joshua 1:9).

Olivia burst through the door after school. "Mom! I'm supposed to write about the strongest person I know! Who should I write about?"

Mom looked up from her computer. "The strongest person you know, huh? Well, how do you know if someone is strong?"

Olivia flexed her arms. "They have really big muscles!"

"What else?"

Olivia thought for a moment. "Um ... they can lift really heavy things."

"Well, that's a start," Mom said. "When is your paper due?"

"In two weeks," Olivia said. "I'll keep thinking about it."

Later that night, Olivia watched her little brother, Reese, play with their stepdad, Trevor.

"Can you lift me over your head?" Reese asked.

"Sure!" Trevor swung Reese into his arms and held him up high. "How long do you want to stay up there?"

Reese giggled. "Forever!"

Olivia laughed too.

At first she hadn't been sure about Trevor, after her parents divorced and Mom married Trevor. He was all right, but he wasn't her dad. She had clashed with Trevor over a lot of things, especially when he tried to give her chores. But then she started getting along better with him. He

liked a lot of cool things, like biking and running. And she could see that Trevor really cared about her family.

Reese started flapping his arms. Trevor had been holding him up there for so long that Reese was pretending to be a bird. Suddenly Olivia had an idea. She ran to the kitchen.

"I'm going to write about Trevor!" Olivia said. "He's been getting ready for his half marathon, so he's really strong."

"I think that's great!" Mom said. "Are you going to tell him about it?"



She Knew

By Jane McBride and
Charlotte Larcabal

(Based on a true story)



Olivia shook her head. "I'll show him when it's all done and graded. I want it to be a surprise."

After dinner Olivia got out a clean sheet of paper. She wrote, "The Strongest Person I Know" at the top. Over the next two weeks, Olivia wrote a little bit every day. At first, she wrote about how Trevor lifted heavy weights and went on long runs.

Then she started noticing all the things he did for their family, like helping Olivia shop for silly hairbows the night before her school's "crazy hair day." Or when Mom got sick and he stayed home from work to take care of the family. That week, Trevor hadn't been able to train for his half marathon, even though it was only a week

away. He was too busy doing laundry, cooking meals, and helping Mom feel better. But Trevor said he didn't mind. "Family comes first," he told Olivia.

Olivia realized that there were many ways to be strong, like doing hard things. She wrote about how being strong meant choosing the right. It meant making sacrifices to help those you love.

On the day of Trevor's half marathon, the whole family came to cheer him on. Olivia found Trevor stretching before the race and handed him her essay. The teacher had given her an A+!

"I wrote this about you," she said.

Trevor read it. There were tears in his eyes. "Thank you!" he said. "This means so much to me."

Olivia grinned. "Good luck," she said. "We'll see you at the finish line!"

Mom, Reese, and Olivia watched excitedly as runners made it to the end of the race. When they saw Trevor, they waved and cheered.

Nobody cheered louder than Olivia. ●

The author lives in Colorado, USA.



"The way we choose to see things and respond to others makes all the difference."

President Thomas S. Monson
(1927–2018)

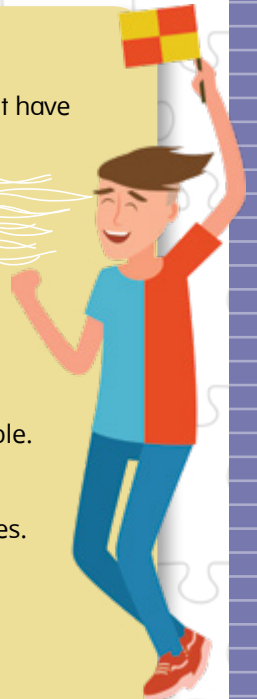
"Living the Abundant Life," *Ensign*, Jan. 2012, 4.

Puzzle Page

Right Answer, Right Now

Can you find one word that answers both clues in a line? The word will be spelled one way but have two different meanings. The first has been done for you. Check answers on page 39.

- Someone who loves a sports team. fan This keeps you cool.
- Another word for "strange." _____ Not an even number.
- Metal container for food or drink. _____ The opposite of can't.
- Uppercase letter. _____ City where the government meets.
- Moving down really fast to avoid a dodgeball. _____ "Quack!"
- When leaves turn red, yellow, and orange. _____ To trip or stumble.
- Costumes, props, and applause. _____ Having fun with a friend.
- What tape does. _____ Branch from a tree, usually without leaves.
- Winged food for frogs. _____ The quickest way to travel.



Book of Mormon Art Show!



Boston K., age 10, Utah, USA



Harper L., age 7, Waikato, New Zealand

FUNSTUFF ANSWERS

Page 31: Because then it would be a foot!; Payson, Utah

Page 38: 1-fan, 2-odd, 3-can, 4-capital, 5-duck, 6-fall, 7-play, 8-stick, 9-fly



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ3, 20, and 16.

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.

The Last Laugh



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

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

Date

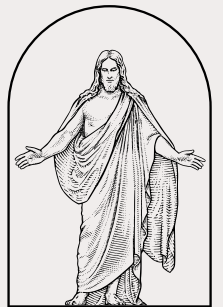
Email of parent or legal guardian

the Friend

junior



16797 Jun 20



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

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
Alma 5-7

OUR BODIES

Read Alma 5:14 together and help your little ones say,

"I'm trying to be like Jesus." Hold up a picture of Jesus and explain that He has a body. Help your children point to His eyes, hands, feet, etc., and then point to those parts of their own bodies. Talk about how Jesus wants us to use our body to make good choices and follow His example.



FOR
Alma 8-12

FRIENDSHIP

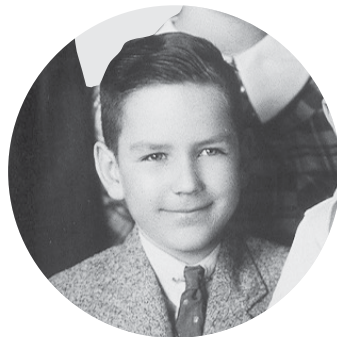
Read Alma 8:26-27 together and help your little ones say, "I can be a good friend." Sing a song about friendship, like "Our Door Is Always Open" (*Children's Songbook*, 254). Practice sharing food with each other, like Amulek shared his food with Alma.



FOR
Alma 13-16

FOLLOW THE PROPHET

Read Alma 16:16 and help your little ones say, "We are blessed when we follow the prophet." Watch a child-friendly video about President Nelson at children.ChurchofJesusChrist.org. Click on "Videos" and "Meet the Apostles."



FOR
Alma 17-22

TELLING ABOUT JESUS

Read Alma 19:17 and help your little ones say, "I can tell others about Jesus." Read about Abish on page FJ4. Then take turns knocking on the doors in your house and pretending to invite people to learn about Jesus.



Hi, Friends!



I like reading the Book of Mormon
because Jesus is in it.

Brayden, age 5, Washington, USA



I choose the right when I help
my Mom tidy up.

Caileen, age 3, Manila, Philippines



I like the Book of Mormon story
when Nephi tells his brothers to be
nice and repent.

Madilyn, age 3, Utah, USA



I like to hike!

Konnor, age 4, Alaska, USA

Koa and the Sacrament



Koa likes to go to church with his family.



Koa hears music. He sings the sacrament hymn.



Koa sees the white cloth over the sacrament trays.



Koa thinks about Jesus.
He listens to the sacrament prayers.



Koa eats the bread. He drinks the water.



Koa is reverent. He feels happy inside!

Help Koa Walk to Church

Koa and his family are walking to church. Can you help them get there?



See *Come, Follow Me*
for Alma 13–16.

Abish Shared the Gospel



A woman named Abish worked for the king and queen. She believed in God. Most people around her did not believe in God. One day she saw a missionary named Ammon teaching the king and queen about God and Jesus Christ.



When the king and queen learned about the gospel, they were so happy! They fell down and didn't move. Abish knew that they were feeling the power of God.



Abish wanted everyone to learn about God. So she ran from house to house and told people to come and see what had happened.

After the crowd gathered, Abish helped the queen stand up. Then the queen helped the king stand up. They started teaching people about the gospel.



See *Come, Follow Me* for Alma 17–22.



I can be like Abish. I can help other people learn about
Heavenly Father and Jesus Christ. ●

Read about this story in Alma 18–19.

Abish Had Faith in God



How can you help people learn about God?

“Art time!” Miss Shirley said.
Brynn was excited. Art time was her favorite! They drew something new each class. Maybe today they would draw a slimy frog. Or a tall mountain. Or a pretty flower.
Brynn loved to draw!

“Art time will be special today,” Miss Shirley said. “We won’t all draw the same thing. You’ll each get to pick.”

Brynn smiled big. Maybe she could draw lots of different things!

“But there is one rule,” said Miss Shirley. “I want you to draw something you’re thankful for.”

Thankful for JESUS



What should I draw? Brynn thought. She reached into her backpack for her crayons. She was thankful for so many things! She was thankful for animals. And Mom and Dad. And the big, blue sky.

Then Brynn remembered something. It was something she learned in home evening last week. Mom said Jesus created the whole world. He made the oceans and mountains and flowers. He even made all the animals!

Then Brynn knew what she was thankful for most of all. She started drawing.

When they were done, everyone shared their drawings. There was an ice-cream cone. A family. A pair of skates.

Then it was Brynn's turn. She walked to the front. She held her drawing up high.

"I'm thankful for Jesus," she said.

Brynn had a warm feeling in her heart. It felt good to be thankful. ●

The author lives in Utah, USA.

