



Sophie, have you heard of Vitamin L? I think it might help you with your little brother.



Tell me more!

**By Megan Andersen**

(Based on a true story)

*Love one another as Jesus loves you. Try to show kindness in all that you do (Children's Songbook, 78–79).*

**B**ut Dad, it's not my fault!" Anne said. "I was being nice to Lacy, but she just kept yelling at me. When I finally yelled back, you came in and got angry with me. It's not fair."

"I know," Dad said, "but you're older than Lacy. You know better."

"She should know better too." Anne started crying and Dad hugged her.

"You're her older sister," Dad said. "Just like Jesus is a good example for you, you should be setting a good example for Lacy."



ILLUSTRATION BY MARK ROBISON

**"I will honor my parents and do my part to strengthen my family."**

My Gospel Standards



Anne sniffed. "I try so hard to be like Jesus, but Lacy just makes me so angry sometimes and I forget. It's hard to remember."

"You're right, Anne. It is hard to remember sometimes," Dad said. "I have an idea. If you take extra big helpings of Vitamin L every day, soon it won't be hard for you to remember to be like Jesus. Maybe Lacy will start to remember to be like Jesus too."

"Vitamin L? What's that?" Anne asked.

Dad kissed her head and said, "Love."

Every day Anne tried to remember her Vitamin L. In her morning prayers she asked Heavenly Father to help her remember. Then she would imagine chewing and swallowing her Vitamin L.

But it was still hard to remember. Sometimes, when Lacy said something mean, Anne forgot all about Vitamin L.

On Sundays, Dad asked Anne how her Vitamin L was working. Anne told him about helping Lacy make her bed and letting Lacy play with her toys. But it didn't seem to be helping. Lacy still got angry with Anne, and Anne still got angry back.

Dad hugged Anne and said, "Keep trying. Remember all the people who got angry with Jesus and said mean things to Him. But He loved them anyway. I know you can do it."

Anne kept trying. She shared treats with Lacy and let Lacy sleep with her favorite teddy bear. When Lacy asked to borrow Anne's fluffy, pink gloves, Anne only thought a moment before saying yes; and when Lacy fell down during recess, Anne ran to help her get up.

Day by day, it was getting easier and easier for Anne to remember Vitamin L. Then one afternoon Lacy walked into their bedroom holding Anne's teddy bear. She climbed onto Anne's bed. She wrapped her arms around Anne's waist and squeezed tight. "I love you, Anne," she whispered.

Anne hugged Lacy back. "I love you too." ♦