

March 2018

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

the Friend



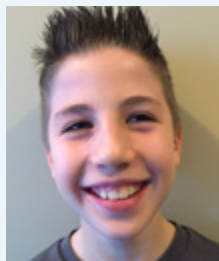
Join the Book of
Mormon Reading

CLUB

See page 7

FRIENDS BY MAIL

Game Changer



Last year on the first day of school, I met a new student. He made friends with boys who didn't have good standards. They swore and sometimes made fun of other people. After a few weeks, I joined their group.

My mom started to notice some changes in my attitude. I got into trouble with these boys, who I thought were my friends. My mom spent months telling me that if I wanted to make better choices, I needed to switch my friends. But I didn't believe my mom. I got into a fist fight once. I didn't feel very happy. I felt frustrated sometimes.

Fast forward four months. . . . One afternoon I read a story

from the *Friend* called "Game Changer" (April 2017). When my mom and I were done reading the story, I felt in my heart that I needed to change friends or I would continue to have a bad last two months in school.

The next day I went to school and decided to sit away from my friends. I sat beside a girl named Olivia. We

By Melissa Puente
(Based on a true story)

"Oh, may I always listen to that still small voice. And with His light I'll do what's right each time I make a choice!" (Children's Songbook, 1:105).

Caleb rolled over in bed and sighed. He thought about his favorite online game. That castle he built yesterday was awesome—if I ever get the chance to finish it! But I can't keep playing when everyone's using bad words. Maybe Henry and his other friends were playing online together right now.

Just then Mom knocked on his door and saw Caleb still in bed. "Why aren't you getting ready for church?" "I don't want to go," Caleb said. He turned and stared at the wall.

"Are you still thinking about the message board yesterday? I talked to Henry's mom like you asked."

"But it didn't even make a difference."

"I'm sorry about the game," Mom said. "For now, can you get ready so we're not late?"

"I'm tired of feeling different!" said Caleb. "I just want to do what my friends are doing. They're not going to church today."

Mom nodded. "Sometimes choosing the right is lonely, but that's one reason we go to church."

"To feel lonely?"

"No, to feel the Holy Ghost. When we feel lonely, the Holy Ghost can comfort us."

Caleb didn't say anything. But why am I the only one who has to make good choices? he thought. No one else stopped playing when they saw the bad words.

"Can we talk about this more after church?" Mom asked.

"OK," Caleb slowly got dressed and grabbed his scriptures.

During sacrament meeting, Mom asked Caleb how he was feeling.

"Bored. I want to go home."

Mom put her arm around Caleb. "Are you listening to the talks? This is a good one."

Caleb looked up. Bishop Marsh was talking about commandments. Caleb started listening. After a while, a peaceful feeling started to push out his grumpy feelings. He kept listening. The feeling grew stronger until it seemed to fill him all the way up.

"How are you feeling now?" Mom whispered.

"Pretty good."

In Primary they talked about how the Holy Ghost can

guide and direct us. When Caleb came home, he felt like everything would be OK. He was actually glad he'd gone to church.

On Wednesday, Caleb was doing his homework in the kitchen. Mom came and sat by him.

"By the way," she said, "Henry's mom found out who was using the bad words and asked him to stop. It turns out some other kids were uncomfortable too. She started monitoring the message board, and everyone's using better language."

Caleb nodded and twirled his pencil. "Well, Henry and I decided we were getting too addicted to the game, so we're taking a break. It's nice to not always be thinking about it. But I'm glad the guys are using good language."

"Sounds like you helped your friends make better choices," Mom said. "Remember how you said you felt different from your friends? Well, there's something that does make you different, but in a good way. Do you know what it is?"

Caleb thought, "I have the gift of the Holy Ghost!"

"That's right," Mom said. "The Holy Ghost helps you notice and avoid things that can hurt your spirit. I think He also prompted you to leave me to talk to Henry's mom. Sometimes you'll be the only one making a good choice. But when you follow the Holy Ghost, you'll be happier in the long run."

Caleb smiled. He did like having the Holy Ghost with him—even if it meant being different.

The author lives in Connecticut, USA.

The kids on my bus are really disrespectful, and I used to always getting on their nerves. My older sister told me to read the Holy Bible. I'm full of Church songs, and now I don't direct gang on the bus. I'm glad I have the Holy Spirit and some Church magazines. I am really glad the Church can help me stay on the right path.

Samantha N., age 11, Arizona, USA

Game Changer

Caleb wanted to do what his friends were doing

DEAR FRIENDS

Easter is on April 1, just a month away! We hope you'll enjoy the countdown activity to help you get ready for that important day (see page 24). On page 28 you'll also find a beautiful song called "Gethsemane." As this song

reminds us, "The biggest battle that ever was won—this was done by Jesus! The fight was won by Jesus!"

Please write to tell us what Easter means to you.

Love,
The Friend

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

started talking, and it took one day to become friends. My mom prayed that I could make a new friend easily after we read the story in the *Friend*.

From this experience in my life, I've learned that your choice of friends affects your life a lot. Making new friends is not that hard if you make them with the right people. The Holy Ghost told me in my heart that I should sit at that different table, not tomorrow or in a week, but that day. I think Heavenly Father wanted to give me a new friend so that I could change. I'm thankful that I read the article in the *Friend* with my mom that day.

Harrison C., age 9, British Columbia, Canada

the Friend

A children's
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of Latter-day Saints

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

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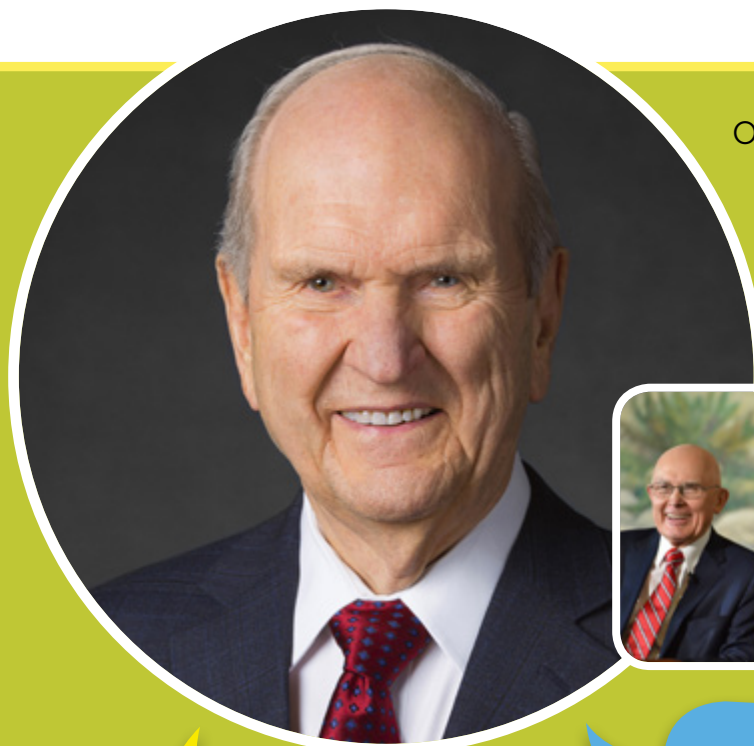


Hard: How do you get ready?

Harder: Breakfast time

Hardest: Konichiwa!

Meet Our **NEW** Prophet!



On January 16, 2018, our leaders gave a special message from the Salt Lake Temple announcing that President Russell M. Nelson is the 17th President of the Church! His counselors are President Dallin H. Oaks and President Henry B. Eyring.



Here are a few things President Nelson said that day.



OUR FATHER IN
HEAVEN **CHERISHES**
HIS CHILDREN, AND HE
WANTS EACH OF US TO
RETURN HOME
TO HIM.



Keep on the
covenant path....

If you have stepped off the path, may
I invite you with all the hope
in my heart to please come back.



Look **forward** to the
future with complete
faith in our Lord
Jesus Christ,
whose Church this is.

Getting to Know President Russell M. Nelson

He was born on September 9, 1924, in Salt Lake City, Utah.



With his family.



At age 10, he was an errand boy for his father's company.



He was baptized when he was 16 years old.



He met his wife Dantzel when they were both in a college play.



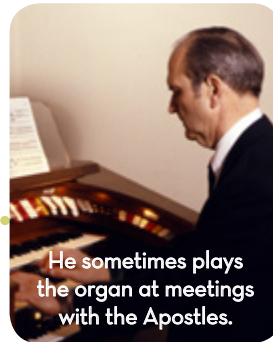
They were married in 1945 and had 9 daughters and 1 son.



He was a doctor in the U.S. Army.



Before being called as an Apostle, he worked as a heart surgeon. Here he is holding a large model of a heart.



He sometimes plays the organ at meetings with the Apostles.

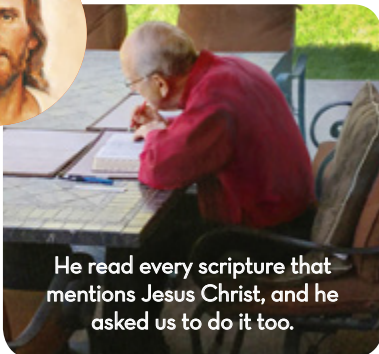
One time the prophet asked people to learn Chinese, so he did!

耶穌基督

He loves to ski with his grandchildren.



After Dantzel died, he married his wife Wendy in the Salt Lake Temple.



He read every scripture that mentions Jesus Christ, and he asked us to do it too.

Abuelo's Shoe Shop

By Ray Goldrup

(Based on a true story)

"I am sorry" is not always easy to say"

(Children's Songbook, 98).

Miguel opened the door to his *abuelo's* (his grandpa's) shoe shop. He took a deep breath and smelled the leather. It was one of his favorite smells.

"Hi, Abuelo!"

Abuelo was kneeling down and tracing a customer's foot onto a piece of paper. He didn't look up. Abuelo's hearing wasn't very good.

Miguel sat down at a workbench. He looked at the stacks of cut leather. He imagined what Abuelo would make with each one, using his hammer and pliers.

The tools reminded Miguel of something else he loved. Abuelo always gave him a piece of candy whenever Miguel helped clean up.

Miguel knew he wasn't supposed to take a treat without asking. But he was hungry now! And it looked like Abuelo would be busy for a while. *Maybe I don't need to wait*, Miguel thought.

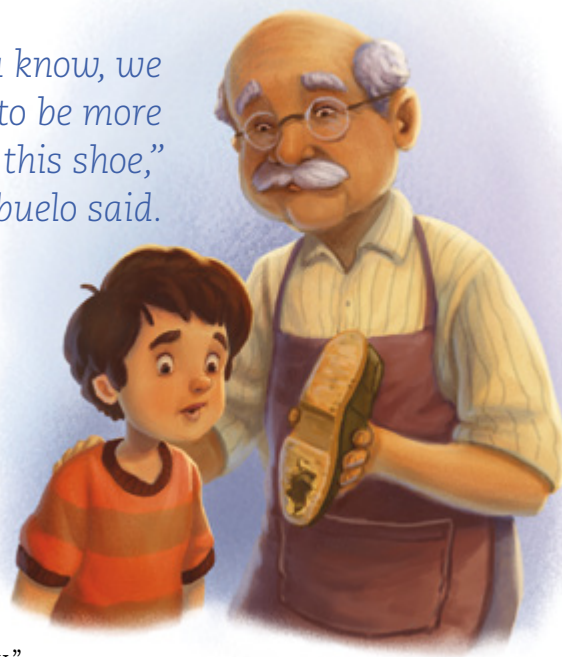
Miguel reached under the counter for the candy jar. It was his favorite—sweet and spicy with chili powder! Part of him knew he should ask Abuelo first. But part of him just kept thinking about how tasty the candy looked. He hurried and put it in his mouth.

Pretty soon the customer left. Miguel watched Abuelo pick up a piece of leather and dunk it in some water. That helped make the leather soft and easy to work with.

Miguel ate the rest of the candy as fast as he could. Then he walked over to Abuelo.



*"You know, we
need to be more
like this shoe,"
Abuelo said.*



Abuelo looked up from his work. "Hello!" he said with a smile. "I didn't see you come in."

Miguel hugged Abuelo. He hoped Abuelo couldn't tell he'd eaten a piece of candy. Miguel pushed the worry away.

"It looks like you're busy today," Miguel said, pointing to the stacks of leather. "Do you need any help?"

"Sure! Could you pass me that thread?"

Miguel reached for a long piece of thread. He tugged it between his hands. It was tougher than it looked.

"Wow, that's strong."

Abuelo chuckled. "It has to be, to last through the wear and tear of life." Abuelo pulled the thread through the leather. Then he got that look on his face that Mamá sometimes called the "Wise Abuelo" look.

"You know, we need to be more like this shoe," Abuelo said with a nod.

Miguel squinted at the leather. "Um. We do?"

"Yes, indeed. We need to stay strong. That way Satan's temptations won't make us fall apart."

The red candy flashed through Miguel's mind. He knew he should tell Abuelo about it.

Abuelo took an old shoe off the shelf. "See this big hole?"

Miguel could probably fit his hand through the hole. "Yeah."

"This was once a small hole that could've been fixed easily. But the owner waited, and now it's going to be much harder to fix. Bad habits and bad choices are like that hole. Best to fix them early."

Abuelo nodded again, and the Wise Abuelo look turned back into a smile. They kept talking as Abuelo worked. The whole time, Miguel kept thinking about the red candy stick.

When Abuelo finished, Miguel helped him clean up. Then Abuelo reached for his jar of candy.

Finally Miguel couldn't take it anymore.

"I took one of your candies without asking!" he blurted out.

Abuelo set down the jar in surprise. "What was that?"

Miguel told him all about taking the candy. "I'm so sorry, Abuelo! I'll never do it again. I promise!"

Abuelo gave Miguel a big hug. Miguel felt so much better.

"Thank you for being honest. That's more important to me than just about anything else."

On the walk home, Miguel felt just like one of Abuelo's new pair of shoes. Strong as can be, and ready for life! ♦

The author lives in Utah, USA.

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



One day me and my mom went to pay my mom's water bill, and the guy in front of us dropped a whole lot of money but didn't realize it. I hurried and gave it back to him. He said thank you very much and that he didn't think any other kid would do that. I had such a good feeling after that. I will always remember that good feeling.

Brianna S., age 9, Idaho, USA

Family Night FUN

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

Following Jesus

Read "Abuelo's Shoe Shop" on page 4. Whenever we make a wrong choice, we can repent to help us stay strong like Abuelo's shoes. Part of repenting is trying to be more like Jesus. Make these shoes to remind you to follow Jesus!

1. Help everyone trace a pair of their shoes on colored paper. Cut out the footprints.
2. Cut two strips of colored paper for each person. Tape or glue the strips to each footprint for a strap.
3. Have everyone write on their shoes one way they want to follow Jesus.
4. Keep these by your real shoes for a week. When you put your shoes on, remember to follow Jesus!



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

"Donut" Give Up!

When you make a mistake, you can always do better tomorrow. Make these donuts to remind you that Jesus can always help you do better! Be sure to get an adult's help.

1 can refrigerated biscuit dough
oil for frying
powdered sugar or cinnamon sugar

1. Pour enough oil in a frying pan to cover the bottom. Heat on medium until it sizzles.
2. Use your finger to poke and stretch a hole in the middle of each piece of biscuit dough.
3. Fry the donuts about a minute on each side until golden brown. Set them on a paper towel-lined plate to cool.
4. Sprinkle the donuts with sugar, and enjoy!



MORE IDEAS

Make the tent on page 10 to get ready for conference!



Read the stories on Show and Tell (page 20) and draw your own pictures of Jesus.



Book of Mormon READING CLUB

JOIN IN BY READING THE BOOK OF MORMON!

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



I finished the children's version of the Book of Mormon before my baptism. At the end of the book, my mummy asked me to pray about the Book of Mormon. I had already felt

when I was reading that the words were true.

Sean I., age 7, Somerset, England



The bishop asked our ward to pray about giving a Book of Mormon to someone. My daddy felt he should give it to me. He highlighted special parts and gave it to me for my

birthday. I set a goal to read the whole Book of Mormon before I got baptized. I started to read it every single night. I prayed to know if it is true, and it is!

Brielle M., age 7, Wisconsin, USA

This month's scripture: **2 Nephi 25:26**

"We talk of Christ, we rejoice in Christ, we preach of Christ, we prophesy of Christ, and we write according to our prophecies, that our children may know to what source they may look for a remission of their sins."

An illustration from a top-down perspective of a child with orange hair tied in a ponytail with a blue bow, wearing a blue and white striped shirt. The child is sitting at a wooden desk, writing on a white sheet of lined paper with a yellow pencil. Their left hand rests on the paper. A beaded bracelet is on their right wrist. Various school supplies like an eraser and pens are scattered on the desk.

The *WRITE* Choice

By Justina McCandless

(Based on a true story)

“And they are free to choose” (2 Nephi 2:27).

Justina sat extra tall in her seat. She placed her new pencils at the top of her desk. Today was the first day of school. She’d met her classmates and drawn a fun picture. So far, so good.

Then Mrs. Werner said, “Time to work on writing!” Mrs. Werner handed out papers to the class. “You have 30 minutes to work on this. Then we’ll go to recess.”

Justina gulped. *Oh no. Writing already?* she thought.

Last year Justina had a hard time with reading and writing. All of her friends seemed to like it. It wasn’t so hard for them. What if this year was like last year all over again?

Justina picked up her pencil. She looked at her paper. Her stomach sank. All the other students were already writing. Except for her.

She wanted to talk to Mrs. Werner. Would she be mad that Justina was having trouble? Even if she was, that still sounded better than writing.

Justina walked to her teacher’s desk. “Mrs. Werner? This is harder than what I did last year. I don’t think I can do it.”

Mrs. Werner didn’t look upset. She smiled at Justina. “Do what you can. You might be surprised at what you can do! You can’t always choose what you’re good at. But you can always choose how hard you try.”

Justina walked back to her desk. She thought about what Mrs. Werner said. *I can choose to try.* That was like

what she learned in Primary. Her class read a scripture that said we are “free to choose.”

Could school be different this year? Justina wondered.

Maybe she could *choose* to make it different! Justina picked up her pencil. She looked at her paper. She took a deep breath. *OK. I’m going to try,* she thought.

The recess bell rang. Justina wasn’t finished yet. But she was more than halfway done! She raised her hand. “Can I stay and keep working? I’m so close to being done!”

Mrs. Werner smiled and nodded.

Justina finally handed in her paper. Her hand ached a little bit. Even her brain hurt! But she was smiling. She had never worked so hard on writing before.

The next day the class worked on reading. Mrs. Werner asked everyone to read for 20 minutes. Justina tried again. She opened her book and sounded out the words.

Justina started making new choices every day. She chose to read. She chose to write. Maybe reading and writing weren’t so bad!

She even chose to go to the library. She checked out books. Last year she would have never done that. Soon she was reading all the time. It was actually fun! And the more she read, the better she got at writing.

And soon, reading and writing became some of her favorite things to do! ♦

The author lives in Rhineland-Palatinate, Germany.



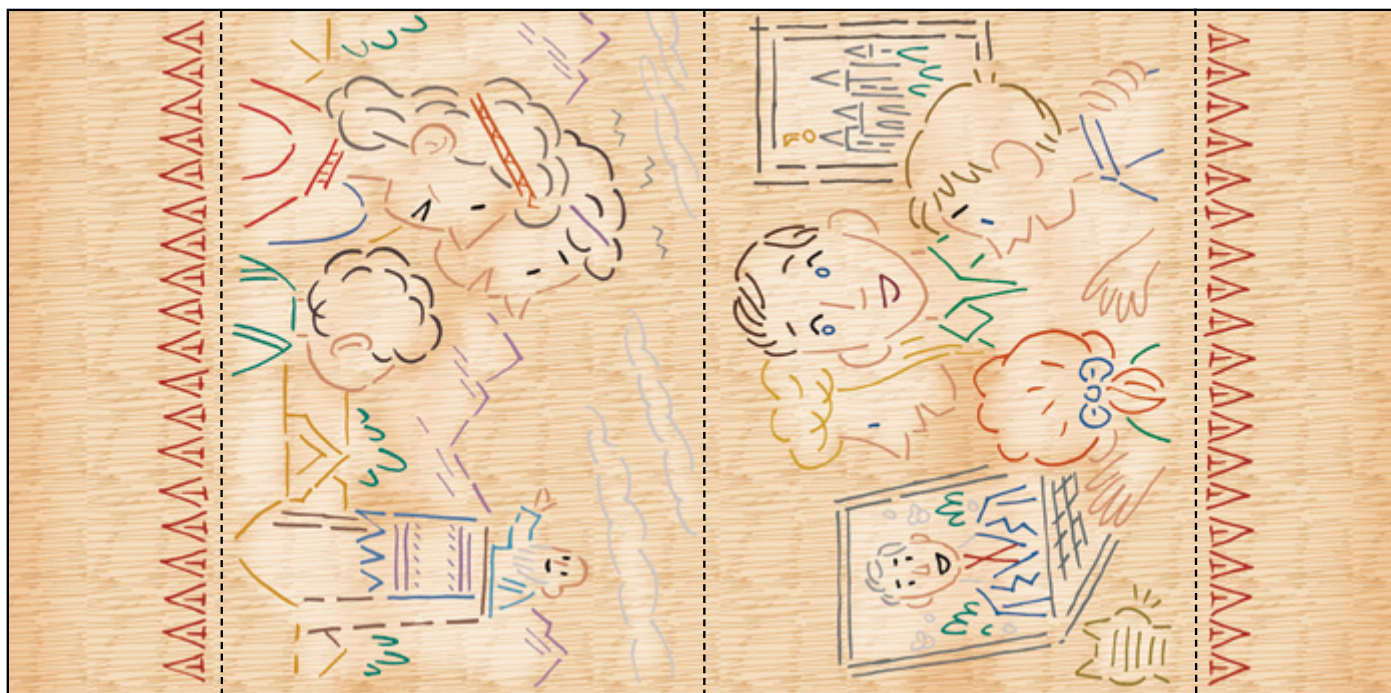
Hi, I’m Justina from the story! After I learned to love writing, I just kept on doing it. I wrote in high school. Then I went to college to learn more about writing. Now I’m a writer! I get to write stories, like this one about my challenges as a kid. I’ve written for magazines, websites, and newspapers.

Pitch Your Tent!

When King Benjamin taught his people, they set up tents to sit in while they listened to him (see [Mosiah 2:5–6](#)). That was a bit like general conference. Here's how to make your own tent for conference!

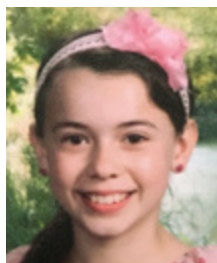
1. Trace and cut out the shapes.
2. Fold along the dotted lines.
3. Glue or tape tabs to the inside of the “main tent” piece.
4. As you watch or listen to conference, write the things you learn on strips of paper and place them inside the tent.
5. After conference, pull out and read those strips of paper, maybe as part of family home evening!

Find more conference activities at gc.lds.org!





Conference Blessings



**By Sierra M., age 11,
Nevada, USA**

I really enjoy listening to the talks given during general conference. Last

April, one of my favorites was Elder Gary E. Stevenson's talk. He talked about the Holy Ghost and how He comforts us.

Elder Stevenson's talk reminded me of when my little sister was diagnosed with Guillain-Barré syndrome. Her muscles got really weak, and she was in a lot of pain. She was in the hospital for a week for treatments. During those



terrible days, I remembered being comforted by the Holy Ghost. When I would pray, I would hear Him say that she would be OK.

My sister had to learn how to walk again, but after a few months of physical therapy, she could walk and play like she used to. I was so glad to see her happy again. I am thankful to have the Holy Ghost always with me. Listening to general conference helps me understand more about the gospel and grow my testimony. ♦



1

Three Languages

My daddy is from Hong Kong, and my mommy is from Guangxi, China. I speak three languages—Cantonese, Mandarin, and English. In my branch, we speak Cantonese and Mandarin in sacrament meeting, and we combine with an English-speaking branch for Primary.

Ready to HELP!

I try to let my light shine by being ready to help! If something needs to be done, I'm ready!

Hi,
I'm Aaron,
and I'm from
British Columbia,
Canada.

Hymnbook Helper

Every Sunday I help the missionaries pass out the programs. I make sure everyone gets one. If someone doesn't have a hymnbook, I take them one so they can sing.

2





Future Missionary

I'm excited to go on a mission someday. My Primary teacher said that we could start saving money now. So I've been saving money in my mission piggy bank.



3



4

Praying with Grandpa

I know that prayer is very important. When my grandpa stayed with my sister and me when my parents were out of town, I made sure that we always said our prayers.



5

Getting It Done

Sometimes we have activities at church, and I always stay to help put the chairs and tables away. When we have the Primary sacrament meeting program, I like saying my part.

HOW CAN YOU SHINE?

- Help put up or take down chairs in Primary.
- Look for someone at church who needs a friend.
- Pick up trash to keep God's creations clean.
- Make sure everyone has a hymnbook.
- Help your family remember to pray.

SEND US A STAR!

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





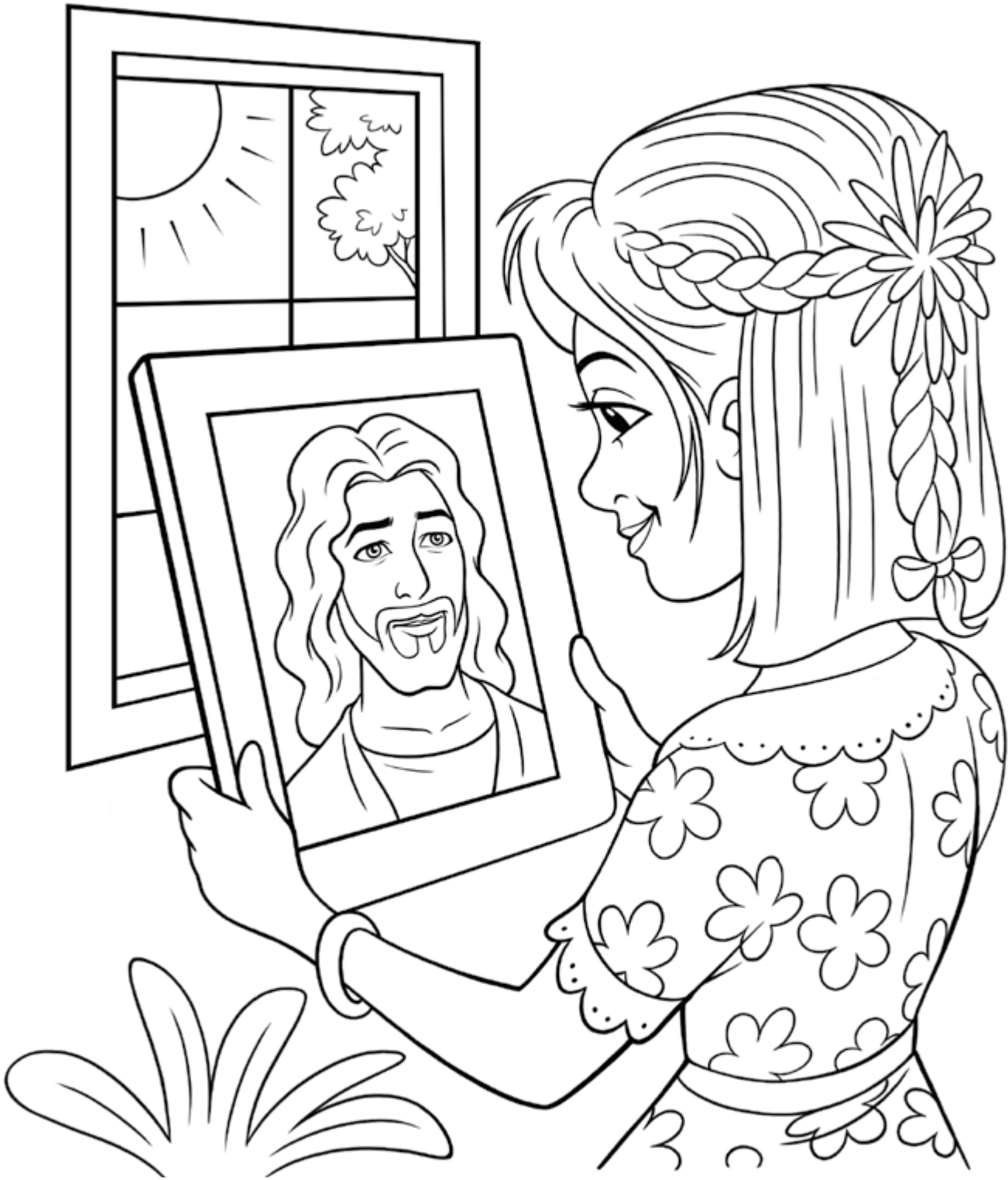
“Jesus Christ, the Savior and Redeemer of all mankind, is not dead. He lives—the resurrected Son of God lives—that is my testimony.”

By President M. Russell Ballard

Acting President of the Quorum of the Twelve Apostles

“The Atonement and the Value of One Soul,” Ensign, May 2004, 86.

He Is Risen!



"He is not here, but is risen" (Luke 24:6).



By Chasten Rasmussen
(Based on a true story)

Mom and Dad have called Hannah and her siblings for a family meeting.

Our Church leaders have asked us to prepare for emergencies. But we don't have much extra money. We'll have to make a sacrifice.



We're giving up cereal for one month. We'll use the money to buy supplies. OK?



What will we eat for breakfast?



Oatmeal! We have lots in our food storage.



Oatmeal? Blegh!



The next morning

Grrrrr.



Try mixing something in. I like raisins in mine.

sigh OK...



Try this. It has apples, cinnamon, and brown sugar. It tastes like apple pie!



Day 1: Raisins

Gross!

Yuck!

Day 2: Banana

Day 3: Coconut

Ew!

Nope!

Day 4: Berries



Mmm, that's good! I'm having this tomorrow too.



I bought first aid supplies for our emergency kits yesterday. Thanks for being good sports. I know giving up your favorite cereal was a sacrifice.



I guess all this gloppy oatmeal was worth it.



Besides, it's not so bad after all!



A Family Timeline

Learn more about your family by making a family history timeline. It's easy! Just get a piece of paper for each year since your family started.

1 DATE YOUR PAPERS

Write this year's date at the top of the first piece of paper. Then write last year's date on the next one. Work backward until you reach the year your family began.

2 TELL WHAT HAPPENED

For each year, write down or draw as many things as you can remember. You could use some of the stories you collected last month to help you! Here are a few ideas:

How did your family celebrate the holidays that year?

Who was your Primary teacher?

What school did you go to?

Did you take any trips?

What pets did you have?

What sports or activities did you like to do?

How did your mom and dad meet?

When and where did they get married?

When was each child born?

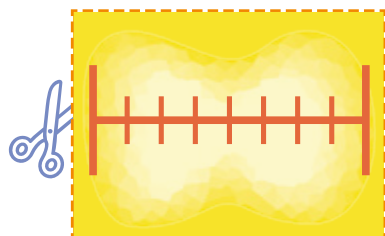
3 ADD YOUR BADGE

Put your timeline in your family history folder or box, and keep adding to it throughout the year. Remember to cut out your badge and add it to your badge keeper from January! Print past pages at FriendFHQ.lds.org.

Activity Idea



For a fun 3D timeline game, put pictures on plastic cups of things that happened. Then take turns shuffling the cups and putting them back in order!



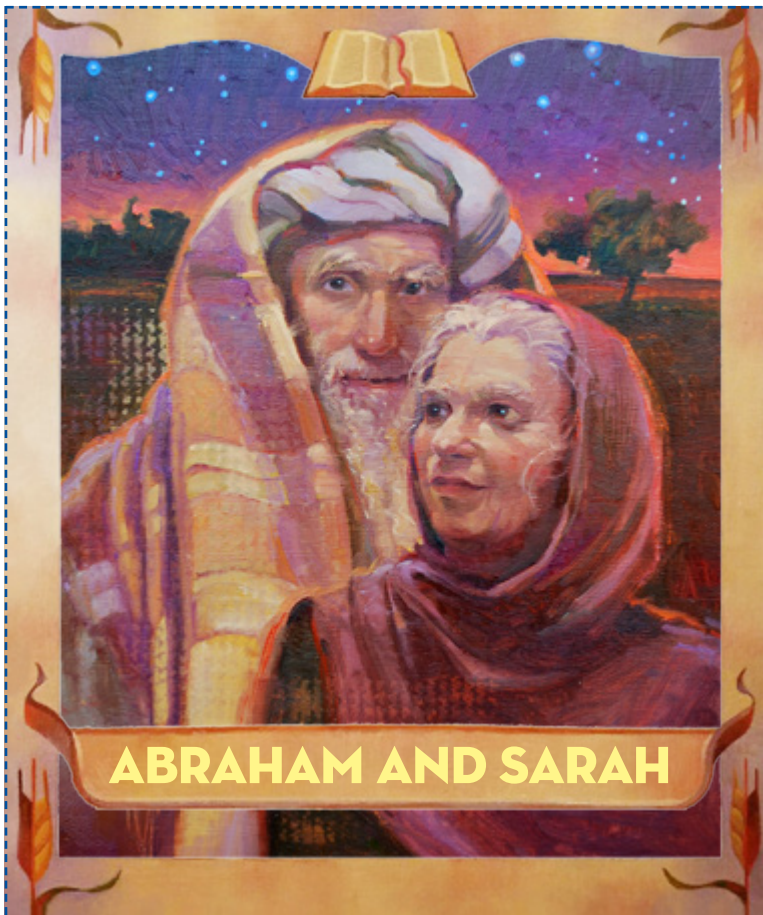
Abraham and Sarah Made Covenants

When Abraham was young, he chose to learn about the gospel instead of following the bad example of his father. After Abraham and Sarah were married, God made a covenant, or promise, with them. He promised they would have children and that He would bless them. They were faithful, but Abraham and Sarah didn't have children for a long time. Finally, when they were almost a hundred years old, they had a son! Heavenly Father blesses us when we keep our covenants, even if His blessings sometimes don't come right away.

Read about Abraham and Sarah in [Genesis 12-21](#).



Bridget M., age 7, Arizona, USA



ABRAHAM AND SARAH

Abraham and Sarah made covenants with God and trusted in His promises. We can trust God too!

- ☐ Memorize [Genesis 17:4](#).
- ☐ Watch chapter 8 of the Old Testament videos at scripturestories.lds.org.
- ☐ Write in your journal about a time you chose to follow God even though a blessing didn't come right away.
- ☐ I can prepare for or keep my baptismal covenants by ...



Show and tell



We played our violins at the Hill Cumorah Visitors' Center. We love sharing our testimonies of Jesus through music!

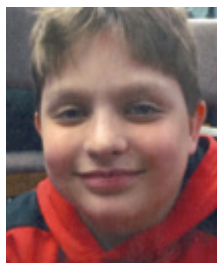
Kaela and Kara S., ages 9 and 8, New York, USA



I was swinging on the new saucer swing at school when I flew off. I immediately felt prompted to

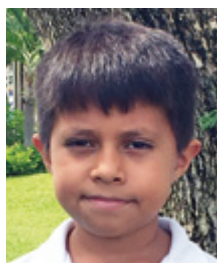
stay low. I am thankful that I listened to the prompting because if I hadn't, I would have been hit in the head and hurt. The Holy Ghost protects us when we follow His promptings.

Anastasia C., age 10, Alberta, Canada



My favorite part of church is fast and testimony meeting!

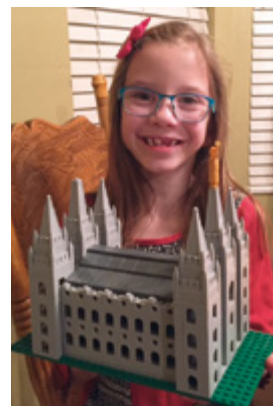
Matthew W., age 10, Wisconsin, USA



When my family was sealed in the temple, we all felt happy because we know we will be

an eternal family.

Manuel C., age 9, Santa Ana, El Salvador



Sariah L., age 8, Utah, USA

Jesus Christ was kind
Jesus suffered willingly
Jesus saved us all!

Bella G., age 10, Arizona, USA



We made an HJL (CTR) shield in the sand while we were on holiday!

Sofia, Tomas, and Matias O., ages 12, 4, and 9, Buenos Aires, Argentina



We made the empty tomb out of play dough. We know that Easter is about Jesus living again.

Adeline, Ian, Allie, and Arianna C., ages 6, 4, 10, and 8, Mississippi, USA



Cedric W., age 12, Idaho, USA



I never met my Grandfather Bruce. But because of the Resurrection of Jesus Christ, I know that I will be able to meet him one day.

Jonathan B., age 7, North Carolina, USA



Ella D., age 10, Oregon, USA



The activity-day girls from the **Ketchikan Ward, Alaska, USA**, made more than 100 hats and headbands for other children in their community. Each one was unique and made with love!



By Elder Weatherford T. Clayton
Of the Seventy

Heavenly Father LISTENS

From an interview with Jordan Monson Wright

“Thou didst hear me in my prayer” (Alma 33:6).

I grew up with three brothers in California, USA. We were raised by wonderful parents. At night our mother would come into our rooms and listen to our prayers. I felt so much love from her. She understood me and was interested in my life. She helped me realize that Heavenly Father loved me too. I knew He was listening to me when I prayed.

When I was a teenager, I lived in Japan for a few months without my family. One night I felt very worried. I had a lot of big questions, and I was nervous. I knelt by my bed and prayed. I said the words out loud instead of in my mind. I poured out my worries to Heavenly Father.

All of a sudden a wonderful feeling came. My worries disappeared. The Holy Ghost filled the whole room with peace. I knew that peace was a gift from my Heavenly Father. I felt that He really did love me and that He wanted me to be happy.

That was the first time in my life that Heavenly Father gave me a big answer to a prayer. Not every time is like that. Heavenly Father answers our prayers in different ways. Sometimes He trusts us to try our best to do the right thing. Then He nudges us—or gently guides us—to help us as we go. Those little nudges can be the answer to our prayers. They come at the right time to help us do the right thing. No matter what, you can know that Heavenly Father loves you. He will always listen to you when you pray. ♦



Find It!

This girl feels Heavenly Father's love as she prays.
Can you find the 15 hidden hearts?



Seven Days until Easter

In the scriptures, we can read seven things Jesus Christ said while He was on the cross. Starting the Sunday before Easter, read the scripture for each day and color part of the picture. (Start with number 7.)

3

"I thirst" (John 19:28).

Jesus felt pain and was terribly thirsty. He understands whenever you feel sick or tired or hurt. Jesus wants us to help others who are ill or tired. What can you do to help someone in your family who isn't feeling well or is very tired?

2

"It is finished" (John 19:30).

Even though what Jesus was doing was really hard and hurt a lot, He didn't give up. He kept on doing the right thing because He loves us and He loves Heavenly Father. Sometimes we might feel like giving up, but we can choose to keep trying. What's something hard that you have done lately?

7

"Father, forgive them; for they know not what they do" (Luke 23:34).

Jesus forgave those who hurt Him. We should forgive other people too. Is there someone you can forgive?

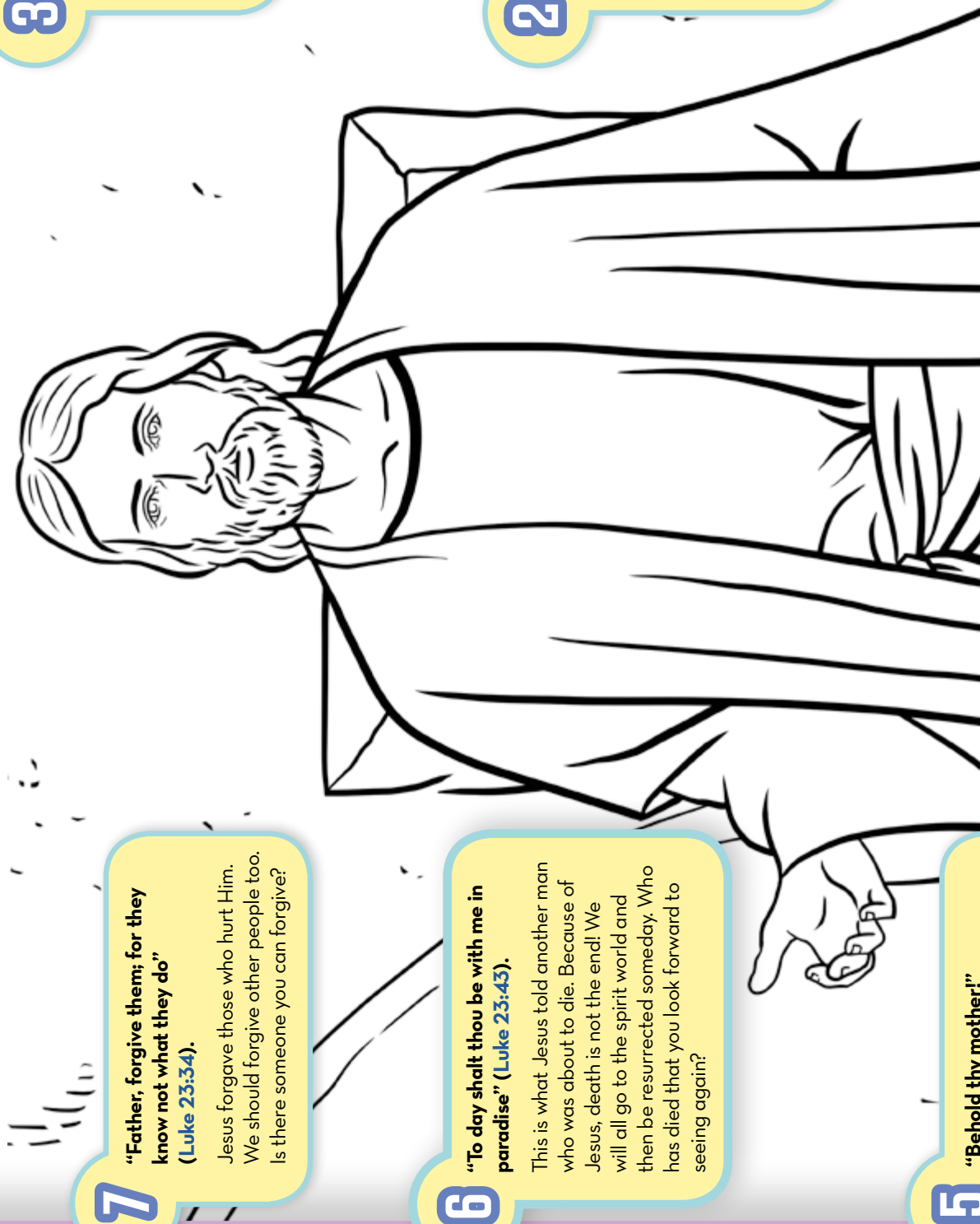
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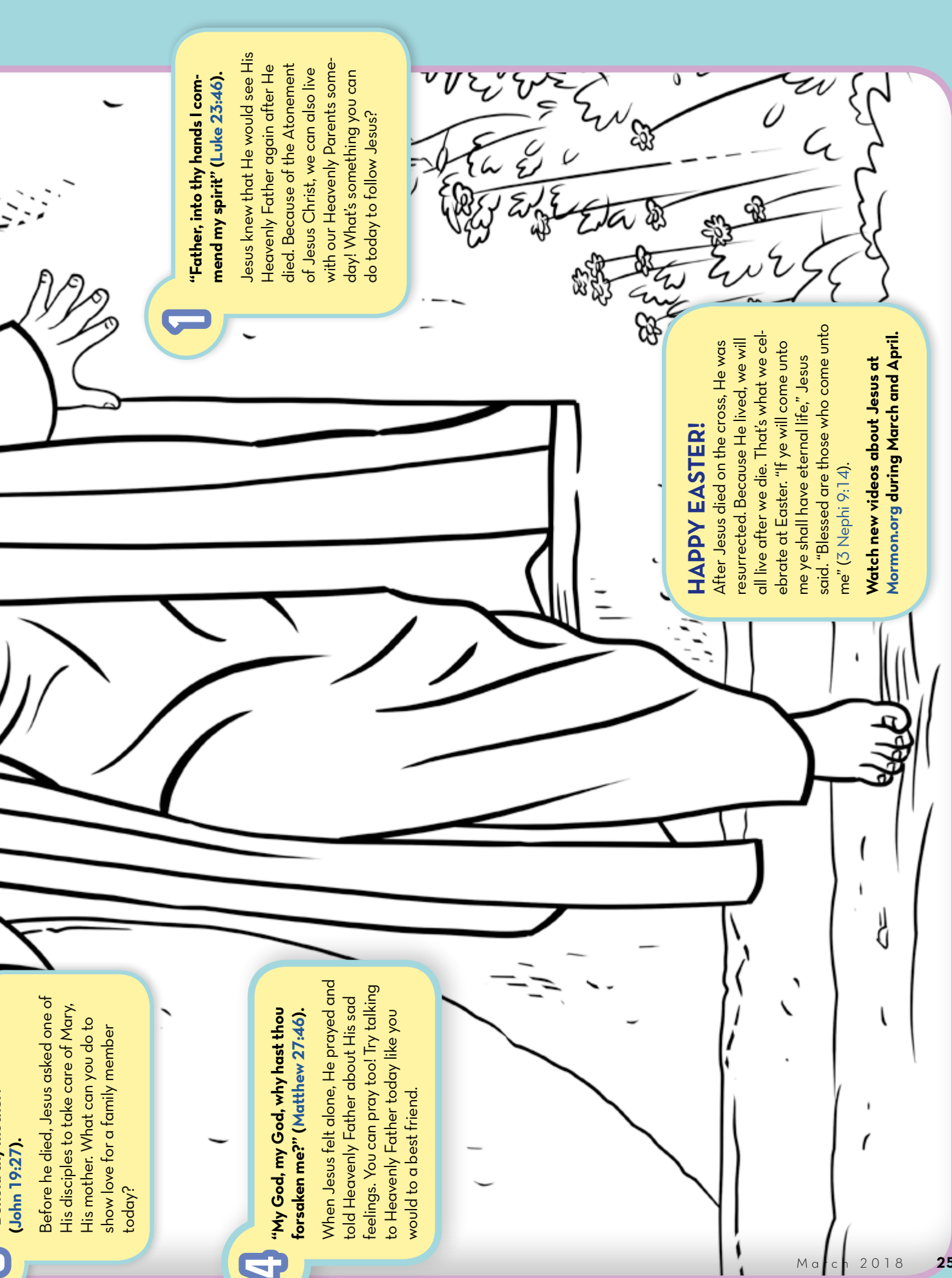
"To day shalt thou be with me in paradise" (Luke 23:43).

This is what Jesus told another man who was about to die. Because of Jesus, death is not the end! We will all go to the spirit world and then be resurrected someday. Who has died that you look forward to seeing again?

5

"Behold thy mother!"





(John 19:27).

Before he died, Jesus asked one of His disciples to take care of Mary, His mother. What can you do to show love for a family member today?

1

"Father, into thy hands I commend my spirit" (Luke 23:46).

Jesus knew that He would see His Heavenly Father again after He died. Because of the Atonement of Jesus Christ, we can also live with our Heavenly Parents someday! What's something you can do today to follow Jesus?

4

"My God, my God, why hast thou forsaken me?" (Matthew 27:46).

When Jesus felt alone, He prayed and told Heavenly Father about His sad feelings. You can pray too! Try talking to Heavenly Father today like you would to a best friend.

HAPPY EASTER!

After Jesus died on the cross, He was resurrected. Because He lived, we will all live after we die. That's what we celebrate at Easter. "If ye will come unto me ye shall have eternal life," Jesus said. "Blessed are those who come unto me" (3 Nephi 9:14).

Watch new videos about Jesus at Mormon.org during March and April.



By Jordan Monson Wright

(Based on a true story)

“O death, where is thy sting?” (1 Corinthians 15:55).

Luis bounced up and down in the back seat and sang a silly song. “Please settle down, Luis,” Dad said. “I need to focus on driving.”

“I can’t settle down,” Luis said. “It’s just so awesome!”

Dad smiled. “I’m glad you’re excited to meet your new baby brother.”

When they got to the hospital, Luis raced to Mom’s room. He knew where it was because Mom had been there for five days already. She had to stay at the hospital because Baby Ian was sick, and Mom was a little bit sick too. Luis had asked to see Ian at least a bajillion times, but Mom always said, “Not yet.” She said that the doctors would decide when Ian was strong enough for a visitor.

Today the doctor had called. Today was the day!

When Luis walked into Mom’s hospital room, she was already holding Ian. Luis ran over to see his new baby brother. Ian was tiny. He looked way smaller than Luis’s baby cousins. And there was something different

about his nose and ears. He looked like a little elf!

“Hi, honey,” Mom said. “Come wash your hands, and then you can hold the baby.”

Luis washed his hands with special soap. He climbed onto the hospital bed next to Mom. She leaned over to hand him the baby. Dad helped Luis put his hands in just the right place.

Luis looked down at Ian. “Hi, Ian,” he said. “I’m your brother, Luis. You’re going to sleep in my room, and I can show you all my toys, and we can play at the park.”

Baby Ian looked right at Luis. Luis thought he was the best baby ever.

When Luis’s arms got tired, Dad took a turn holding Ian. Mom held one of Luis’s hands and looked into his eyes.

“Luis,” she said. “Do you remember in Primary when you learned about the plan of salvation?”

Luis nodded. That had been a good day. Sister Lopez had a moon and a star and a big planet earth on sticks.



BROTHERS

Luis got to hold the sun.

“Do you remember how we lived in heaven before we came to earth and how we are going back to heaven when we die?”

Luis nodded again.

“Baby Ian is still very sick. And the doctor says that he won’t live very long. He is going to die soon and go back to heaven.”

Luis looked at Mom. He looked at Baby Ian in Dad’s arms. Then he frowned. His throat felt tight. “But I love him. I want him to stay here and share my room and play with me. Doesn’t he want to stay too?”

Mom put her arms around Luis. “Of course he wants to be with us. We’re his family. But he will see us again.”

“He will?”

Mom nodded. “Dad and I were married in the temple. We were promised that our family could be together forever. You and Ian will always be our children.”

“That means that Baby Ian will always be your

brother,” Dad explained. “And you’ll see him again in heaven.”

Luis was sad. He felt kind of mad too. But he thought about meeting Baby Ian in heaven and smiled just a little. He reached out and rubbed Baby Ian’s soft hair. “We’ll be brothers in heaven? That’s awesome.”

Mom kissed Luis’s cheek. “It *is* awesome.” ♦

The author lives in Iowa, USA.



“In [Heavenly Father’s] plan there are no true endings, only everlasting beginnings.”

Elder Dieter F. Uchtdorf of the Quorum of the Twelve Apostles

“Grateful in Any Circumstances,” Ensign, May 2014, 77.

Gethsemane

(Simplified)

With feeling ♩. = 44-48

Words and music by Melanie Hoffman

Chords: Dm, C, Am, B \flat , C, B \flat , Dm, C, Am, B \flat , C, F, B \flat , F, C, B \flat , C, Dm, (C), (Dm), C, Am, B \flat , C, B \flat

Lyrics:

Je - sus climbed the hill to the gar - den still. His steps were heav - y and slow.

Love and a prayer took Him there to the place on - ly He could go.

Geth - se - ma - ne. Je - sus loves me. — So He went will - ing - ly

To Geth - se - ma - ne. He felt all that was sad,

wick - ed, or bad, all the pain we would ev - er know. While His

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This notice must be included on each copy made.

Dm C Am B^b C Dm

friends were a-sleep He fought to keep His prom-ise made long a - go.

1 5

C F Dm C F B^b F C

Geth - se - ma - ne. Je - sus loves me. So He went will - ing - ly

2 1 1 3 1 4

B^b C Dm C F C

To Geth-se - ma - ne. The hard - est thing that ev - er was done, The

4 2 1

B^b C F C B^b C F C

great - est pain that ev - er was known, The big - gest bat - tle that ev - er was won—

2 1 3

B^b F C B^b F C Dm C F

This was done by Je-sus! The fight was won by Je-sus! Geth - se - ma - ne.
Geth - se - ma - ne.

3

B^b C F B^b F C B^b C Dm

Je - sus loves me. So He gave His gift to me in Geth-se - ma - ne.
Je - sus loves me. So He gives His gift to me from Geth-se - ma - ne.

2 1 4 5 2 1 3 4

MATT AND MANDY



for older KIDS



DEAR JOURNAL

Write a letter to your past self. What do you know now that you wish you knew when you were younger?

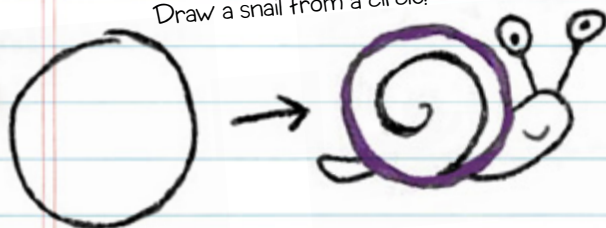


SECRET SERVICE

- Get up early one Sunday and make your family breakfast before church.
- Write encouraging messages on the sidewalk with chalk.
- Hold the door open for someone.

DRAW IT!

Draw a snail from a circle!



BRAIN TEASER

What occurs once in a minute, twice in a moment, and never in one thousand years?

See page 39



QUICK QUIZ

What did Jesus eat when He appeared to the Apostles after He was resurrected? (Hint: See [Luke 24:41-43](#).)

- bitter herbs
- fish and honeycomb
- lamb and figs
- unleavened bread

See page 39



I try to follow Jesus by fasting with a purpose even when it's hard.

Joshua A., age 11, Georgia, USA

Practically Popular

By MaryEllen Van Engelenhoven

(Based on a true story)

"A friend loveth at all times" (Proverbs 17:17).

"Since you're friends with us now, you can't be friends with anyone else," Jada told me.

"OK," I said. I couldn't believe I was friends with the popular girls! I was so lucky! This year was going to be so cool. I could hardly wait to see what popular kids did to be, well, popular.

*I didn't want
to risk losing my
new friends.*



After school my old friend Aaliyah met me. “Hey, La-Neisha, are you ready?” she asked. We lived on the same street, and normally we walked home together.

I looked around me. I didn’t want Jada to see me talking to Aaliyah.

“No, I don’t want to walk home with you,” I said. Aaliyah looked confused and sad as I turned and walked home alone, but I didn’t care. I didn’t want to risk losing my new, popular friends.

That Sunday in Primary, I looked for a place to sit. Aaliyah waved at me. There was an empty seat by her, but I didn’t sit there. Even at church I couldn’t risk sitting by someone who wasn’t popular, I decided. Besides, who needed friends at church? Having the right friends at school was more important.

The next few days, Aaliyah kept asking me to walk home with her, and I kept saying no. *Why won’t she leave me alone?* I thought. *Can’t she see I’m not her friend anymore?* I was hanging out with my new friends a lot. Being popular was fun! I tried not to notice Aaliyah at school or church. I told myself she had other friends, so I didn’t have to talk to her.

One night the phone rang. Mom answered it and frowned as she listened.

“Don’t worry,” she said. “I’ll talk to her. Thanks for calling.” Mom hung up the phone.

“La-Neisha,” Mom said to me. “That was Aaliyah’s mom. She says you won’t walk home with Aaliyah or even talk to her. Aaliyah is really sad. She doesn’t understand why you keep ignoring her.”

My stomach got tight. I tried to come up with something to say, but I didn’t think Mom would understand how important my new friends were to me.

“I just don’t want to be friends with her anymore,” I said. But I felt guilty. I knew that wasn’t true. I thought of how mean I had been to Aaliyah lately. We used to be good friends. I knew in my heart that the way I was treating Aaliyah was wrong.

On Sunday, Sister Hong gave a lesson on repentance. She said, “If you do something wrong, you need to ask the person you have hurt for forgiveness.” I kept thinking about those words. I knew what I needed to do. I didn’t care what Jada, or any of my popular friends, thought. I was going to talk to Aaliyah and say sorry.

After church I saw Aaliyah. My stomach knotted, but I knew I should ask her for forgiveness. I needed to be kind at school *and* church—and everywhere in between. I swallowed hard and took a deep breath.

“Hi, Aaliyah,” I said. “Can I talk to you?”

Aaliyah’s face lit up. “Of course.”

The knot in my stomach came undone. Aaliyah didn’t have to forgive me, but I still wanted to ask. Maybe we could start walking home together again. And we could be new, old friends. ◆

The author lives in Utah, USA.



“All of us need true friends to love us, to listen to us, to show us the way.”

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

“True Friends,” Ensign, May 2002, 29.

My parents are divorced. How will my family be together forever?

—Worried in Wichita



Dear Worried,

Having parents divorce can be really hard, and it can bring a lot of questions that don't have easy answers. But there *are* some answers that may help with your worries.

ANSWER 1: Your family is actually much bigger than you might think. It includes your grandparents, cousins, and other ancestors stretching back for generations. Someday when you get married and have a family of your own, you can be with them forever too. And you'll always be part of Heavenly Father's family, no matter what.



ANSWER 3: Heavenly Father loves you and both of your parents. He will keep trying to bless each one of you and help you all get back to Him. He can do great things!

ANSWER 2: If you were sealed to your parents, you are still sealed to your faithful ancestors who made temple covenants. This includes parents who are faithful to their covenants, even if they aren't married anymore. We don't know how Heavenly Father will work things out in heaven, but we know He will! If you weren't sealed to your parents, you can still be sealed someday to your own family and to your faithful ancestors.

ANSWER 4: You can pray to Heavenly Father anytime about anything that is worrying you, including this. He loves you and loves to send the Holy Ghost to give you peace and comfort.

We love you too!
The Friend



WHAT'S ON YOUR MIND?

Do you have a question about the gospel, growing up, or getting a testimony? Email us at friend@ldschurch.org and put "What's on Your Mind?" in the subject line. Don't forget to include the permission statement on page 39. We're excited to hear from you!

Rocky Road Granola

Be sure to get an adult's help.

1/2 cup mixed nuts (almonds, walnuts, peanuts, etc.)

1 1/2 cups regular oats

2 tablespoons sesame seeds

1 tablespoon oil

1 tablespoon honey

1/2 cup raisins or dried cranberries

1/2 cup mini marshmallows

3/4 cup chocolate chips

1. Heat the oven to 320°F (160°C).



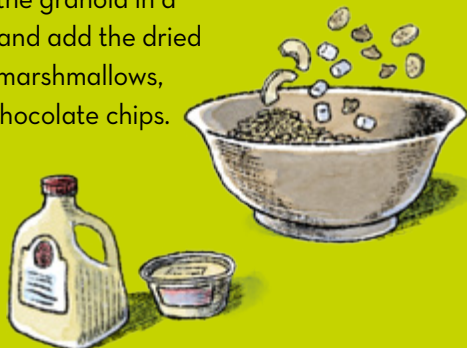
2. Stir the nuts, oats, sesame seeds, oil, and honey together in a big bowl.



3. Spread it out on a baking sheet and bake for 10 minutes. Stir it around and bake for 15 more minutes. Then let it cool.



4. Pour the granola in a bowl and add the dried fruit, marshmallows, and chocolate chips.



5. Add milk or vanilla yogurt and enjoy!



Wisdom Rocks

The wise man built his house upon a rock (see [Matthew 7:24-25](#)). Put a wise thought or scripture on a rock to inspire you or to share with a friend. All you need is a smooth rock and a permanent marker.



By Juliann Tenney Doman

(Based on a true story)

"And it came to pass that I did frankly forgive them"
(1 Nephi 7:27).

"Hi, Mom," Max called as he walked into the kitchen and set his backpack down.

"Hey, buddy." Mom pulled Max into a big hug and ruffled his hair. "Wow. I can hardly see you under there! I think you need a haircut."

Max grinned. "I was thinking the same thing. And I know just how I want it cut. You know that haircut where it's shorter in the back and on the sides and longer on the top?" A lot of boys in Max's class had that haircut. And so did Max's favorite comic book character—Sam Slate, kid superspy.

"I'm not really an expert hair cutter, but I think I can do that," Mom said.

"I'll grab the clippers." Max raced to the bathroom as fast as he could. He couldn't wait for his awesome new haircut!

When Max got back, Mom was ready with a towel, a chair, and a hand mirror.

"How short do you want it in the back?" she asked. She showed Max the clipper sizes, one through eight. "The smaller the clipper number, the shorter it cuts the hair."

"Hmm." Max sorted through the different clippers. "Maybe a size two on the bottom and a seven on top?"

"All right. Have a seat. World's best haircut coming up!" Mom draped the towel over Max's shoulders and turned on the clippers. Max listened to the buzzing sound as she trimmed around his ears. The falling hair tickled the back of his neck. Max tried to picture how he'd look when Mom was done. He could already feel himself transforming into Sam Slate.

Max's younger sister, Emma, came in through the front door.

"Hi, Mom! I'm home."

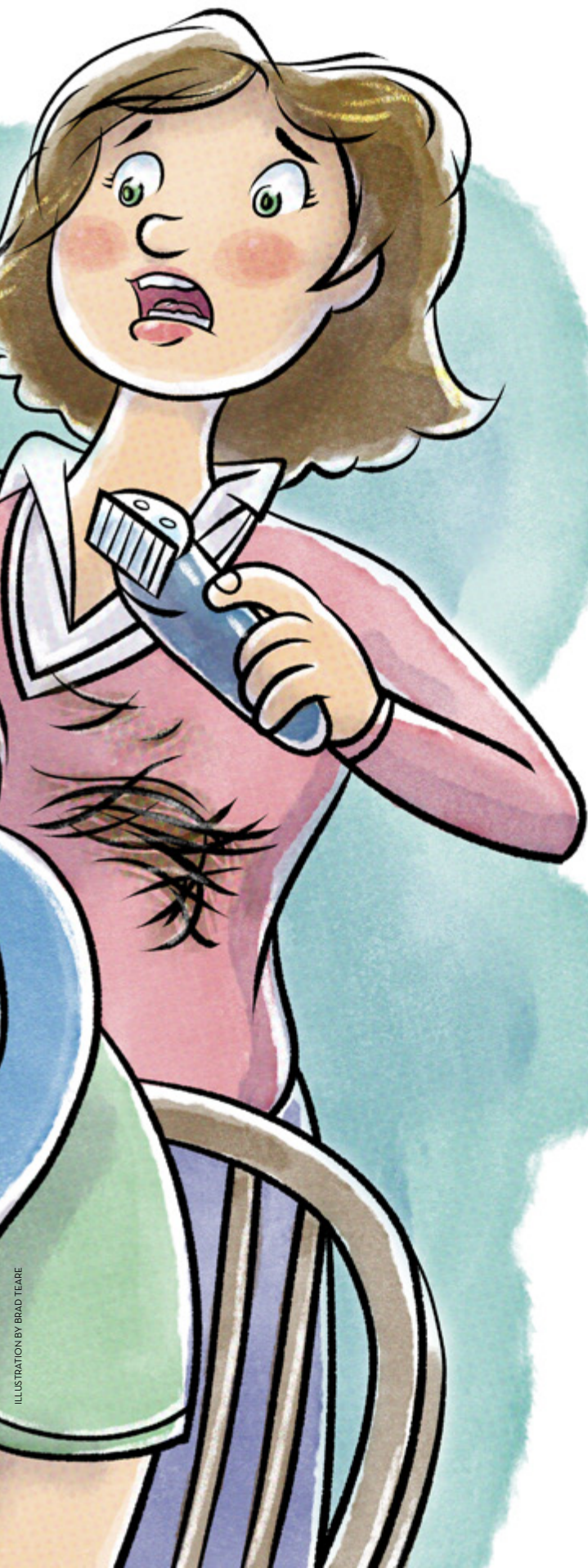
"We're in the kitchen, honey," Mom called.

Emma poked her head through the doorway. "Oh! Looking good." She came in and dropped her backpack on the table. "I'm starving!"

Haircut Disaster!



Mom gasped.
"What's wrong?"
Max asked.



"Me too," Max said.

Emma peeked into a cupboard. "Can I make peanut butter crackers, Mom?"

"Sure. Can you make Max some too?"

"OK." Emma stood on her tiptoes to reach for the peanut butter on the top shelf. "It's too high. Mom, can you help me?"

"Good timing. I just finished with the back." Mom switched off the clippers and went to help Emma. Then she came back and stood in front of Max. "OK, now for part two."

Max was so excited that he wanted to jump out of his chair. But he sat very still. Mom made the first cut. Then she gasped.

"What's wrong?" Max asked.

Mom bit her lip. "Max, I am so sorry! I forgot to change out the clippers for the top."

Max's heart sank. He slowly picked up the mirror.

"I can cut the rest of your hair short to match," Mom said. "But that's the best I can do."

Max stared at the big chunk of missing hair. He definitely didn't look like Sam Slate. He looked like a disaster! For a second, he wanted to shout or maybe cry. But instead, he took a deep breath. Mom was just trying to help. After a minute, he felt a lot calmer.

"It's OK, Mom. After all, hair grows back, right?" he said with a smile.

Mom gave him a hug. "Right. And when it does, I'll triple-check the settings so you can have the world's best haircut."

Mom finished cutting Max's hair. It wasn't the cool style Max wanted, but it was OK. Max smiled as he looked in the mirror again. He had followed Jesus by choosing to be kind. And being like Jesus was even better than being like Sam Slate. ♦

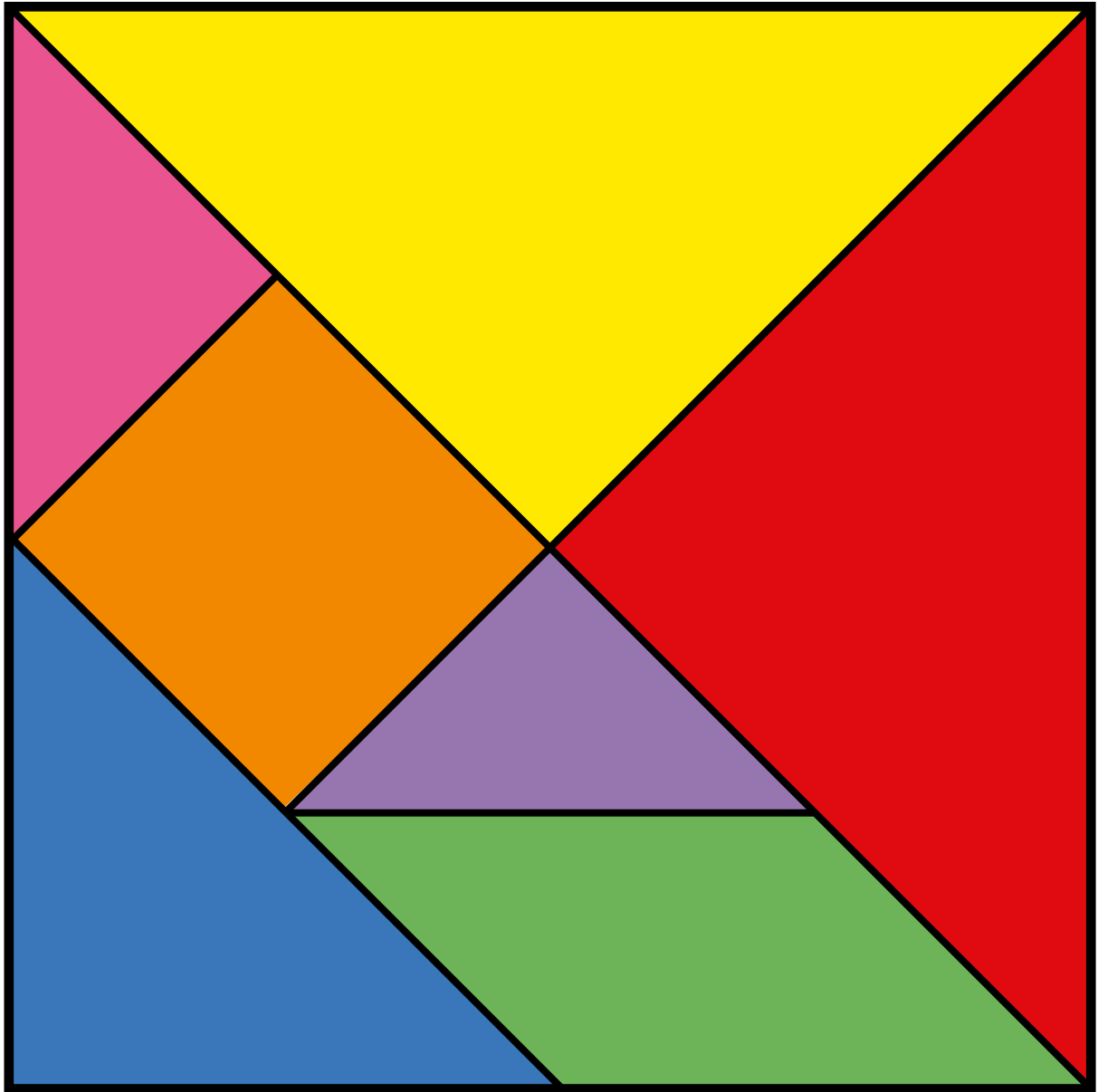
QUESTION FOR YOU

When have you been kind and forgiving in your family?

Puzzles around the World

Tangram puzzles were invented in China over 1,000 years ago! And now people do them all around the world. Isn't it cool that so many of Heavenly Father's children can have fun solving the same puzzles? We're all more alike than different!

First, cut out the square and glue it to thick paper. Then cut out the individual shapes and use them to make the pictures below. What other pictures can you make with your puzzle?



"Don't hide me under a bushel!"
(see [3 Nephi 12:15](#)).

This last one is tricky! See if you can solve the house tangram on your own. Check the answer on page 39.



Shine Your Light!



**Mya W., age 10,
Ontario, Canada**



**Both R., age 6,
Ontario, Canada**

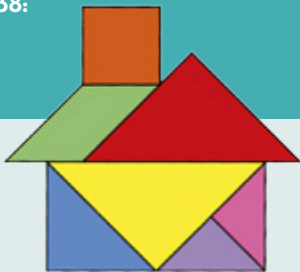


**Annika K., age 9,
Ontario, Canada**

FUNSTUFF ANSWERS

Page 31: the letter m; b) fish and honeycomb

Page 38:



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ8, 16, and 22.

How to Write to the Friend

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

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

Please send your submission to:

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

May the Friend contact you
with a survey?

☐ Yes ☐ No

The following information and permission must be included:

First and last name

Age

Boy/Girl

State/Province, Country

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

Signature of parent or legal guardian

Email of parent or legal guardian

The Last Laugh

I was wondering
where all our food
storage went!



the Friend junior



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

For Parents of Little Ones

The word *gratitude* usually makes us think of Thanksgiving, but Easter can be a holiday full of gratitude too—especially gratitude for the Savior! Easter is on April 1 this year, so now is a perfect time to help your young children think about Jesus.



Here are some ideas to help your child feel grateful for Jesus:

■ Fill Easter eggs with small pictures of Jesus, like the pictures on page FJ3. Have an egg hunt. After the eggs are found, put the pictures in order to talk about the life of Jesus Christ. Help children understand that Easter is a time to remember the things Jesus has done for us.

■ Watch videos about Jesus at [BibleVideos.org](https://www.BibleVideos.org). Don't forget to share your own testimony of Jesus Christ.

■ Fill in the blank: “Thank you, Jesus, for _____.” Write your child’s ideas on sticky notes and fill up a window or a mirror. Help them draw pictures—stick figures are OK!

■ Emphasize gratitude in your family prayers. Before praying, ask for ideas about what everyone is grateful for. You could even make that question a regular part of family prayer time!

ACTION RHYME

Jesus Was a Child Too!

By Jordan Monson Wright



I was a baby, and so were you.
Jesus was a baby too.



He learned to walk
and run and play.



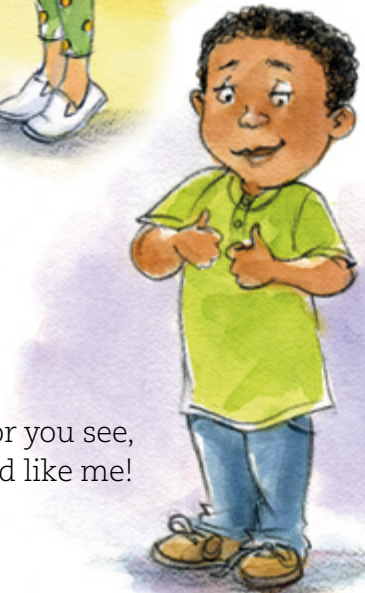
He learned to listen
and to pray.



He cared for His body
and helped it grow.



He asked for help when
He didn't know.



I am like Him, for you see,
Jesus was a child like me!

Jackson Loves Easter




By Marissa Widdison


It is Easter! The  is shining.  is happy.  loves




Easter because he gets to see his  and collect  .  Jackson

loves Easter because he gets to go to  and sing in Primary. Most

of all,  Jackson loves Easter because it reminds him of  .  Jesus

gave us the  .  Jesus gave us our  .  Jesus gave us the

 Church .  Jesus died on the  cross so we can live with our Heavenly

Parents again one day. He  loves us!  Jackson is thankful that  Jesus

gave us so many wonderful things!

Let's Learn about Jesus!

Point to the picture that goes with each sentence.

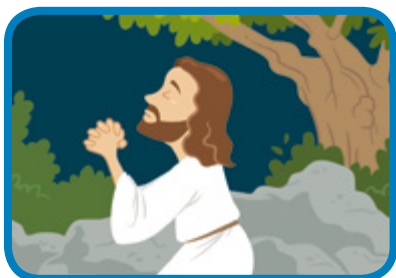


Jesus was born to Mary
in Bethlehem.

As a child, Jesus taught in the temple.

Jesus healed people who were hurt.

Jesus taught people how to follow
Heavenly Father.



Jesus suffered and prayed for us. Because of
Him, we can repent when we make mistakes.

Jesus died on the cross for us.

After three days, Jesus lived again! Because
of Him, we will all live again!



Noah

By Kim Webb Reid



A long time ago, people on earth were making bad choices. God sent a brave prophet named Noah. He told the people that they should repent and love God. Did they listen? No! They kept doing bad things.

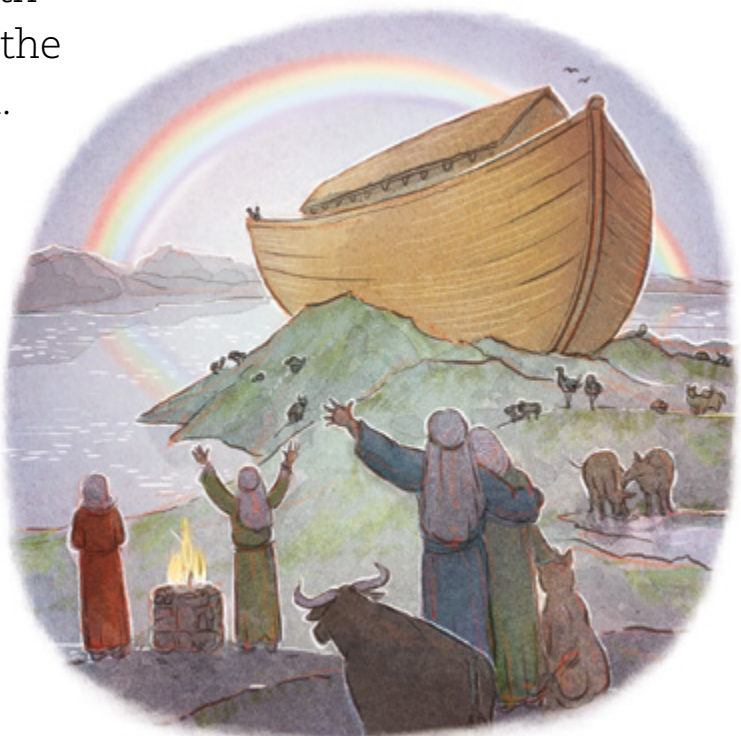


God told Noah that He would get rid of the bad things on the earth. God told Noah to build a big boat called an ark. Noah gathered his family and animals inside the ark. Then it started to rain.



It rained for 40 days and 40 nights. The whole earth was covered with water! Noah and his family and the animals were safe inside the ark.

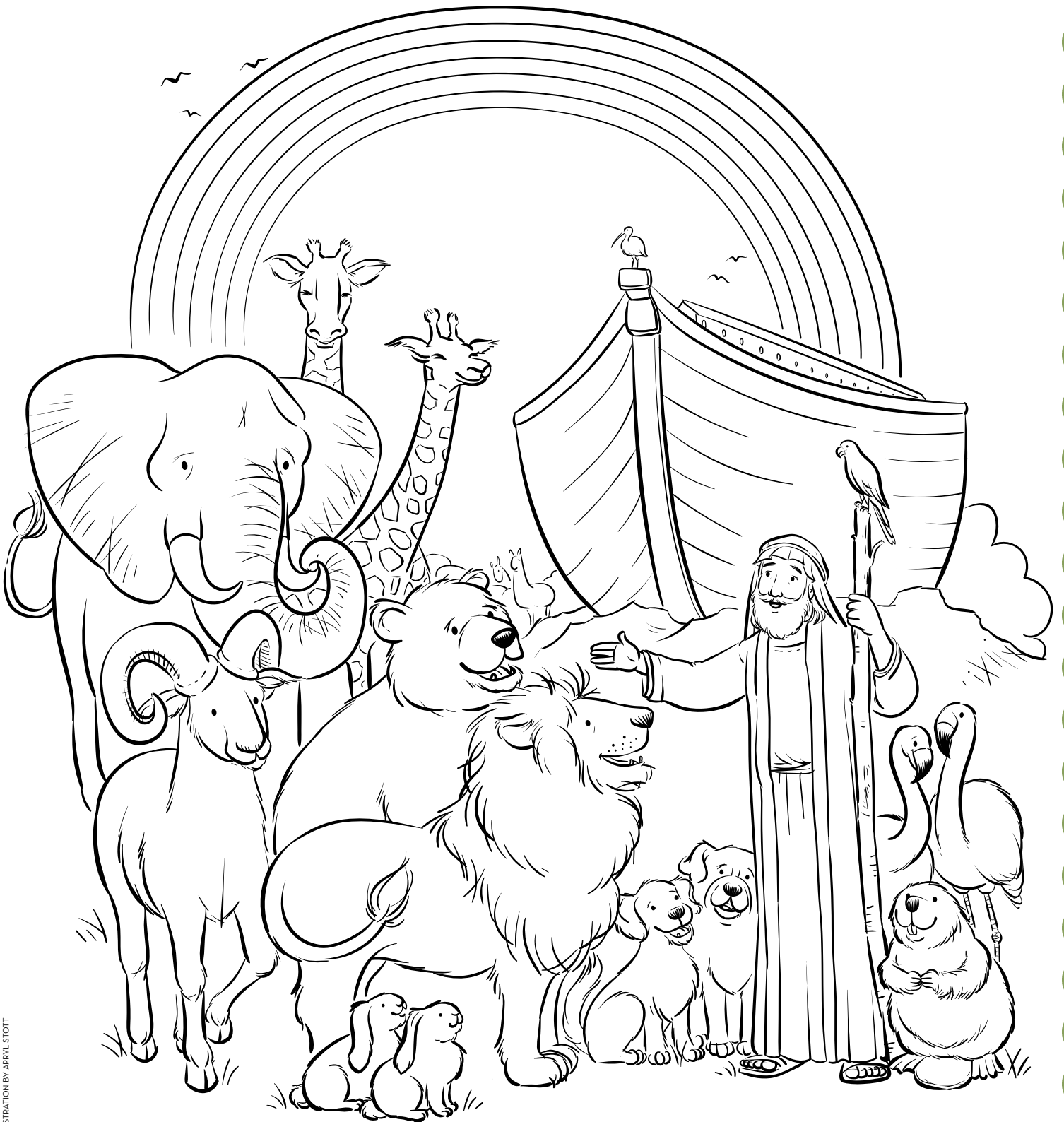
Finally the rain stopped. The floodwaters went down. Noah saw a rainbow in the sky. God promised to never flood the whole earth again.





I can be like Noah and listen to Heavenly Father. I know God keeps His promises. I am blessed when I obey His commandments. ◆

Heavenly Father Keeps His Promises



Ruby Gets

By Jane McBride

(Based on a true story)

Ruby didn't like to put on her socks. She didn't like to put on her shoes. She liked Mom to do it for her. But Mom couldn't today. Mom was taking care of Ruby's baby brother, Ezra.

It was Sunday. It was time for church. Ruby cried about putting on her socks. She cried about putting on her shoes. Her family was late for church.



Ready

On Monday night, it was time for family home evening. The family sang a song. Mom said a prayer. Ruby's big brother, Danny, gave the lesson.

Danny read a story from the Bible. The story was about Noah. God asked Noah to build a ship. Other people made fun of Noah. But Noah did what God asked.

"When we choose the right, we feel happy," Danny said. "When we choose the right, it makes Heavenly Father and Jesus happy too."

Ruby thought about that. She didn't feel happy when she cried about her socks and shoes. Maybe she could make a better choice.

The next day, Mom needed to go to the store. "Ruby, please put your socks and shoes on," Mom said. "I'll get Ezra dressed."

Ruby started to cry. She didn't want to put on her socks. Or her



shoes. Then she remembered the story from family night. She could choose the right!

Ruby put on her socks and shoes. She brushed her hair. She put on her coat. "I'm ready," she said.

Mom smiled. "Thank you," she said. "You're getting so grown up."

Mom's smile made Ruby happy. ◆

The author lives in Colorado, USA.