

AUGUST 2024

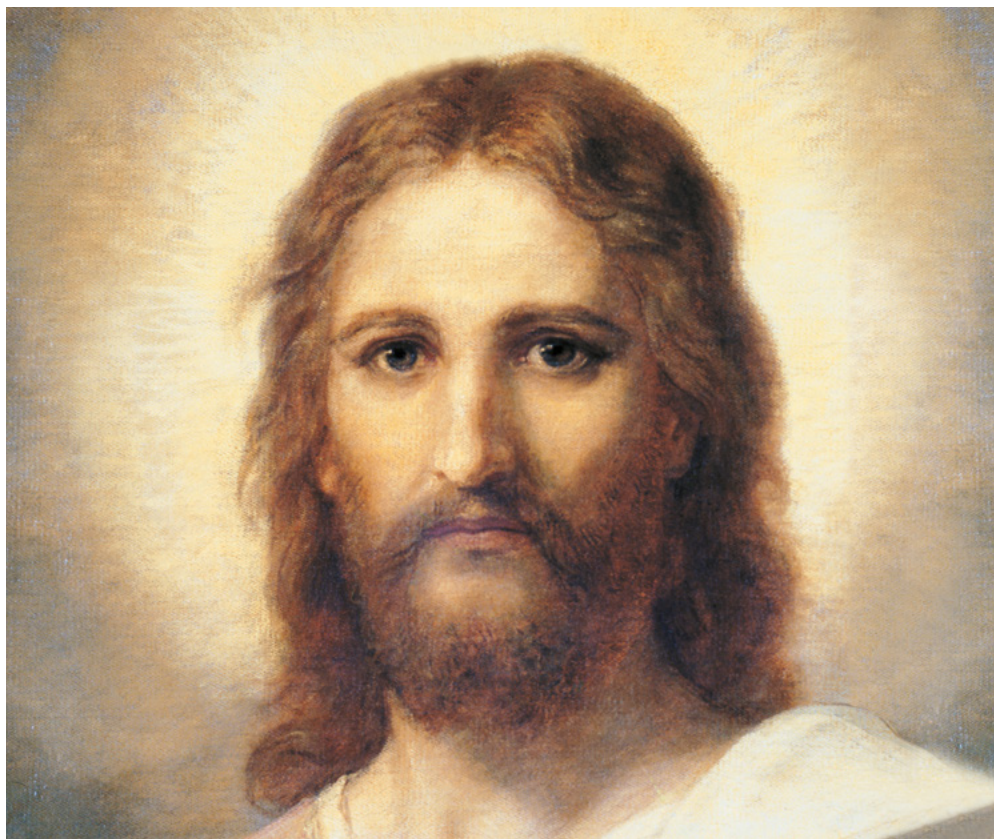
the Friend

Following Jesus Together



Growing
Our
FAITH!

See pages 2-3



Dear Friends,

Faith can give you power. On page 2, President Nelson teaches us that “faith in Jesus Christ is the *greatest power* available to us in this life.”

You can be faithful like the 2,000 stripling warriors. They learned faith from their mothers. It kept them safe in a war. They all lived because of faith in Jesus Christ!

Love,

The Friend



Look for this icon to find articles that go with this month's *Come, Follow Me* readings.

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The Friend Magazine



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Friends by Mail

Where I Read the *Friend*

Lahja N., age 6, reads the *Friend* in Finnish in South Savo, Finland.



Nighttime Fun with the *Friend*

We cut out pictures from the *Friend* while we listen to uplifting music. We talk about the pictures each night before bed to learn more about the gospel.

Zoe and Abby Z., ages 5 and 7, Oregon, USA



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We Love to See the Temple

John and James S., ages 5 and 3, visited the Washington D.C. Temple.



Find 3 Hidden Samoan CTR Rings



- Hard:** On top of the world
- Harder:** A missing ingredient
- Hardest:** In the garden

Front cover by Simini Blocker

Share your stories and photos with the *Friend*! See the back cover to learn how to send us your mail.

WE LOVE HEARING FROM OUR FRIENDS!



By President
Russell M. Nelson

The Greatest Power

A few years ago, Sister Nelson and I visited Samoa, Tonga, Fiji, and Tahiti. Each of those island nations had heavy rains for days. Members prayed that their outdoor meetings would be protected from the rain.

In Samoa, Fiji, and Tahiti, *just* as the meetings began, the rain stopped. But in Tonga, the rain did *not* stop. Yet 13,000 faithful Saints came hours early to get a seat. They waited patiently through a steady downpour. They then sat through a very wet meeting.

We saw great faith at work among each of these islanders—faith to stop the rain and faith to keep going when the rain did not stop.

The challenges in our lives do not always change how or when we would like. But our faith will *always* help us move forward. Your faith will help you turn challenges into growth and opportunity.

Faith in Jesus Christ is the *greatest power* available to us in this life. All things are possible to them that believe. ●

Adapted from "Christ Is Risen; Faith in Him Will Move Mountains," Liahona, May 2021, 101–4.

Growing Your Faith

Just like we can help a seed grow by giving it sunlight, water, and good soil, we can do things to help our faith grow! Color each part of the picture and read what you can do to grow your faith.

Learn about Jesus Christ
and His gospel
at home, at church,
and in the scriptures.

Pray
and ask for help
to know what is true.

Keep the commandments
and make good choices
to help you grow closer
to Heavenly Father.

Giulia AND THE Earthquake

It was the middle of the night, and Giulia's room was shaking!



By London Brimhall
(Based on a true story)

This story happened in Italy.

G iulia! Marco! Come down for home evening!" Ma called up the stairs.
"Coming!" Giulia called back.

She came downstairs. After the prayer, Giulia saw that her parents had brought out backpacks, food, water, and other supplies.

"What's this for?" Giulia asked.

"We're doing something important for home evening," Pa said. "There have been some small earthquakes recently. We want to be prepared in case a bigger one comes. We're going to make emergency bags."

Giulia looked at her brother, Marco. She was worried. She had felt the small shakes before. But the thought of a big earthquake scared her.

Ma held Giulia's hand. "Don't worry. We'll do our best to prepare, and the Lord will help us. Before we make the bags, let's read some scriptures."

Her parents read them a story from 3 Nephi. There was a big storm with fires and earthquakes before Jesus Christ visited the Americas. The people felt scared and sad. But Jesus said He would heal and comfort those who came to Him.





How did the Book of Mormon help Giulia?

“Jesus Christ blessed each of the little children,” Pa said. “He knows and loves both of you just like He loved them.”

The scriptures made Giulia feel calm and peaceful. She had faith that Heavenly Father would comfort her and her family.

As they made the bags, Ma told them what they should do if an earthquake came. “Get down in an open area or under a strong table. Then cover your head and neck with your hands. Stay where you are until the shaking stops.”

Giulia practiced what Ma said. She was glad they were prepared. If an earthquake did come, they would have what they needed.

A few weeks later, Giulia felt her room shake in the middle of the night. She sat up in her bed. The room was still shaking. It was an earthquake!

At first, she felt afraid. But then she looked at her Book of Mormon on her bedside table. She thought about how Jesus Christ promised to comfort the people in the Americas. A calm feeling came over her.

Giulia remembered what Ma told her to do. She huddled under her desk, covering her head and neck with her hands. After the shaking stopped, she ran to her parents’ room.

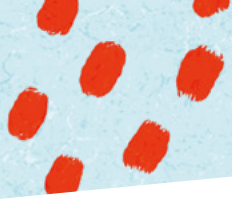
“Are you OK?” Ma asked. Her parents hugged Giulia and Marco tightly. Marco gave her a hug too.

“Yes, I’m OK! I knew what to do,” Giulia said. But then she saw the tears on her brother’s face. He was scared, just like she had been.

I know what will help him, she thought. Giulia got her Book of Mormon and opened to a picture of the Savior.

“Look, Marco. Jesus can comfort us, even when we’re scared.” Giulia gave her brother a hug. “Everything is going to be OK.” ●





Following Jesus in **Barbados**



Hello!



How Antonio Follows Jesus

Antonio follows Jesus by sharing his testimony. One Sunday before church, Antonio decided he would share during testimony meeting that day. He wrote his testimony down in a notebook and read from it. "I shared my belief that Jesus Christ died on the cross and that He loves every one of us and cares for us," he says.

Antonio knows that sharing his testimony helps him feel the Holy Ghost. It also helps him feel closer to his grandad who died a few years ago. He says, "I know my grandad and my entire family support me, and that helps my testimony to grow!" ●

About Antonio

AGE: 11

FROM: St. Michael, Barbados

LANGUAGE: English

GOALS: 1) Go to the temple to be baptized for his grandad. 2) Become a pilot. 3) Become a professional football player.

HOBBIES: Going to the beach, playing football, and playing video games with his friends

FAMILY: Antonio, Mom, Dad, and an older brother



Antonio's Favorites

BOOK OF MORMON STORY: When Nephi gets the brass plates from Laban (see 1 Nephi 4)

FAMILY TRADITION: Having lunch with extended family on Christmas

FRUIT: Strawberries

COLOR: Blue

PRIMARY SONG: "Popcorn Popping" (*Children's Songbook*, 242)



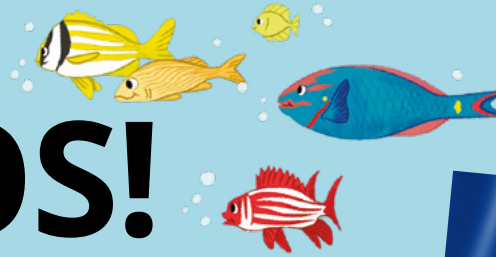
You Can Follow Jesus Too!

What's something you've done to follow Jesus? Write and tell us! Turn to the back cover to see how.



ILLUSTRATIONS BY MIKE MULLAN

Hello from BARBADOS!



Barbados is an island in the Caribbean. About 280,000 people live there!

CHURCH BEGINNINGS



The first family to join the Church in Barbados was baptized in 1978. Now there are more than 1,000 members in the country!



HARRISON'S CAVE



This is a big limestone cave with water running through it. Visitors can explore the cave on a tram and see all the rock shapes that have grown over time.

Sweet fuh days.

That's how you say something is really good in Bajan!



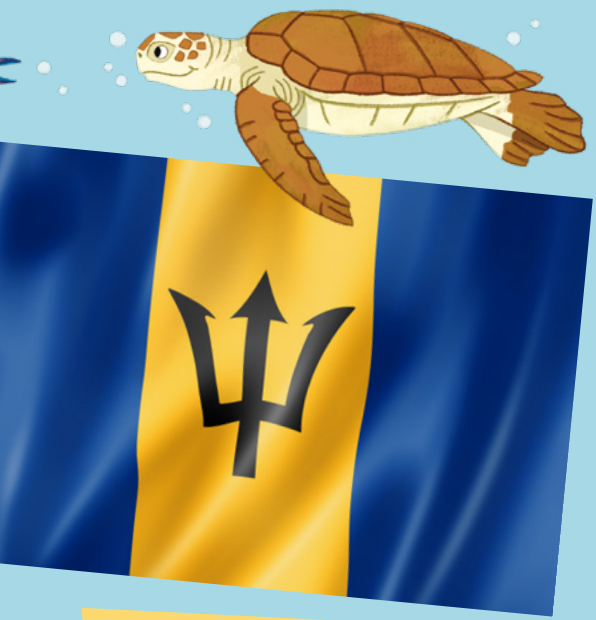
ACTIVITY

Create a Kite!

In Barbados, people fly kites on Easter. Make your own kite to remember Jesus Christ.



1. Cut a large diamond shape out of a piece of paper.
2. Tape a string to the bottom of the diamond.
3. Now write or draw things you love about Jesus Christ on your kite!



COUNTRY FLAG

The gold color on the Barbados flag represents the island's beaches. The blue represents the sea and sky of Barbados.



RECIPE

Souse

Many people in Barbados eat this on Saturdays. Here's a version you can try!

1. Cut **2 pounds of pork** into 1/2-inch (1-cm) pieces. Boil meat with **1 tablespoon (15 ml) of salt** until fully cooked, about 15 minutes. Drain water and let the meat cool.
2. Chop **1/2 large onion, 2 cucumbers, a handful of parsley, and a pepper** of your choice into small pieces. Mix together in a big bowl. Add **1/2 teaspoon (2.5 ml) of thyme** and the **juice from 3 limes** into the bowl.
3. Add cooked meat to bowl and mix well. Add **salt** and **pepper** to taste. Refrigerate for at least two hours before serving.

Be sure to get an adult's help!



ILLUSTRATIONS BY SIMONE FIUMAGALLI

LANGUAGE

The official language in Barbados is English. Most people on the island also speak Bajan.



By Lucy Stevenson Ewell
(Based on a true story)

This story happened in Nicaragua.

Vanessa waved goodbye to Mami and walked into the church building. Some of her friends were already here! She loved Primary activities.

Sister Fonseca was setting up a craft table. There were ribbons, colored strings, and stickers. Vanessa

couldn't wait to find out what they would be making!

After the prayer, Sister Fonseca gave some instructions. "Today we will make gift bags. You can give them to someone you love." She handed a brown paper bag to each child.

Vanessa was excited to start decorating. She chose a yellow heart sticker and put it on the front of the bag.

Next, Vanessa folded a paper to make a card. "You are a child of God," she wrote. She drew lots of stars and hearts on it.

Sister Lopez passed out some cookies and cupcakes to put inside their bags. Vanessa put the card inside too. Perfect!

Soon Mami came to pick her up. "Look!" Vanessa held her bag up for Mami to see. "It's to give to someone special."

"Beautiful!" Mami said. "Who will you give it to?"

"I don't know," Vanessa said. "I want to give it to someone who needs love." Then Vanessa had an idea. "Can we go for a walk to find someone to give it to?"

"Sure," Mami said. "Let's go!"

Vanessa held Mami's hand and carried her bag of love in her other hand. They turned down a quiet street. *Maybe someone here needs love,* Vanessa thought.

But as they walked, Vanessa frowned. There was no one on the street!

"Let's try going this way." Mami led Vanessa down another road. But again, no one was outside.

Vanessa sighed. "What should we do?" she asked.

"Why don't you say a prayer in your heart?" Mami said. "Ask Heavenly Father to guide you to someone you can help."

They turned down one more street, and Vanessa said a silent prayer. *Heavenly Father, please help me find someone who needs some love.*

A few minutes later, Vanessa saw a little boy walking on the sidewalk.

Vanessa's face lit up with a smile. "Hi," she said to him. "I want to give this to you." She held out the bag.

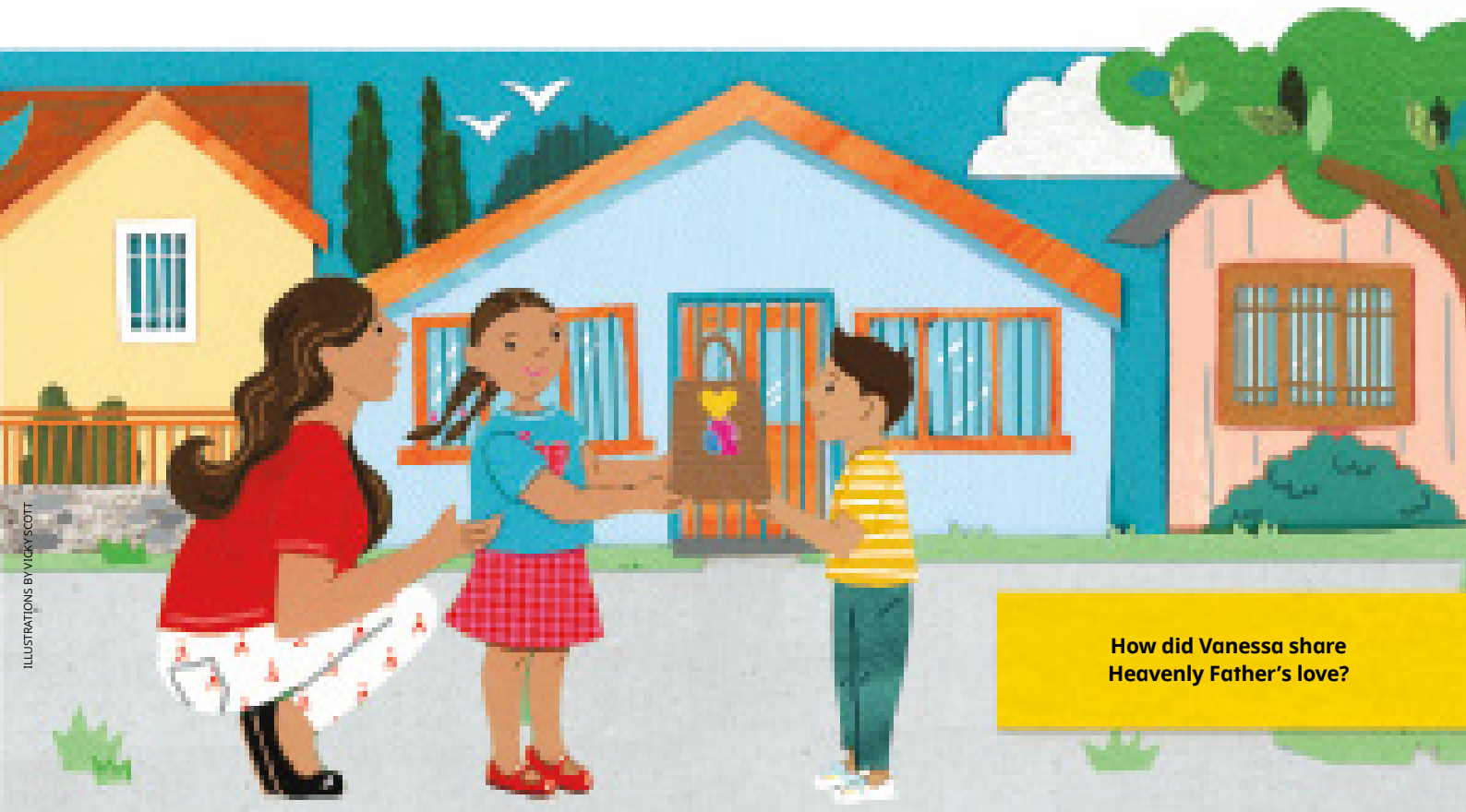
At first, the boy looked confused.

"It's OK. You can take it," Mami said gently.

Slowly, the boy reached out and took the bag. A big smile spread across his face.

"I made it for you with a lot of love," Vanessa said.

Vanessa felt happy as she watched the boy run back to his house. She knew he was special to Heavenly Father. ●



How did Vanessa share
Heavenly Father's love?

CIRCLE-TOSS GAME

We can serve others
by including them! Invite a
friend or sibling to play this
game with you.

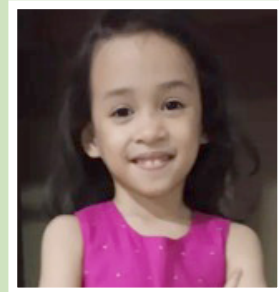
- 1.** Each player decorates four paper plates or paper circles so they can tell which is theirs during the game.
- 2.** Use rope or string to mark a big circle on the ground.
- 3.** Stand far away and take turns tossing your plates into the circle. With each turn, say one way you can serve someone. Whoever gets the most plates to land inside the circle wins!

I Can Serve Others

*Like Nephi, you can go and do what the Lord has commanded.
(See 1 Nephi 3:7.)*

Jesus Christ served others, and you can too. Try one or two of the ideas below. Or write down your own idea!

- Help someone clean.
- Say a prayer for a person in need.
- Tell someone what you like about them.
- Share a toy or game.
- Help a friend with something that is hard for them.



I help others by sweeping, stacking the chairs at church, and taking care of my baby brother.

Cumorah L., age 5, Sorsogon Province, Philippines



Pray and make a plan for how you'll serve others. Write your plan below.

Share with us how you serve others! Turn to the back cover to find out how.



Brothers Forever



By LaNae H. Poulter
(Based on a true story)

This story happened in Zimbabwe.

I love to see the temple. I'm going there someday,"* sang Ryan.

"Going there *today!*" said Ryan's older brother Roy.

Momma folded some clothes and put them in a travel bag. "We'll begin today, but it will take us two days to get to the temple in South Africa," she said.

Ryan and his family had waited a long time to go to the temple. And now it was finally time! They would be gone for a whole week.

"Momma, tell us again about Tawananyasha," Roy said.

Momma smiled at the boys. "Tawananyasha is your older brother. He died when he was only one. But he is still a brother to you, just like Tafadzwa and Tatenda. Papa and I love all five of our sons."

Ryan smiled as he thought of Tawananyasha. It felt good to know that their parents loved them all.

"That's why we're going to the temple," Momma said. "To be sealed together as a family forever!" She zipped up the travel bag. "Now get your things. It is temple time!"

Roy helped Ryan carry their travel bag outside. Papa joined them, carrying a box of food Momma had prepared for the trip. Tafadzwa and Tatenda carried their bags too. Soon the whole family started walking to the church. A bus was waiting for them there to take them to the temple.

Ryan climbed up on the bus and sat next to Roy. Three other families from their ward were also loading the bus. When everyone took their seats, the bus set out on the long drive to the temple.

Ryan and Roy looked out the window. It was the rainy season, so everything looked green and beautiful. They passed fields and roadside stands where people sold tomatoes, bananas, and potatoes. They even saw monkeys on the road! Ryan wondered what



other animals might be hiding in the tall grass and trees.

Soon day turned into night, and the bus drove on. It was a long ride, but Ryan and Roy didn't complain. Ryan fell asleep thinking, *It is temple time!*

As they reached the city, everyone on the bus watched out the windows. Who would see the temple first?

"There it is!" Roy said.

Finally, the time came to go inside the temple. "It is temple time!" Roy whispered to Ryan as they walked inside. They changed into white clothes. Then the boys sat in a waiting room with the other children for a while.

Soon a nice temple worker took the children to join their parents. They walked into a room that had a soft table in the center for people to kneel at. It was called an altar.



"Welcome to the sealing room," the worker said at the front of the room. "Today I will use the priesthood to seal each family together forever."

Ryan and Roy watched as the other three families were sealed. Then it was their turn.

Ryan and his brothers knelt with his parents around the altar. The sealer invited one of their friends to represent Tawananyasha. Roy looked at Momma and

Papa as he placed his hands on theirs. He saw tears sliding down Momma's cheeks, but she was smiling big.

When the sealing was over, Ryan gave Momma a hug. "You look like angels," she whispered to her sons.

"It feels like an angel is with us," Roy whispered back. "I have a special feeling in my heart."

"Me too," said Ryan. It felt amazing to be in the temple with his forever family! ●

* *Children's Songbook*, 95.

Because of the
priesthood, we can
be with our
families forever!





**By Elder
Ronald A. Rasband**
Of the Quorum of
the Twelve Apostles

What Will Help My Faith Grow?

Read the scriptures and notice the thoughts and feelings that you have.

Write about times when you have felt the Holy Ghost so you can remember them.

Reach out and serve others like the Savior would.

Remember that Heavenly Father knows and loves you. He is always ready to help.

Adapted from "Lest Thou Forget," Liahona, Nov. 2016, 113–15.

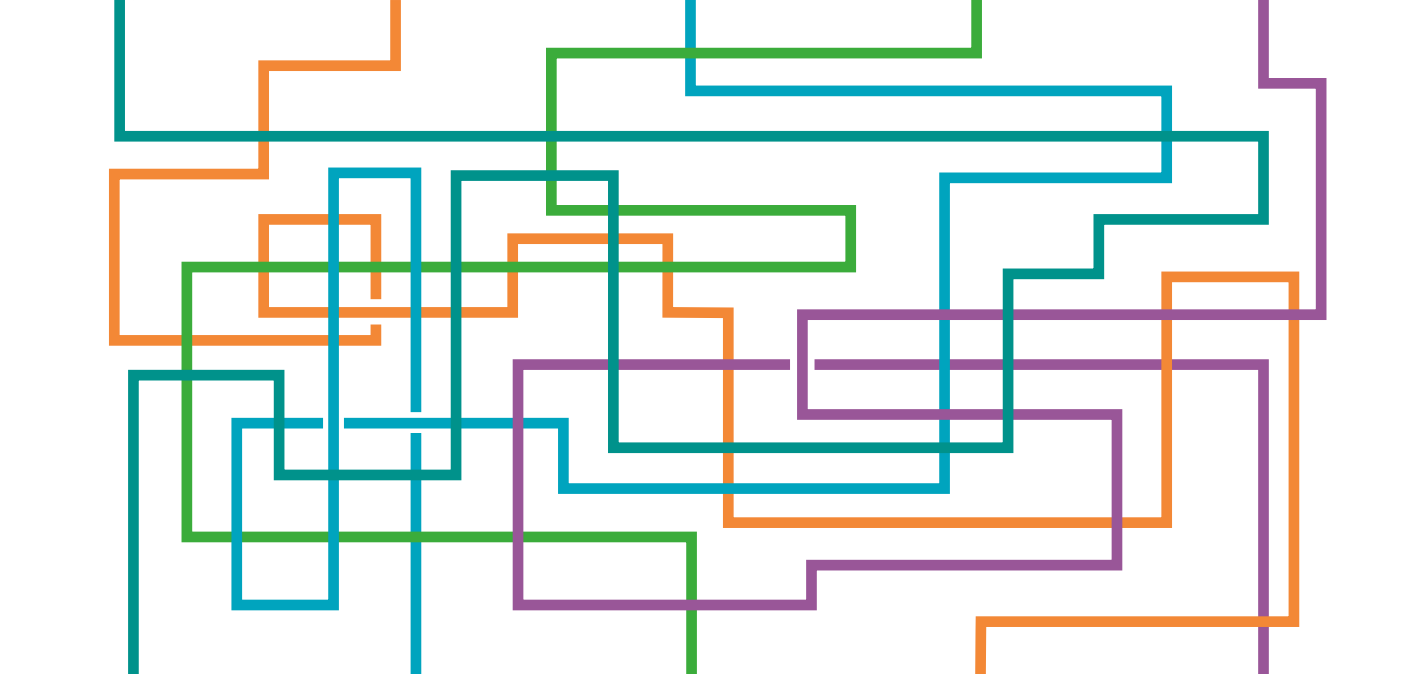


Did You Know?

Elder Rasband's motto is "It's people that matter most."

Blessings Match

The priesthood blesses everyone! Match these pictures with the blessing of the priesthood they go with.



Be sealed to your family in the temple.

Be baptized and confirmed.

Have God's help when you serve in callings.

Take the sacrament.

Get a blessing when you're sick or worried.

"The blessings of the priesthood . . . are available to men and women alike."
 President Dallin H. Oaks, First Counselor in the First Presidency,
 "The Melchizedek Priesthood and the Keys," *Liahona*, May 2020, 70.

"Can I have a blessing too?" Maddie asked.

Sharing Her Gift

By Rebekah Jakeman
(Based on a true story)

This story happened in the USA.

Knock, knock. Maddie ran to the front door and opened it. She smiled when she saw Brother Clayton. He was their family's ministering brother.

"Hi, Maddie, I'm here to see your mom and dad," Brother Clayton said.

Mom joined Maddie by the door. "Thanks for coming. Please come in."

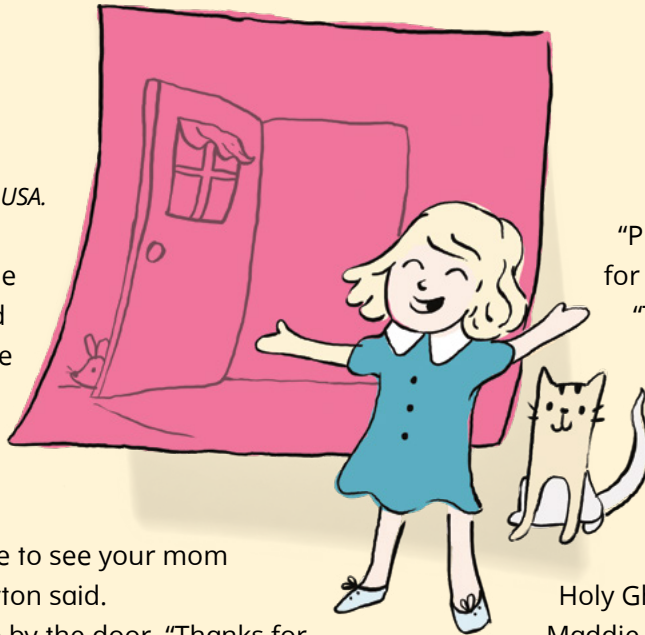
Brother Clayton followed Mom and Maddie into the living room.

Dad set a chair in the middle of the room. "Brother Clayton is here to give your mom and me a priesthood blessing," he told Maddie.

"Why?" Maddie asked. She knew that people asked for priesthood blessings if they were sick or starting school. But why did Mom and Dad need a blessing?

"You know how our family has been going through a hard time? Dad and I want Heavenly Father's help and guidance," Mom said.

Maddie knew that Mom was often stressed. And Dad was worried about money. It had been very hard on the whole family.



"Priesthood blessings aren't only for when you are sick," Dad said.

"They can also be for when you need comfort or strength."

"Can I stay and listen?"

Maddie asked.

Mom smiled. "Sure. Can you sit quietly? We want to be reverent so we can feel the Holy Ghost."

Maddie nodded and sat on the couch.

Then she folded her arms and closed her eyes. She listened to Brother Clayton give Dad and Mom each a blessing. She felt warm and hopeful as Brother Clayton said loving words from Heavenly Father.

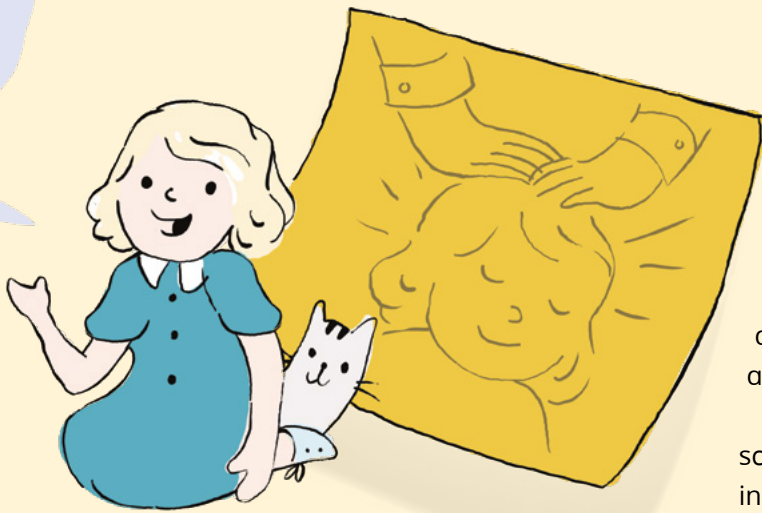


When they were done, Maddie stood up. "Can I have a blessing too?"

"Of course,"

Dad said.

Maddie sat in the chair, and



Brother Clayton placed his hands on her head. She felt good inside. But she wondered what words Heavenly Father had for her. She knew the problems her family had were big—too big for her to fix.

“Maddie, your Heavenly Father wants you to know that you have the gift of joy,” Brother Clayton said. “He loves you and wants you to be happy. And He wants you to share your happiness with others.”

Maddie listened carefully. She felt peaceful. She might not be able to make the big problems her family was facing go away. But she could help her family be happy.

When Brother Clayton finished, Maddie jumped up from the chair and gave Mom and Dad a big hug. Then she shook Brother Clayton’s hand. “Thank you,” she said.

Later that night, Maddie sat on her bed. She thought about her priesthood blessing. How could she help her family feel happy? She looked around her room at her picture books, stuffed animals, and art supplies.

Then she had an idea. She grabbed some paper, scissors, and crayons. She began to cut the paper into small squares.

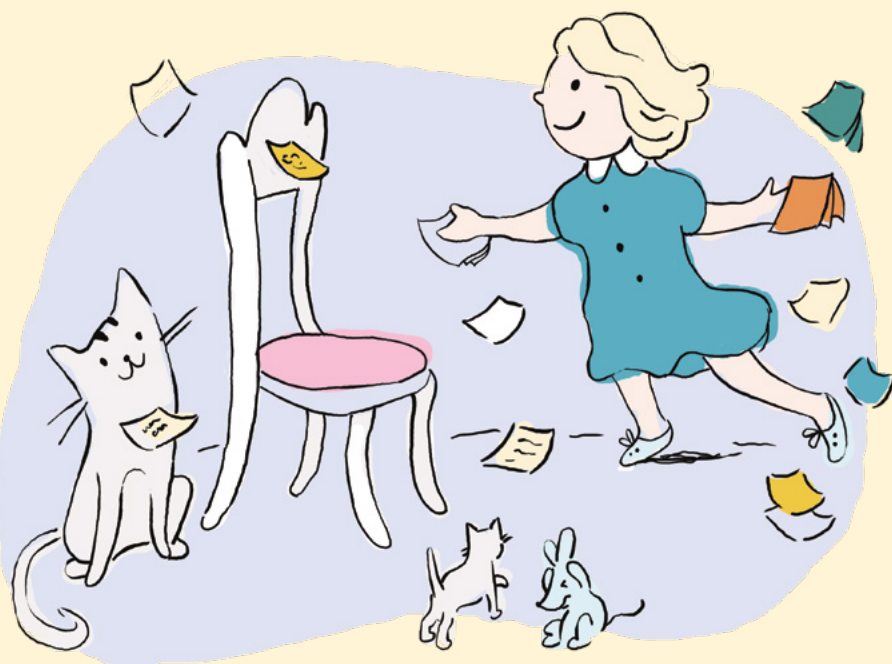
Maddie picked up a red crayon. “You can do this!” she wrote on the first paper. On the next she wrote, “You are loved!” Maddie thought of more happy things to write. She kept going until all the papers were filled with happy words.

When she was done, she put the notes around the house—one by the front door, one by the soap next to the sink, and one by the laundry room.

Over the next few days, she smiled when she saw her family reading the notes.

“Thank you for the notes,” Mom said with a big smile. “They make me happy. And you make me happy too!”

Maddie gave her mom a hug. Heavenly Father was helping her use her gift to help her family. ●

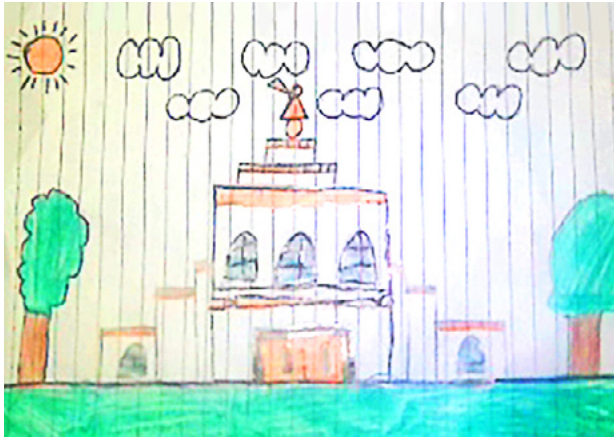


Cut out this note and leave it for your family to find!





Following Jesus Together



Vicente M., age 8, Bahia, Brazil



I follow Jesus by keeping the Sabbath day holy, going to church, and reading the scriptures.

Miguel M., age 10, Nairobi City County, Kenya



I am dyslexic, which means it's hard for me to learn some things at school like reading and writing. I have a tutor who helps me. I pray to Heavenly Father for help and comfort when it is hard for me.

Collins M., age 7, Arizona, USA



Molly B., age 9, Alberta, Canada



Primary children in **Utah, USA**, brought cardboard cars made at home for a Primary activity. They sat in their cars and watched Church videos together.



My family is in the process of adopting my little brother. We will go to the temple to be sealed as a family for all eternity once his paperwork is finished. I'm grateful for the temple because it means he will be my brother forever!

Corinne B., age 7, California, USA



"Nephi," Oliver J., age 7, Virginia, USA



Hannah D., age 5, South Dakota, USA



Everett C., age 6, Missouri, USA



I try to be a good example to others. I help my parents clean the house.

Keona C., age 11, Macau, China



I love the Book of Mormon because it makes me feel closer to Jesus Christ.

Thelma S., age 8, Mashonaland Region, Zimbabwe

Tell us how you follow Jesus!

Turn to the back cover to see how.

Why Do We Call the Temple the House of the Lord?

Every temple has the words “The House of the Lord” near the entrance. The temple is the Lord’s house on earth, and it is filled with His power. Prophets have promised that the Lord will bring us miracles when we make the temple an important part of our life.

- The Caracas Venezuela Temple was the 96th operating temple.
- This was the very first temple in Venezuela!
- The temple took just over a year and a half to build.



Caracas Venezuela Temple

- Elder Neil L. Andersen dedicated the grounds in the country’s official language, French.
- This will be the seventh temple built in Africa!
- Some Primary children helped with the groundbreaking ceremony.



Abidjan Ivory Coast Temple

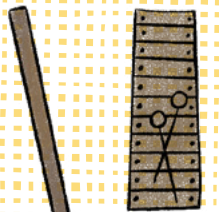
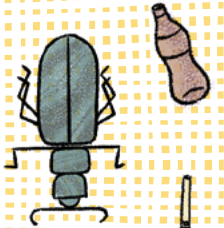
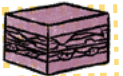
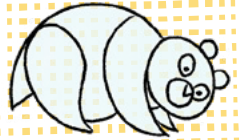


*Cut out the cards, fold on the dotted line, and tape them closed.
Find more temple cards at friend.ChurchofJesusChrist.org.*



Captain Moroni and the Title of Liberty

Captain Moroni made the Title of Liberty to help remind people of the importance of God and their families. Can you find the hidden objects?

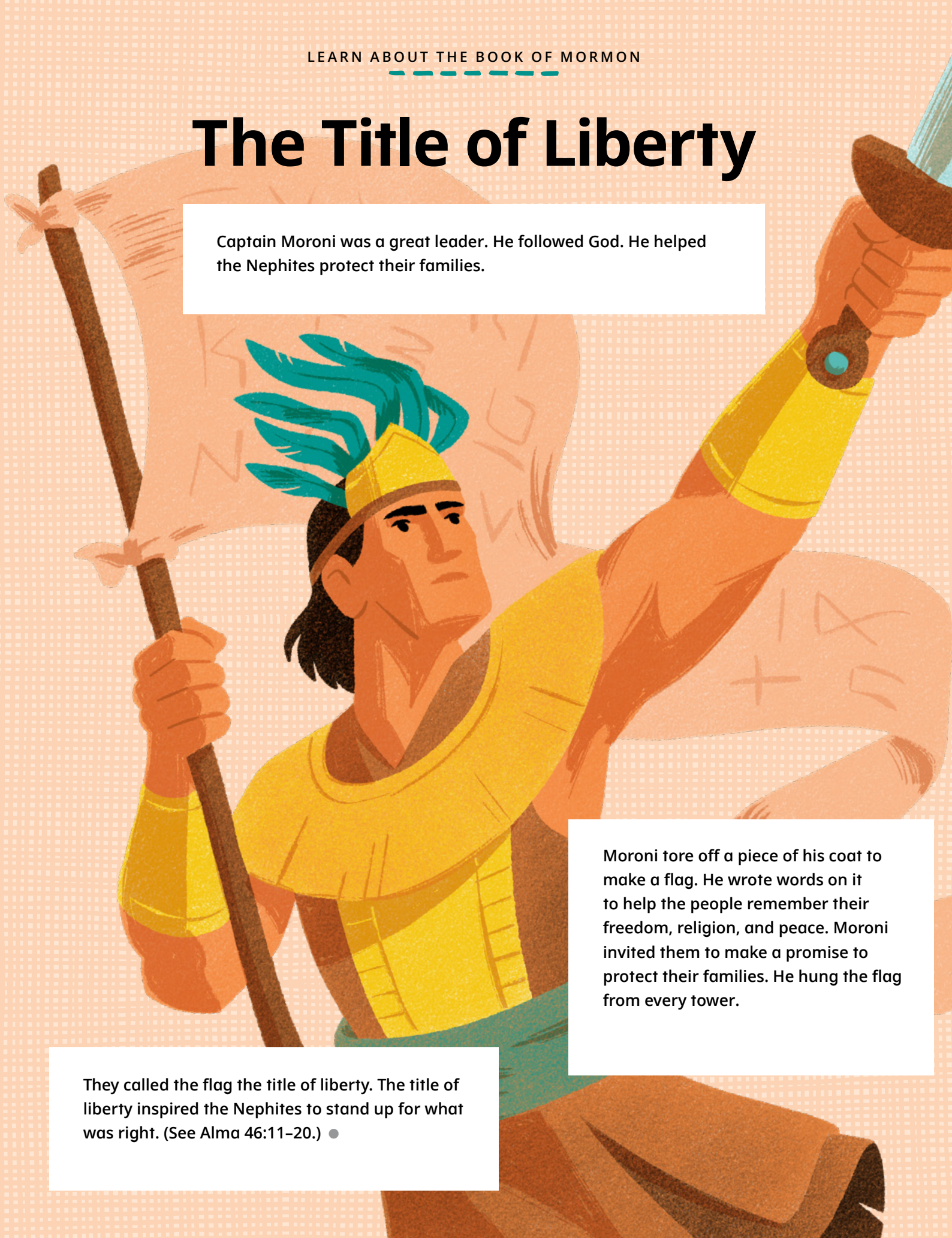


The Title of Liberty

Captain Moroni was a great leader. He followed God. He helped the Nephites protect their families.

Moroni tore off a piece of his coat to make a flag. He wrote words on it to help the people remember their freedom, religion, and peace. Moroni invited them to make a promise to protect their families. He hung the flag from every tower.

They called the flag the title of liberty. The title of liberty inspired the Nephites to stand up for what was right. (See Alma 46:11–20.) ●





Scripture Challenge

What filled Alma's soul when he prayed for forgiveness?
(Alma 36:20)

What did Captain Moroni give his people to "defend their heads"?
(Alma 43:19)

Who was the chief governor that Captain Moroni wrote to?
(Alma 61:1)

I Can Read the Book of Mormon!

After you read, color part of the picture. You can read these scriptures that go along with each week's reading from *Come, Follow Me*.

Week 1: Alma 37:37

Week 2: Alma 40:23-25

Week 3: Alma 43:45

Week 4: Alma 62:50-51



Use a piece of paper or poster to make your own title of liberty. Write words or draw pictures that remind you to follow Jesus Christ. Share with us what you made!

The Stripling Warriors

You can read this story in Alma 56–57.



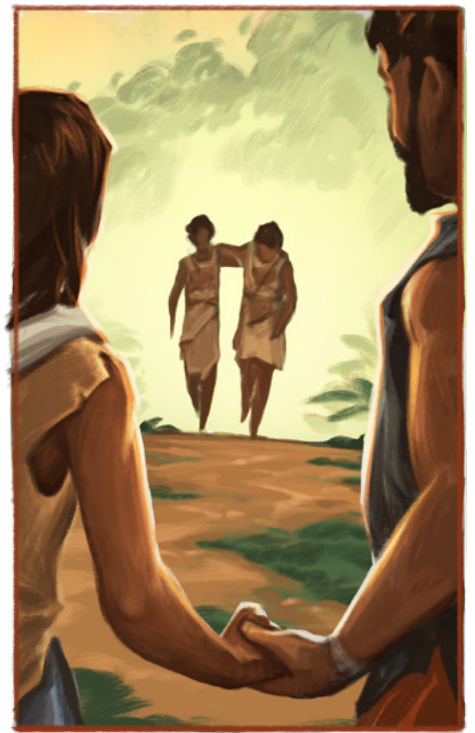
The people that Ammon and his brothers taught wanted to follow Jesus Christ. They buried their weapons and promised God that they would never fight again.



But soon they needed to protect their families. The fathers who buried their weapons didn't want to break their promise with God. So their sons prepared to fight in their place. They were called the two thousand stripling warriors. *Stripling* means "young."



The stripling warriors had never fought in a war before. But their mothers helped prepare them and taught them to trust God.



They chose Helaman to be their leader. They were brave, and God helped them. All of them were hurt, but they helped each other. God honored their faith, and they all lived! ●

Come, Follow Me Activities

*For home evening or scripture study—
or just for fun!*

July 29–August 4

Small Things, Big Difference

FOR ALMA 36–38

With Heavenly Father's help, small things can make a big difference (see Alma 37:6–7). Help make your favorite recipe. What would happen to the recipe if you took out one of the ingredients? Talk about how small things can make a difference and how you can make a difference too.

For younger children: Look for small things that are helpful, like a small seed that turns into a plant or a light switch that turns on light. Talk about how small things can make a big difference, just like you!



August 5–11

Resurrection Activity

FOR ALMA 39–42

Alma taught about resurrection (see Alma 40:23). Make a puppet that looks like you! You can use a paper bag, piece of paper, or sock to make a puppet. Use markers, paint, yarn, or other things to decorate it. Your hand is like your spirit, and your puppet is like your body. Because of Jesus Christ, our body and spirit will be together again forever after we are resurrected.

For younger children: Do something to move your body, like dancing or playing! Then talk about how resurrection means we will have our bodies again after we die.



August 12–18

Fort of Safety

FOR ALMA 43–52

When Captain Moroni was preparing for war, he built things around the city to keep the people safe (see Alma 50:1–6). Build a fort with your family! Every time you add something new to your fort, name something you can do to keep your family safe spiritually, like reading the scriptures or praying.

For younger children: Build a fort to sit in. Talk about how people build forts to be safe. Then talk about how we can make our homes spiritually safe by reading the scriptures.



August 19–25

Letters of Love

FOR ALMA 53–63

Helaman and other leaders wrote epistles, or letters, to tell each other about the good and bad things happening in the battles (see Alma 56). You can write letters too! Write a letter to a family member or friend. Write down the good things happening in your life and the things that are hard for you. Then send your letter!

For younger children: Practice writing “I love you” or drawing a heart to give to someone you love. Talk about how prophets in the scriptures also wrote letters.



A Hug for José

Adam knew he had to be brave.



By Carolina Maldonado

(Based on a true story)

This story happened in Bolivia.

Ha! You don't know *anything!*" Fabricio pointed his finger at José and laughed.

Adam frowned. José had just asked the teacher a question. It wasn't nice of Fabricio to tease him for that.

"Fabricio, that's enough," the teacher said.

Adam looked over at José. He was staring down at his notebook, like he hadn't even heard Fabricio.

José was new to their school. At first, no one talked to him. Then some of the other kids started to tease him. They always called him names and laughed at him. Adam felt like he should help José, but he never knew what to say.

Besides, José looked just fine. It seemed like the teasing didn't even bother him.

Adam turned back to his book. They had a big math test soon, and he had to focus.

On the day of the test, Adam did his best, but it was hard! He was nervous about his grade. What if he had failed?

The next day, their teacher stood at the front of the room with a stack of papers.

"I have your test grades," she told them. "Many of you have room to improve, but some of you did very well."

She began to read each student's grade out loud. Most of the grades were pretty low. Adam waited anxiously for his name.

"Adam," the teacher said. "Eighty."

Adam couldn't believe it. He had passed! He smiled big.

Then the teacher read José's grade.

"One hundred," she said, loud and clear. "A perfect grade."

Fabricio stood up. "No way!" he shouted. "José cheated!"

"Yeah!" said another boy. "He doesn't know anything. He must have copied someone."

Other students joined in. José tried to tell them that he didn't cheat, but they didn't listen. The teacher tried to tell them to be quiet, but they wouldn't listen to her either.

"Cheater!" someone yelled.

"Liar!" said someone else.

Adam's heart was beating fast. He didn't know what to do. He looked over at José. He would be OK, right? José was always calm.

José stared down at his desk like he always did. Then he started to cry.

The other kids stopped shouting, and the room went silent. All Adam could hear was the sound of José crying. He knew he couldn't just stay still this time. He had to be brave. The Holy Ghost was telling him to help José.

Adam stood up. The other kids watched him as he walked over to José. He still didn't know what to say. So he just leaned down and gave José a tight hug.

"It's OK," he whispered as he patted José on the back. "It's OK."

Soon other kids came to hug José too. Even Fabricio came over and said sorry. Before long the whole class was standing around José to say sorry and cheer him up.

"We love you, José!" someone said.

"You're the best at math!" said another.

José wiped away his tears and smiled. Adam smiled too. Being kind took courage, but it was worth it. ●





By Elder
William K. Jackson
Of the Seventy

A Worldwide Family

When I was young, my parents did volunteer work in different countries. I wanted to help people around the world too. So when I grew up, I became a doctor. I have now worked in many different countries helping people. My family and I have enjoyed being with the Latter-day Saints in these areas. They are so happy and hopeful. And they love Jesus Christ and His gospel.

My children often went to Primary with other children that didn't look like them or speak the same language. But they were all Heavenly Father's children. He knows and loves each one of us. We are each part of His family.

I hope you Primary children know you are a part of a very special worldwide family. No matter what, you are loved by our Heavenly Father. He has high hopes for us—to become like Him. We each have value. When we have the gospel, things that can separate us, like our culture, what language we speak, or where we live, don't have to divide us anymore. Because we will see each other as we truly are—brothers and sisters, children of God. ●

From an interview with Bradley Salmond III and Rebekah Jakeman.






Friend Finder

We are all part of Heavenly Father's family! Can you find the children in the pictures that are the perfect match for each shape?





MARGO and PAOLO



Older Kids' Section

What's Inside:

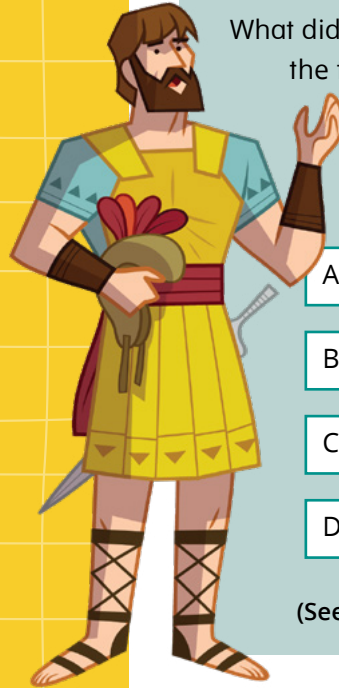
The Kindness Test	36
Fight Bullying with Love	38
5 Ways to Stand Up to Bullies	39
The Tiny Cantaloupe	40
Fruit Fun!	42

Quick Quiz

What did Captain Moroni write the title of liberty on?

- A. A sign
- B. A sail from his ship
- C. A boulder
- D. His coat

(See Alma 46:12-13.)



Healthy Tip

Don't just stick to one kind of food. Every day, try to eat fruit, vegetables, proteins, grains, and dairy. This will help your body get all the nutrients it needs.



The Kindness Test

By Noelle Lambert Barrus
(Based on a true story)

This story happened in Taiwan.

Melanie ran as fast as she could across the school play yard. Three of her classmates were just a few steps ahead of her. They were almost to the line that marked the "safe area."

She stretched her arm out. She pushed her legs harder. Finally, she tagged two of them just in time!

"Got you!" Melanie said. Her friends laughed as they collapsed to the ground.

"You're fast," Jia said as she breathed in and out.



Melanie had almost tagged Jonny too. But she just missed him.

Jonny pointed at her and laughed. "Too slow!" Then he called her a name.

Melanie frowned. Jonny was mean to her a lot! She didn't like it.

After school, Melanie sat at the kitchen table. She worked on her homework with her older sister. But she couldn't stop thinking about what Jonny said.

"Liv, what do you do when someone is mean to you?" Melanie asked.



Liv looked at her. "Was someone mean to you?"

Melanie nodded. "A boy at school. He teases me all the time!"

Liv put her pencil down. "That's really hard. I'm sorry." She leaned back and folded her arms. "Maybe you could do something nice for him."

Melanie scrunched up her nose. "Something nice?" That didn't sound very fun.

"Yeah!" Liv nodded. "If you're nice to him, maybe he'll be nice back. Have you tried that?"

Melanie shook her head. She wasn't so sure about this idea. Why would she be nice to someone who was mean?





That night, Melanie said a prayer. "Heavenly Father, please bless that Jonny will be nicer to me." She paused. She thought again about what Liv said. "And please help me find a way to be nice to him too. In the name of Jesus Christ, amen."

But what nice thing could she do?

A few days later, Melanie's class went on a hike together. There were lots of big green trees and cool streams on the trail. When it was time for a break and lunch, Melanie ate with her friends.

Then she noticed Jonny sitting under a tree. He was alone. *Maybe I can share my treat with him*, she thought.

Melanie walked to Jonny and sat down. "Hi, Jonny."

Jonny looked up at her. "Hi."

"Do you want a cookie?" she asked.

She handed one of her cookies to Jonny. He took it and smiled. "Thanks."

"Did you like our hike?" she asked.

"Yeah. The bridge we crossed was awesome." He bit into the cookie. "Mmm. This is really good."

"Thanks! I made them with my mom and sister."

Melanie and Jonny finished their lunch together. They talked about a card game they both liked. Jonny was actually pretty funny. They laughed a lot. Melanie liked this much better than when he teased her.

"Do you want to play a game?" Jonny asked as they followed everyone else down the hiking trail.

Melanie nodded and smiled. "Sure!"

They took turns hopping between rocks during the rest of the hike. Melanie had a lot of fun. When the hike was over and it was time to go home, she was sad to say goodbye.

"Let's play that card game next week," Jonny said.

Melanie nodded. "OK! Bye, Jonny!"

Melanie waved goodbye and smiled. Jonny wasn't the boy who teased her anymore. Now, he was her friend. ●



Fight Bullying with **LOVE**

My name is Matilda, and I am from Chile. Ever since I moved to another country, other kids have made me notice that I am different from them. They have laughed at my curly hair, the color of my eyes, my eyebrows, and even the color of my skin. They have called me ugly and weird and even told me that I am poor because I look different than everyone else.

My mom has taught me to respond to bullying with a smile. She says many times that people who bully are sad or are living with something that hurts them. She has also taught me that it's not my fault, and being different is something good and wonderful. God created different kinds of things in the world like different plants, places, and people. It doesn't matter how we look as long as we have a good heart.

Since my mom taught me that, every time I get bullied, I think about it and talk to the person who is saying bad things. I try to stop the situation. Once I told a classmate that saying bad things about others can hurt a lot. I said that he doesn't know what happens to others in their hearts when they hear bad things about themselves for being different. Since that day, that classmate hasn't made fun of me anymore, and now we are friends.

I think the way my mom taught me to fight bullying is the best way. She taught me to fight bullying with love, as God would do it. I try to always ask myself, "What would Jesus Christ do in this situation?" This has helped me come closer to our Heavenly Father. ●

—By Matilda R., age 8, Utah, USA



5 Ways to Stand Up to Bullies

It can be scary to face a bully. But you have Jesus Christ's perfect example to follow, and you have His strength with you. When someone is being unkind to you or others, you can stand up for what is right! Here are five ways:

1.

Tell the person to stop. In a firm voice, tell the person to stop treating you or someone else unkindly. Think about the times Jesus Christ stood up to people who were being unkind to Him and others (see John 8:3-11). He will help you do the same.

2.

Walk away. Sometimes walking away is the bravest thing a person can do. Take a deep breath and walk away. If you see someone being bullied, go over and ask them to come with you, and just walk away together.

4.

Remember your worth as a child of God. It doesn't matter what anyone says to or about you—it will never change how much Heavenly Father loves you. Hold this truth close to your heart, and you will feel stronger and braver. Always treat others as children of God too.

5.

Be kind. You can be an example of kindness. Jesus Christ taught us that this is the best way to deal with bullies. "Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you" (Matthew 5:44).

3.

Pray. Prayer is powerful! Pray for courage and compassion. It might sound odd, but pray for the bully too! "Pray to your Heavenly Father," said Elder Neil L. Andersen. "... He will guide you in what to do. He will open doors, remove roadblocks, and help you overcome obstacles."*





The Tiny Cantaloupe

Was there anything Weston could do to help Nate?

By Amanda Joy Penrod-Jang
(Based on a true story)

This story happened in the USA.

Weston was playing outside when a car and a big moving van drove up to the house across the street. Lots of kids got out of the car. One of them was a boy who looked like he was Weston's age.

Weston ran inside his house. "Mom, Dad! A new family is moving in!"

Dad looked up from the project he was working on. "That's awesome."

"I want to meet them," Weston said. "Will you come with me?"

"Of course!"

Weston and Dad walked across the street to their new neighbors' house. When they knocked, a lady came to the door. The boy Weston's age was standing behind her.

Weston waved. "Hi, I'm Weston. What's your name?"

The boy stepped out from behind his mom. "I'm Nate."

"Want to play at my house?" Weston asked.

Nate looked at his mom.

"You can go," she said. "Just be home in time for dinner."

After that, Weston played with Nate almost every day. He was so happy to have a new friend. They rode bikes, swam at the pool, and played pirates at the park. Sometimes Weston played at Nate's house too. Nate's whole family was nice!

One day, Nate's dad got really sick. He had to go to the hospital. The sickness got worse and worse. Nate and his family were so worried.

Weston was worried too. Everyone at church fasted and prayed for Nate's dad. Weston also fasted. He hoped for a miracle. But Nate's dad passed away.

As the days went by, Weston saw how sad Nate and his family were. He wanted to cheer them up. He walked across the street and knocked on Nate's door.

"I don't want to play today," Nate said.

"Oh, OK," Weston said. Was there anything he could do to help Nate?

Weston went home and found Mom. "Nate doesn't want to play," he said.

"That's hard." Mom hugged him. "Sometimes when people are sad, they just need some time alone."

Weston nodded. "I guess if my dad died, I wouldn't feel like playing either."

But Weston still wanted to help Nate and his family feel better. He had an idea. "Where are the scissors?" he asked. "I want to give Nate something from our garden!"

Weston went to the backyard and searched for something to give to his friend. He looked in the dirt where they'd planted some carrots. But they weren't ready yet. He searched in the fruit trees but only found bare branches.

Then Weston looked under some vines with big leaves. He pushed aside a few of the leaves and found a tiny green cantaloupe growing on the vine. This was the cantaloupe he had planted and watered himself!

Hopefully Nate and his family liked melons. Weston cut it from the vine and carried it inside. Then he wrote a note to go along with his gift.

When the card was finished, Weston carefully set the cantaloupe and card on Nate's doorstep. Then he rang the doorbell and ran back home as fast as he could. *I hope they like it*, Weston thought.

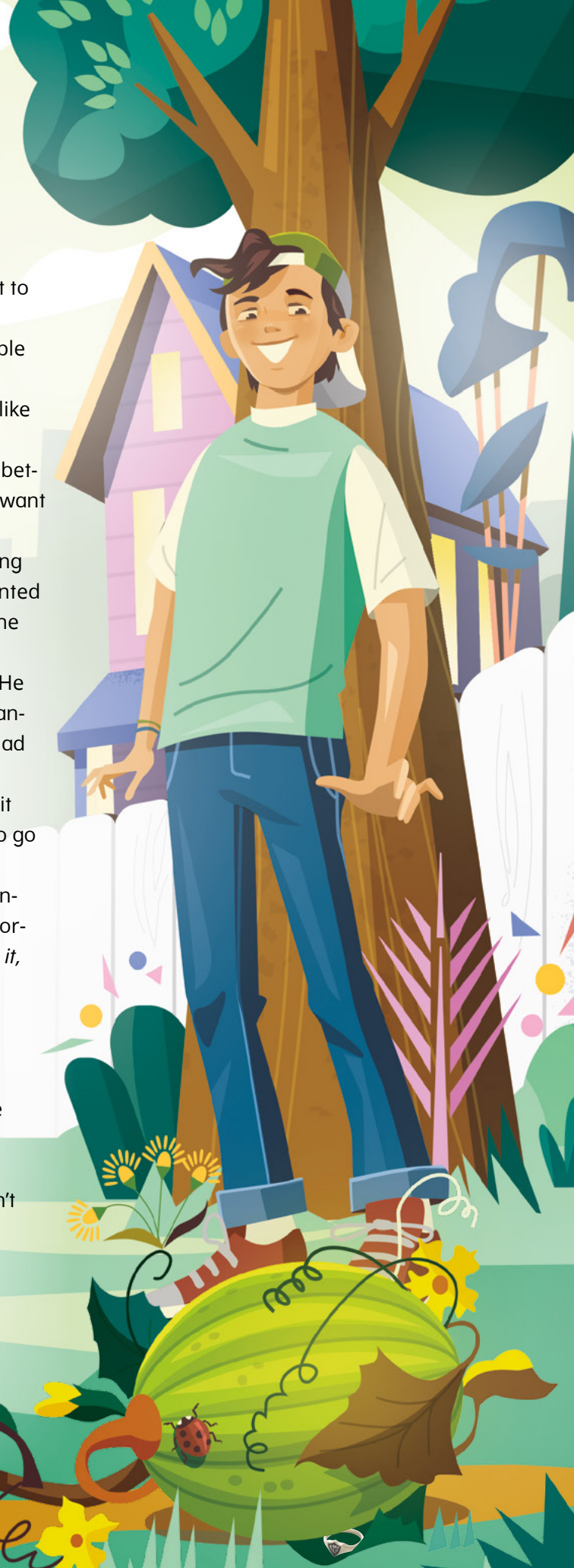
Later, Weston saw Nate's family at a neighborhood barbecue.

"That was the best cantaloupe ever!" Nate's sister said.

"We weren't sure what it was at first." Nate laughed. "We thought it was a weird coconut!"

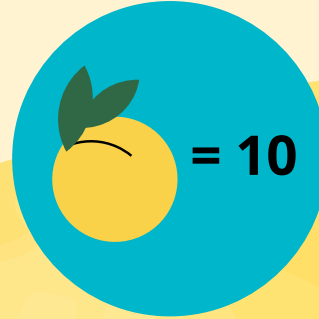
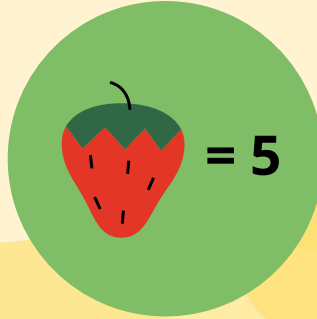
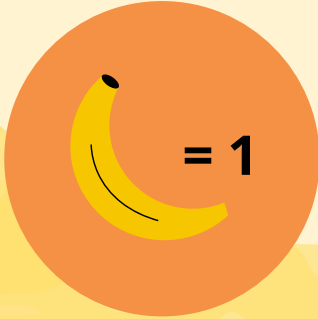
"Thank you for the sweet gift," said Nate's mom.

Weston felt warm inside as Nate hugged him. He couldn't take away his friend's sadness, but even a tiny cantaloupe could help bring a smile. ●



FRUIT FUN!

Use the clues to find the scriptures that talk about fruit in the Book of Mormon.



1



"And it came to pass that I beheld a tree, whose fruit was desirable to make one happy."

1 Nephi _____ : _____

2



"Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit."

3 Nephi _____ : _____

3



"Then, my brethren, ye shall reap the rewards of your faith, and your diligence, and patience, and long-suffering, waiting for the tree to bring forth fruit unto you."

Alma _____ : _____

Little Friends' Section



"Love one another
as Jesus loves you.
Try to show kindness
in all that you do."

Children's Songbook, 79



I share my pencils
at school.

**Joash K., age 5, Mwanza
Region, Tanzania**



I obey my parents and
say my prayers.

**Moana C., age 4,
Macau, China**

I Can Follow Jesus by Respecting Others



Jesus respected everyone. I can be kind like Jesus was.



I can follow Jesus by not calling people mean names.



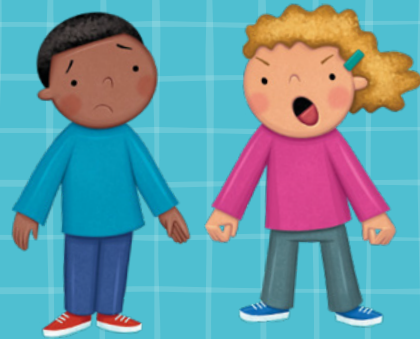
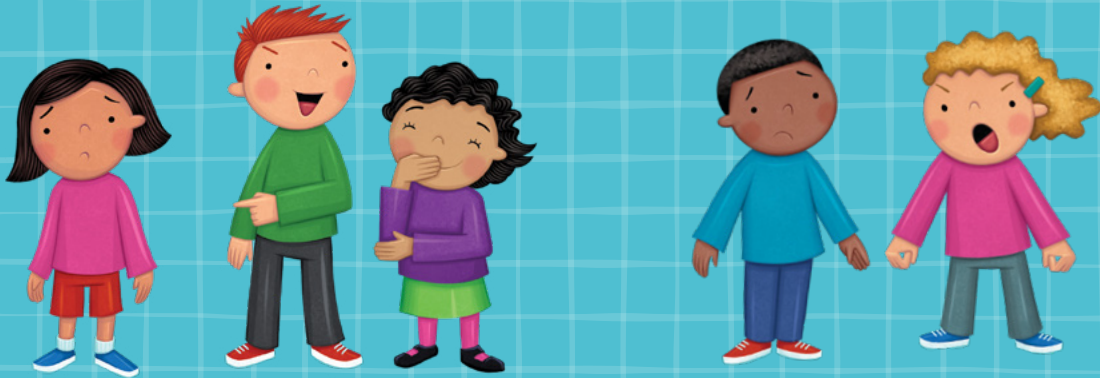
I can say "please" and "thank you."



I can listen and take turns. I want to respect others too!

Activity Time

Point to the pictures that show people being respectful.
How do you show respect for others?



We Are All Children of God

Before we lived on earth, we lived in heaven with our heavenly parents and Jesus Christ.



We all lived together as brothers and sisters too. Heavenly Father loves each one of us.

He watches over us while we are on earth. He is happy when we love each other too!



ILLUSTRATION BY APRYL STOTT



The Scriptures Can Help Me Every Day

What scripture story do you like?



PAINTING BY CASEY CHILDS



Dear Parents,

The priesthood is God's power to bless all His children. How does the priesthood bless your family? You could use the activity on page 17 to talk with your children about different blessings your family has because of the priesthood.

Love,
The *Friend*



HAPPY, HEALTHY KIDS

Do the "Fruit Fun!" activity on page 42.
Now eat a favorite fruit together!



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First and last name		
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Signature of parent or legal guardian		Date
Email of parent or legal guardian		



May the *Friend* contact you with a survey?

