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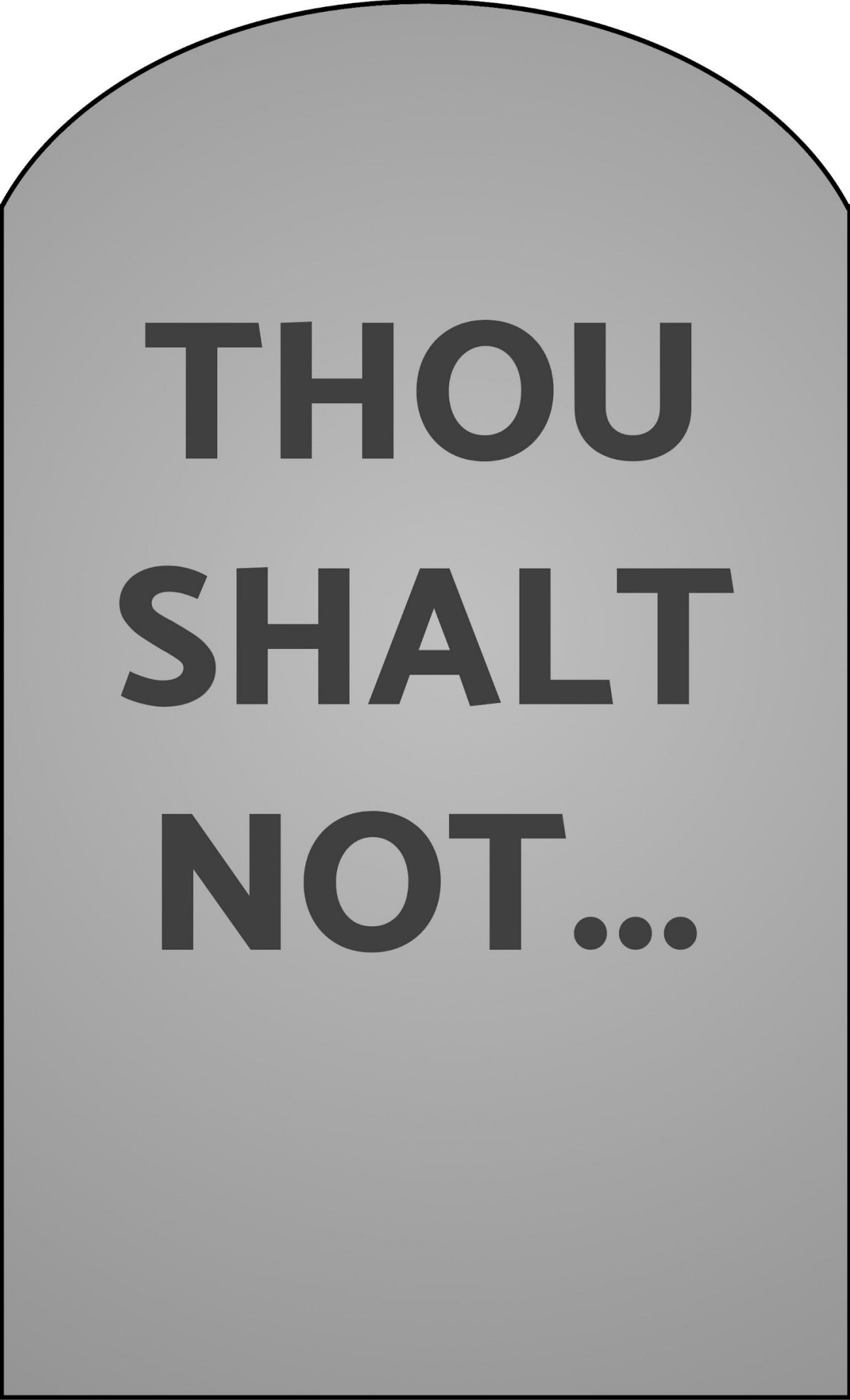
BLESSED

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KEEP

THE

COMMANDMENTS

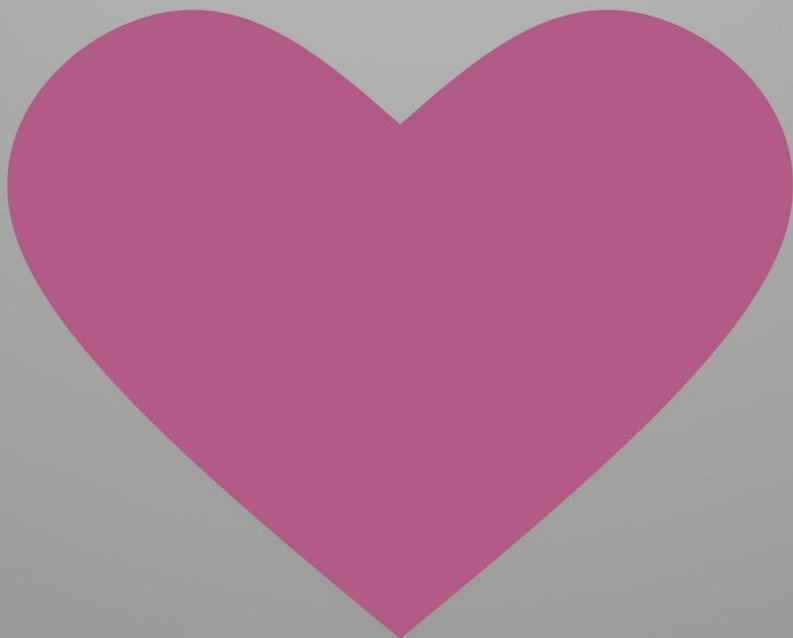


**THOU
SHALT
NOT...**

**Keep the
Sabbath Day
Holy,
Attend church
and Partake of
the Sacrament**



**Love thy
Neighbor,
Serve and
be Kind
to others**



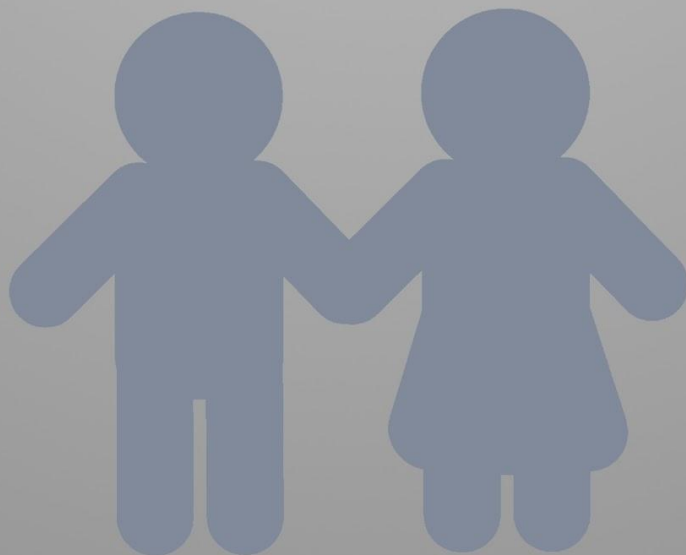
**Honor thy
father and
mother,
Strengthen
Families**



**Be honest
and true,
show
integrity**



**Live the
Word of
Wisdom,
take care
of your
bodies**



Peace in Obedience
By Elder Rex D. Pinegar
Of the Seventy

(Adapted from an October 1991 general conference address.)

One day I received a phone call from my grandson Joel. He had been invited to go with a group of schoolmates to Sea Camp in San Diego, California. There would be behind-the-scenes experiences at Sea World—watching the trainers and helping to feed the sea animals. His dilemma was that the camp would be on a weekend, with scuba diving and beach exploring on Sunday.

His parents had not wanted him to go but had allowed him to make his own choice. He had assured them that although he couldn't attend church on Sunday, he would not swim. He said, "I can sit on the beach and be surrounded by God's creations. Heavenly Father couldn't feel bad about that, could he?"

Joel wanted to know what I thought he should do. I answered with a question: "Joel, what do you think Jesus would want you to do?"

His voice was a little choked up as he answered, "Grandpa, I don't think he would be very happy with me if I do that on Sunday."

And he decided not to go. It hadn't been an easy decision to make, but it was the right one.

We all have many difficult choices to make. There are many exciting things that, if we choose to do them, will lead us away from Christ. The movies and videos we choose to watch, the fun times we seek, the music we listen to, the clothes we wear, and the things we say are all influenced by the strength of our desire to follow Christ.

In making our decisions, we may feel it is too hard to be left out or to miss out on what the world thinks is OK. When we do follow Christ, however, we will feel the peace and assurance that comes from making right choices. He will provide the courage necessary for those times when we have to stand alone.

Audrey Makes a Friend

By Lurley Noe

Based on an experience from the author's family

"And be ye kind one to another" (Eph. 4:32).

Audrey felt wiggly. It seemed to her that sacrament meeting would never end. She twisted and knelt backwards on the bench. Mom made her turn around. She slid to the floor and sat under the bench. Dad picked her up and set her back in her seat. She made a face at Rebekah, her older sister.

Rebekah put a finger to her lips and whispered, "Shh!"

Audrey frowned. She leaned forward and looked down the long row. Except for Audrey's family, the only person on the bench was an old man. A cane rested against his leg. Audrey looked at the old man's cane. It was smooth and shiny. She looked at his hands, resting quietly in his lap. Then she looked at his face. He seemed to be listening to the speaker, but when the other people laughed, his mouth did not even smile. Audrey thought his eyes looked sad.

She wanted to help. Slowly and quietly, Audrey slid off the bench. Softly and reverently, she tiptoed over to the old man. Mom and Dad watched her go. She put her finger to her lips and smiled at them. Then she climbed onto the bench next to the old man.

He looked down. Audrey scooted closer to him and patted his wrinkled fingers. He opened his fingers and wrapped her little hand in his. Audrey leaned her head on the old man's arm and gave his hand a gentle squeeze. "Be happy," she wanted to tell him. She tipped her head to look up at his face. The old man smiled down at her and winked.

During the closing hymn, Audrey heard him singing. His voice was low and scratchy, but Audrey thought he didn't sound sad. After the meeting, Audrey's mom and dad came to shake hands with him.

"We're Brother and Sister Noe," Dad said, "and this is our daughter Audrey."

"It's nice to meet you. I am Brother Campbell," he said.

After that Sunday, Audrey's parents invited Brother Campbell to sit with their family during sacrament meeting every week. Audrey always felt less wiggly sitting next to Brother Campbell. And even better, Brother Campbell always smiled.

<https://www.lds.org/liahona/2005/08/for-little-friends?lang=eng>

A Bad Day Better
By Ann Stephenson
(Based on a true story)

Let us love one another: for love is of God (1 John 4:7).

Hi, Mom,” Tanner called as he took off his shoes and hung up his backpack.

“Hi, Tanner,” Mom said as she looked up from washing the dishes.

“How was school?” Tanner liked school, so when Mom asked him that question, his answer was usually the same. “Good. How was your day?”

“It was fine,” Mom said softly Tanner wasn’t so sure. Mom didn’t sound very happy. And she wasn’t smiling like she usually did when he came home from school.

“Is something wrong?” Tanner asked. “No, nothing’s really wrong,” Mom said. “I’ve just had a bad day.” “I’m sorry,” Tanner said. He gave Mom a big hug, hoping it would help.

Tanner walked to the pantry and began to look for a snack. While he looked, he thought about some bad days he had had—like the time someone stole his scooter, or when he crashed his bike and skinned his knee. “I guess moms can have bad days too,” Tanner thought. Tanner wondered what he could do to help Mom feel better. He thought of a few things that made him smile— frogs, video games, and spaghetti—but he was pretty sure Mom didn’t care very much about any of those things.

After grabbing a handful of crackers, Tanner had an idea. He walked across the kitchen and stood next to Mom. “Mom,” he said, “what was the best part of your day?” Mom stopped washing the dishes. Tanner could tell she was thinking hard about his question. A big smile spread across her face.

“You are,” she said. “You are the best part of my day.”

Tanner smiled too. Mom seemed happier. He was glad he could help make her bad day better.

Abu Learns Honesty
By Ann P. Smith
Based on a true story

“Honesty should start with me in all I say, in all I do” (Children’s Songbook, 149).

Abu sat outside watching people walk by on the street in front of his house. Abu was very hungry. Marian, a woman who was selling sweet biscuits, was near him, walking back and forth in the street. The biscuits looked delicious in their brightly colored wrappers. Marian carried them in a pan on her head. Abu really wanted a package of those biscuits. He knew they would be very good.

Marian stopped and set the biscuits down right in front of Abu.

“She knows I am hungry and has put the biscuits here for me!” he thought. He quickly picked up a package of biscuits.

Just then, his father saw him. “Abu, what do you have?” he asked.

“Papa, I’m so hungry! I need some biscuits,” Abu said.

Papa gently took Abu into his arms. “Abu, I want you to have some biscuits,” he said. “But you cannot take things from other people without asking or paying for them. Did you ask Marian if you could have some of her biscuits?”

“No,” Abu said, looking at the ground.

“Let’s give Marian back this large package of biscuits, and I will buy you a small package. I want you to learn to be honest. Do you know what that means?”

“Tell me, Papa,” Abu said.

“It means to do the right thing,” Papa said. “It means to pay for things instead of stealing. It means to tell the truth instead of lying. It means to do what you say you will do. So we will pay Marian for a package of her biscuits. Marian needs the money to buy food for her children. I love you, Abu, and Heavenly Father loves you too. And He is happy when you do the right thing.”

“I love you too, Papa,” Abu said. “I want to be honest always.”

An Operation on Joseph's Leg
Adapted from Lucy Mack Smith, History of Joseph Smith, ed. Preston
Nibley (1979), 54–58; see also Teachings of Presidents of the Church:
Joseph Smith (2007), xiv, 2.

When Joseph Smith was seven years old, he became very sick. He had a fever, and a sore formed on his shoulder. Then he felt a terrible pain in his leg. Soon his leg began to swell.

Oh, Father! My leg hurts. How can I bear it!

Joseph's mother, Lucy, and brother Hyrum cared for Joseph. They carried him around the house, sat beside his bed, and held his sore leg to lessen the pain.

A doctor came to help Joseph. The doctor cut into Joseph's leg. Joseph felt better for a while, but then the pain became worse than before.

Other doctors came to help. They decided to amputate Joseph's leg.

Gentlemen, what can you do to save my boy's leg?

We can do nothing. We must amputate to save his life.

You will not take off his leg until you try once more.

The doctors decided to do a different operation. They wanted to tie Joseph to his bed and give him strong drinks to lessen the pain.

No, Doctor, I will not be bound.

Then will you drink some wine?

You must take something, or you can never endure the pain.

No. I will not touch one drop of liquor.

Joseph asked his father to sit on the bed and hold him in his arms. He asked his mother to leave the room so she wouldn't see him suffer.

The Lord will help me, and I'll get through it.

The doctors removed large pieces of diseased bone from Joseph's leg. The operation hurt Joseph very much. He cried out, and his mother ran to him.

Oh, Mother, go back, go back.

I do not want you to come in—I will try to tough it out if you will go away.

After the operation, Joseph felt much better. As his leg healed, he walked on crutches. Although he walked with a slight limp the rest of his life, he became strong and healthy.
<https://www.lds.org/liahona/2008/02/an-operation-on-josephs-leg?lang=eng>