After Jesus Christ was resurrected, He visited the Nephites. He taught them about the sacrament, and He showed them how to pray. He taught them to be kind and to be peacemakers. Even though there were a lot of people, He blessed every child and healed everyone who was sick. He prayed to Heavenly Father for the Nephites because He loved them.

My family and I visited some poor children and gave them toys and food. I feel very happy because I know I helped someone.

Lia C., age 7, Chihuahua, Mexico

"Be My Hands," by Kate P., age 11, Utah, USA

I can be loving!

☐ Memorize 3 Nephi 12:16.

☐ Give a smile, hug, or nice note to show someone that you love them!

☐ Read 3 Nephi 12:1-9 and pick a quality you can work on this month.

☐ I challenge myself to…