

"Hold up your light that it may shine unto the world. Behold I am the light which ye shall hold up" (3 Nephi 18:24).

Be a Light!

By Elizabeth Pinborough

Love

Don't Gossip

Forgive

Support

Encourage

Invite

Listen

Be Friends

We can be a light to others by being a true friend.

Read the ideas below and add some of your own.

Each time you write a name of someone you want to show love to, color in more of the sun.

- 1. Love others:** You can make a big difference in their lives! Christ has love for them, so try to show them that love.
Who: _____
- 2. Forgive:** If someone hurts you, try to see things from their point of view. You can help their heart soften if you forgive them.
Who: _____
- 3. Encourage:** Compliment your friends on their strengths. See the best in them even if they need to improve. Being your best helps them too!
Who: _____
- 4. Listen to the Holy Ghost:** Your words can change a bad situation into a good one. The Holy Ghost can help you know what to say and how to show kindness.
Who: _____
- 5. Never gossip:** Unkind words can hurt. Give others the benefit of the doubt, and ignore negative thoughts.
Who: _____
- 6. Support your friends:** Just showing up for a friend's sports event or school play can help them feel your love.
Who: _____
- 7. Invite others to learn about the gospel:** Even if they don't accept what you say, you've shown that you care enough to share.
Who: _____
- 8. Make friends with different kinds of people:** Others have so much goodness to share. Christ helped and loved all people no matter what.
Who: _____