



Family History Corner

Ask an older family member to tell you a story about their life. Write or record it to save on FamilySearch.org

FOR OLDER KIDS

Quick Quiz

What was the name of the giant that David defeated?

- a. Gigantor
- b. Gareth
- c. Goliath
- d. Gorilla

Inspiring Words
 "Let us cheerfully do all things that lie in our power."

(Doctrine and Covenants 123:17)



It's Going to Be OK

When I have problems, I pray to Heavenly Father to help me. I play good music, and it helps me feel better. I know Heavenly Father answers my prayers and that He will help us. It's going to be OK.

Abigail B., age 10, Texas, USA

Children and Youth Idea

Spiritual:
"Sing with a family member. Notice how listening to good music makes you feel" (*Children's Guidebook*, 49).

