

When You Are Afraid, Say and Do These 7 Things

1

I remember that **God** is always **with me**, and I am **never alone**.

2

I **pray** to God and **tell** Him about what **makes** me **afraid**.

3

I **tell** other **people** who **love** me and **take** care **of me** about **why** I am **afraid**.

4

I **ask** someone from my **family** or **friends** to **pray with** me.

5

I **thank** God that **His love** takes **away** all my **fear**.

6

I remind **God** that I **love Him**.

7

I **think** about the **things** that **make** me **happy**, and I **thank God** for them.

