



**Do not look forward in fear to the changes of life;
rather look to them with full hope that as they arise,
God, whose very own you are,
will lead you safely through all things;
And when you cannot stand it,
God will carry you in His arms.**

**Do not fear what may happen tomorrow;
The same everlasting Father who cares for you
today will take care of you today and every day.
He will either shield you from suffering or will
give you unfailing strength to bear it.**

**Be at peace and put aside all anxious thoughts
and imaginations.**

— St. Francis de Sales