

and showing trust."—Isaiah 30:15
Your strength will be in keeping calm
"By returning to me and resting, you will be saved;
the Holy One of Israel, says:
"For this is what the Sovereign Lord Jehovah,

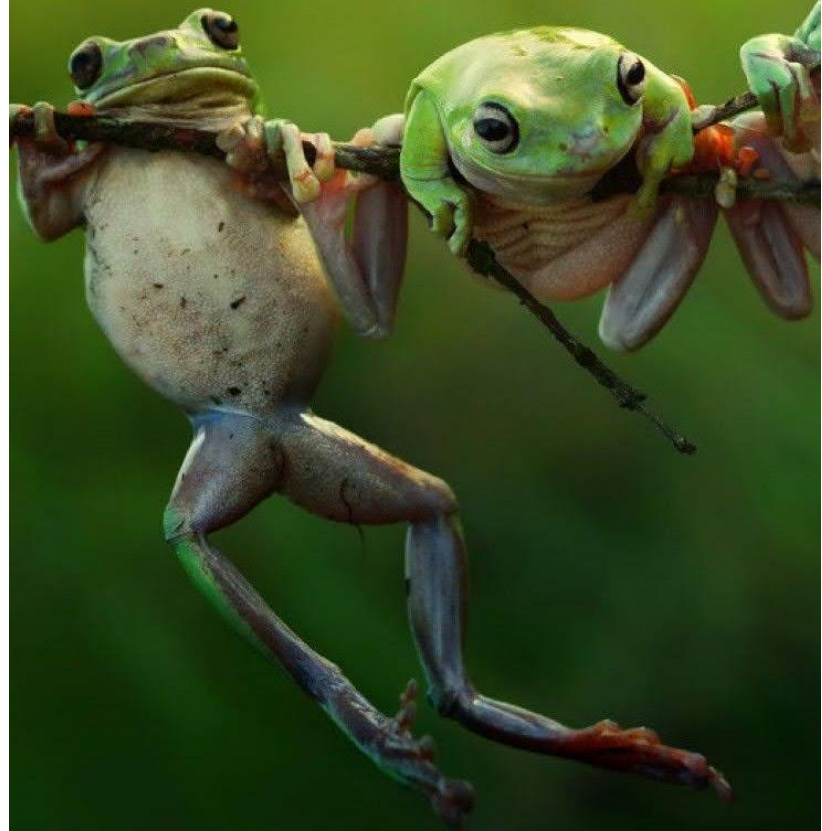
of Christ Jesus."—Philippians 4:6, 7
guard your hearts and your mental powers by means
peace of God that surpasses all understanding will
let your petitions be made known to God;⁷ and the
by prayer and supplication along with thanksgiving,
"Do not be anxious over anything, but in everything

help you,"—Isaiah 41:13
hand, The One saying to you, 'Do not be afraid. I will
For I, Jehovah your God, am grasping your right

right hand of righteousness;"—Isaiah 41:10
will help you, I will really hold on to you with my
anxious, for I am your God. I will fortify you, yes, I
"Do not be afraid, for I am with you. Do not be

Jehovah and Jesus are here for you!

Hang In There!!



*"A true friend shows love at all times and is a
brother who is born for times of distress."*

—Proverbs 17:17"