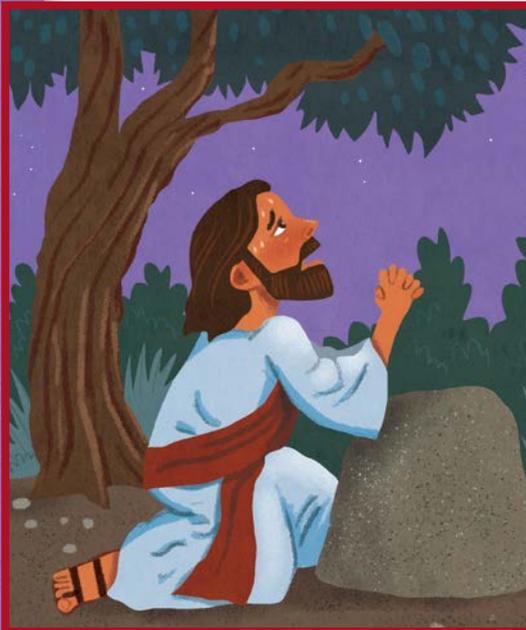


Anxiety

Give all your worries and cares to God, for he cares about you.

1 PETER 5:7 NLT

Do you ever feel anxious? It's that feeling you get when you're worried about something, like how you'll do on that test at school or whether a friend is mad at you. Maybe you're worried about your mom or dad because they seem sad. Whenever you feel anxious, God is with you and He wants to help you. He cares about everything that you care about, so talk to Him about what's bothering you. You will be okay because God loves you and He's always with you!



We all feel anxious sometimes. Even Jesus! Before His crucifixion, He was in a garden called Gethsemane. He was so anxious, He was sweating blood! He asked God if He really had to go to the cross. Even though He was anxious about His crucifixion, He knew God was with Him. When you're feeling anxious, call on God. He will comfort you!

"Be strong and brave. Don't be afraid of them. Don't be frightened. The Lord your God will go with you. He will not leave you or forget you."

DEUTERONOMY 31:6 ICB

I am brave because God is always with me. He will never leave me alone..

I will call to you whenever I'm in trouble, and you will answer me.

PSALM 86:7 NLT

I know God hears me when I tell Him about my worries.

God did not give us a spirit that makes us afraid. He gave us a spirit of power and love and self-control.

2 TIMOTHY 1:7 ICB

God gives me the strength and courage to do what's right when I feel anxious or upset.

The Bible says a lot about feeling anxious. Check it out!

He will cover you with his wings; you will be safe in his care; his faithfulness will protect and defend you.

PSALM 91:4 GNT

God always defends and protects me, and I know He will keep me safe.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

PHILIPPIANS 4:6 NLT

I will talk to God about my worries, and I will thank Him for all He has done for me.

Being Kind

Therefore encourage one another and build one another up, just as you are doing.

—1 THESSALONIANS 5:11

Kindness is a way of treating people that makes them feel special and loved. It's the way you want to be treated yourself. You can share kindness with anyone, and there are so many ways to do it! You can tell your friend something nice, share your toys with your brother, let someone go first when it's your turn, or help your mom clean up a mess. Kindness is a gift from God, and He wants us to share His gifts with everyone.

My Prayer Today

God, I know that kindness is a fruit of the spirit. Please help me to be kind to everyone I meet today. Amen.

And the Lord's servant must not be quarrelsome but kind to everyone.

2 TIMOTHY 2:24

Because I serve God, I don't argue with people. I am kind to everyone.

Kind words are like honey—sweet to the soul and healthy for the body.

—PROVERBS 16:24 NLT

I say nice things to others, and it makes them feel great.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

—GALATIANS 5:22-23

God has given me everything I need to be like Him—things like His love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Check out what the Bible says about kindness!

Let all that you do be done in love.

—1 CORINTHIANS 16:14

I do everything with love.

Whoever pursues righteousness and kindness will find life, righteousness, and honor.

—PROVERBS 21:21

When I am good and truthful and kind, I have joy and peace and know I've done a great job.

Do to others as you would have them do to you.

—LUKE 6:31 niv

I treat others the way I want to be treated.

Doing the Right Thing

And let us not grow weary of doing good,
for in due season we will reap, if we do not give up.

—GALATIANS 6:9

God lets us make our own choices and we have plenty to make. Sometimes they are small decisions: *Should I spend my money on candy or save up for something better?* Other times they are big decisions: *Should I lie about doing my homework or should I tell the truth?* Our decisions matter more than you know! When you're not sure what to do, ask God to help you think them through.

Let's Talk to God

God, thank You for allowing me to make my own choices. I pray that all of my decisions honor You and make You happy. Amen.

Blessed is the man who
fears the Lord, who
greatly delights in his
commandments!

—PSALM 112:1

*God always knows what to do,
and I happily do what He says.*

He guides me along
right paths, bringing
honor to his name.

—PSALM 23:3 NLT

*God looks out for me and
leads me to do what's right.*

The Lord will
withhold no good thing
from those who
do what is right.

PSALM 84:11 NLT

*If I keep on doing what's right,
God will keep on showing me His
goodness. He won't hold back!*

See what the Bible
says about making
good choices!

The fear of the Lord
is the beginning
of wisdom.

—PROVERBS 9:10

*The smartest thing I can do
is listen to what God says.*

Search me, O God, and
know my heart! Try me
and know my thoughts!
And see if there be any
grievous way in me,
and lead me in the
way everlasting!

—PSALM 139:23-24

*God knows what's in my heart
and what I'm thinking about.
If I'm making the wrong choice,
He will show me so I
can do the right thing.*