

*Be at peace --
Do not fear the changes of life --
rather look to them with full hope as they arise.*

*God, whose very own you are,
will deliver you from out of them.
He has kept you hitherto,
and He will lead you safely through all things;
and when you cannot stand it,
God will bury you in His arms.*

*Do not be afraid of what may happen tomorrow;
the same everlasting Father who cares for you today
will take care of you then 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