

For God has not given us a
spirit of fear and timidity,
but of power, love, and
self-discipline.
(2 Timothy 1:7)

Pray like this:

Our Father in heaven,
may your name be kept holy.
May your Kingdom come soon.
May your will be done on earth,
as it is in heaven.
Give us today the food we need,
and forgive us our sins,
as we have forgiven those who sin
against us.
And don't let us yield to temptation,
but rescue us from the evil one.
(Matthew 6:9-13)

Trust in the Lord with all
your heart;
do not depend on your
own understanding.
Seek his will in all you do,
and he will show you
which path to take.
(Proverbs 3:5-6)