

**THROUGH  
EVERY DAY**

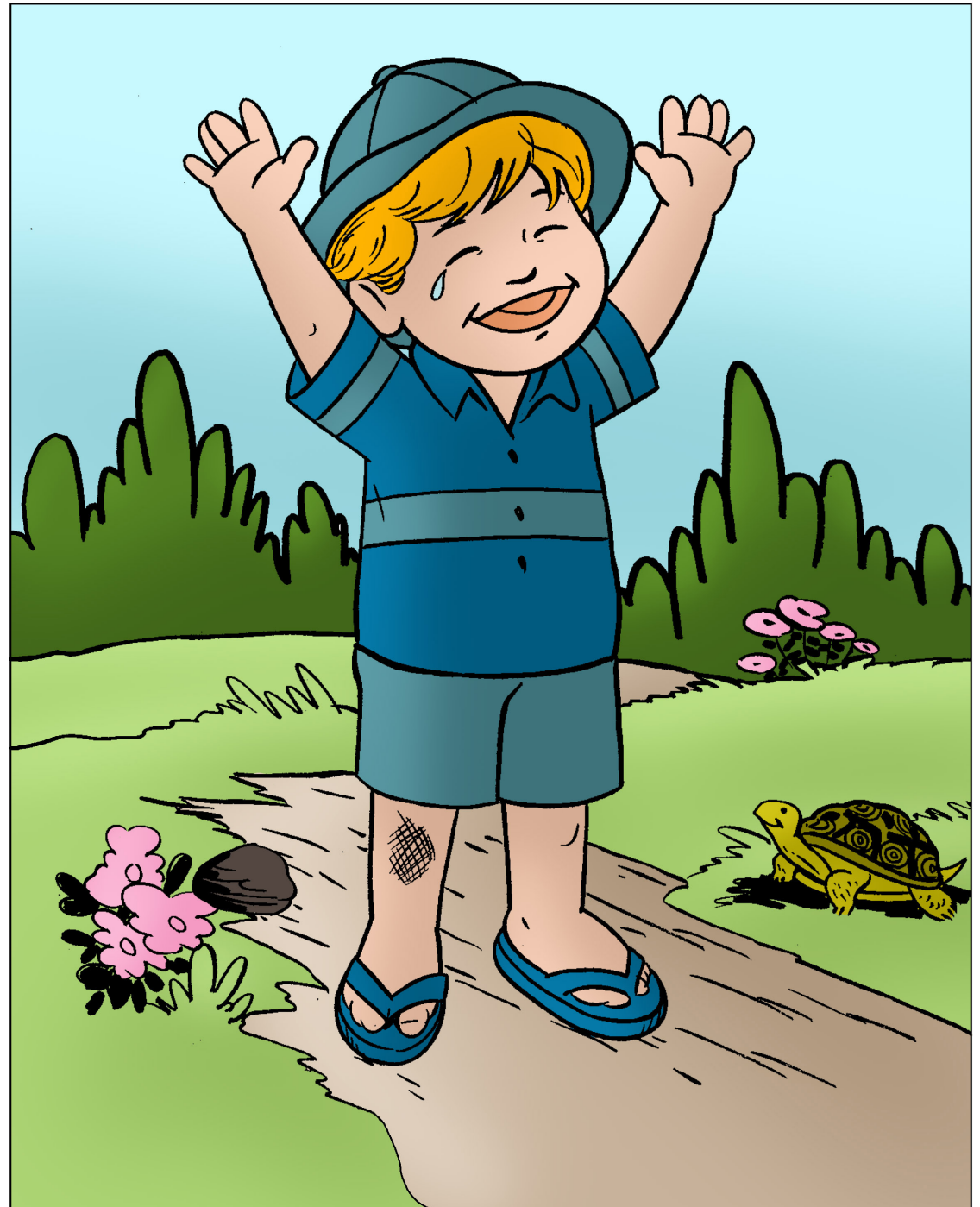
# NO MATTER WHAT

Sometimes things go wrong and I am sad. It is hard to be happy when I am hurt, angry, afraid, or disappointed. When I face something difficult, I can praise Jesus. I can tell Him about my difficulty, and praise Him for being a good friend to me no matter what I go through.

Jesus once told His disciples, "Don't let your hearts be troubled. Trust in God. And trust in me."<sup>1</sup> Through my praises, I am showing my trust in God. God can then fill my heart with peace and comfort. It may not fix what is wrong, but it will help me better understand the difficulty and it will help me to remember Jesus is there for me so that I don't worry or become upset.

It is not always easy to praise Jesus, but whenever I do, my heart feels happier. I feel Jesus closer to me. I can trust Him no matter what.

<sup>1</sup> John 14:1 ICB



International Children's Bible (ICB).

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