

Perfect Peace

You will keep him in
perfect peace whose
mind is fixed on You,
because he trusts in You.
(Isaiah 26:3, *paraphrased*)





Sometimes we are
afraid. When we
are afraid, we may
not know what
to do to make
the fear go away.
Jesus can help us.

Jesus doesn't want us to be afraid. He wants us to be happy.

When we're afraid we can tell Jesus what is troubling us, and then we can ask Him to fill our hearts with peace. It doesn't matter how big or how small our fears are, we can talk with Jesus about them, and He will comfort us.





So whenever we are fearful we can think about Jesus and His love and care for us. We trust Jesus because He will take care of us and will protect us. Jesus brings peace to our hearts when we trust in Him.





Learn this rhyme to recite whenever you're afraid:

Jesus, whenever I am afraid,
I can always talk to You.
You give me perfect peace
That nothing can undo.

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