





Here's something I can think about when I'm feeling worried about being in new places with lots of new people....





Deuteronomy 31:6 says I can be strong and courageous. I do not need to fear or be worried of them (you know, the new people). It is the Lord my God who goes with me. He will not leave me or give up on me.



2 Timothy 1:7 says God did not give ME a fearful and timid heart, but I have received HIS power and love and self-control.

Joshua 1:9 says God commanded me to be strong and courageous, not to be frightened, and not to be super worried.

He is with ME, wherever I go.



Philippians 4:6-7 says Don't worry about ANYTHING...instead, pray and ask God for EVERYTHING (even stuff like feeling afraid no one will like me). And when I pray, always be thankful. God's peace will keep my feelings and emotions and scary thoughts at bay...in Christ Jesus.

