

Be Not Afraid

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Be not afraid. They are very powerful words. When you are afraid you tend to not believe in yourself, but God will always be there when you don't believe. Sometimes you feel like you just can't trust anyone when you are afraid. There are three "people" you can always trust: The Holy Spirit, Jesus the Savior, and God, the Almighty. You can always rely on the Holy Trinity.

As Catholics, it is our responsibility to rely on God to help us with all things bad; that He will help you through all the bad things in your life. God will never stop loving, caring, and helping you through the bad journeys (and good ones) in your life. When you are afraid remember that you have the Almighty God with you. This will help you regain your confidence.

There will always be bad times in your life but you have to remember God will always, ALWAYS be right by your side. When you are afraid of the past, present, or what will happen in the future, you will have to remember that God will comfort you and defend you (mentally) through all your bad experiences.

When you experience harm, sickness, sadness, trouble, etc., it is normal to feel afraid. Again, you feel like can't trust anyone. Thankfully you can rely on God. God will guide you to doing the right thing. He will lead you out of evil and/or harm. He will make you feel comfortable when you take on your fear. He will make you feel like you can do it, like you will and can give it all you've got.

When you are afraid you think “I can’t do it” or “I can’t deal with this”, but when God helps, you feel like you don’t need to think that anymore. God will give you strength and willpower to fight through your fear.

You need God to help you. There is no possible way you could overcome your fears without God. In every experience you have had with overcoming a situation that made you afraid, God was with you when that happened. God was with you when you got the courage to take on that fear (when you are afraid). Also, God is the one who gave you that courage/bravery.

God will give anything it takes to make you not afraid. He would give you courage. He would give you hope. He would give you back up. He would give you friends (to comfort you). He will give you Himself!

This all means that you don’t have to be afraid. You can overcome your fear of being afraid with the help of God. There are also some things (now that you have read this) that are not worth being afraid of. That is because you can conquer that fear of being afraid of someone or something. Just know that with God’s help He will never let you live in fear. That is why you shall

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