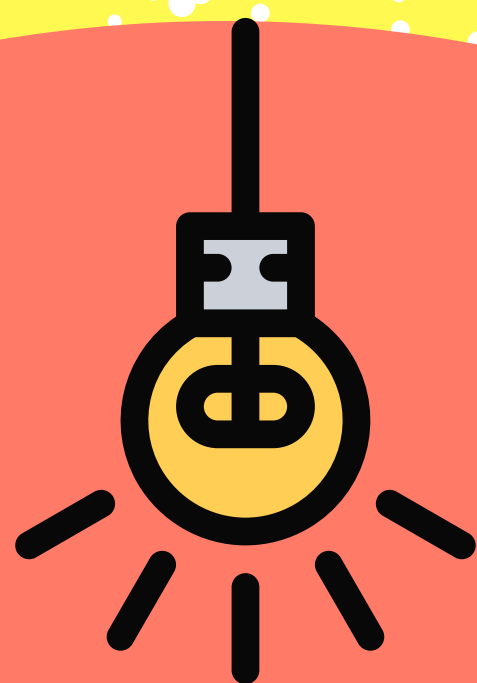


Volume 4: 22.06.20

DO NOT BE AFRAID!

MATTHEW 10:26-33



FOOD FOR THOUGHT:

**'DO NOT BE AFRAID' OR
SIMILAR WORDING,
APPEARS IN THE BIBLE 365
TIMES - ENOUGH TO REMIND
YOURSELF TO NOT BE
AFRAID EVERY DAY FOR A
WHOLE YEAR!**



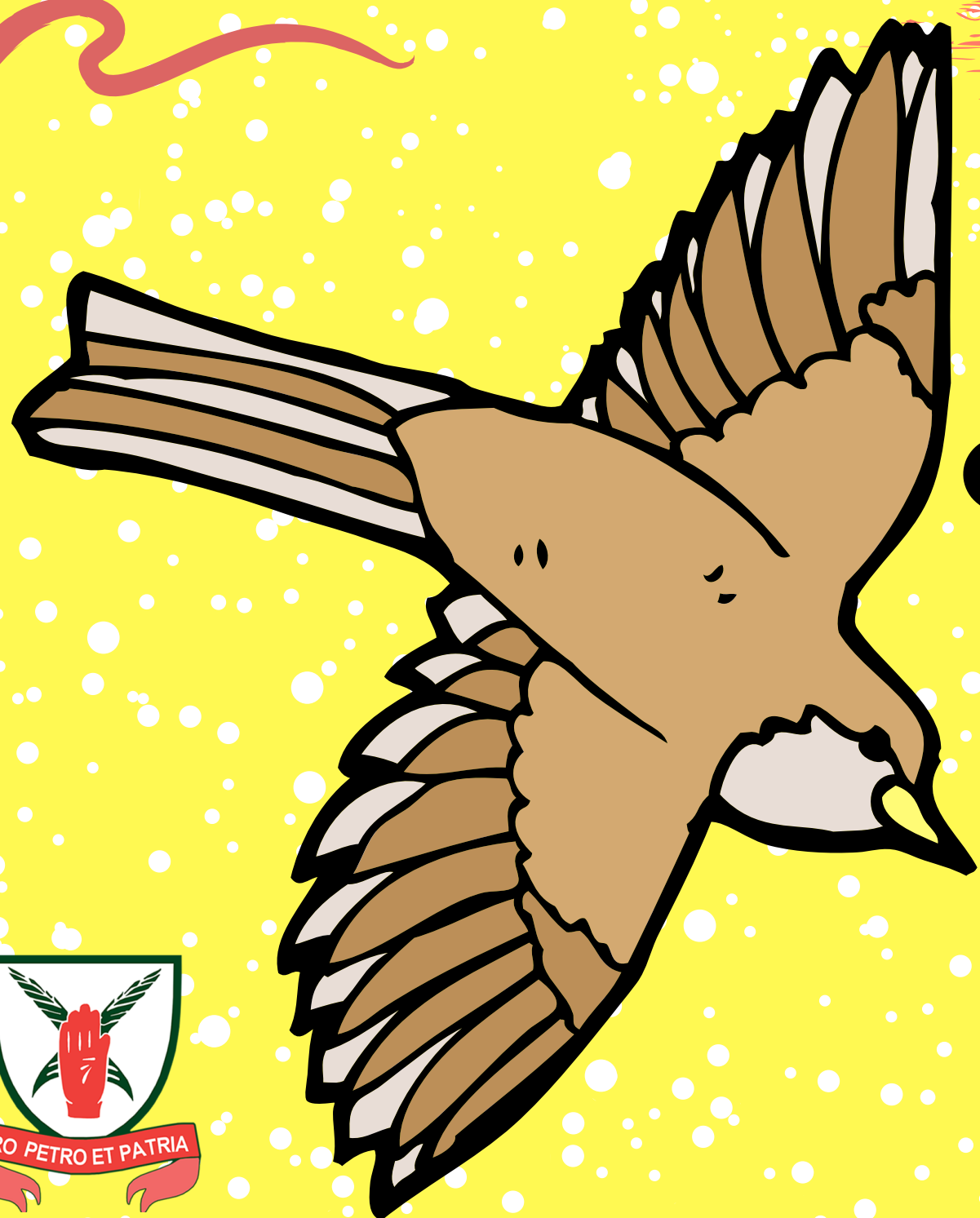
WORD OF THE WEEK



Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the housetops. 'Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows. 'So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven. But the one who disowns me in the presence of men, I will disown in the presence of my Father in heaven.'

THE
GOD
WHO
SPEAKS

Matthew 10:26-33



"There is no need to be afraid; you are worth more than hundreds of sparrows."



66

"In this Sunday's Gospel (Mt 10:26-33) Jesus invites us not to be afraid, to be strong and confident in the face of life's challenges, because even when we encounter setbacks, our lives rest firmly in God's hands, who loves us and takes care of us."



ARE YOU AFRAID OF ANYTHING?

- If you've ever been afraid before, did you ask God for strength?
- Do you have any fears for the future? If so, do you talk to God about these fears?
- Is there anyone that can help you to feel better about things you might be worried about?



LET US PRAY



SIGN OF THE CROSS

**LORD, WHEN I AM
AFRAID, REMIND ME OF
YOUR STRENGTH,
POWER AND GOODNESS.
CALM MY ANXITIES
AND SHOW ME THE
WAY FORWARD. AMEN.**

