

Be at Peace

Do not look forward in fear to the changes in life; rather, look to them with full hope that as they arise, God, whose very own you are, will lead you safely through all things. And when you cannot stand it, God will carry you in His arms. Do not fear what may happen tomorrow. The same everlasting Father who cares for you today will take care of you then and every day. He will either shield you from suffering or will give you unfailing strength to bear it. Be at peace and put aside all anxious thoughts and imaginations.

-St. Francis de Sales