

**THE PRAYER
BE AT PEACE
(By Saint Francis De Sales)**

**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 understanding 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.**