


Humble yourself before God

Pour out your heart to your Heavenly Father

Turn to Him for answers and for comfort

Pray in the name of Jesus Christ about your concerns

Following the prophet's teachings helps to keep us safe



Two potted plants with pink, blue, and orange flowers sit on a wooden ledge in front of the portrait.

Listen!

Write the thoughts that come to your mind

Record your feelings

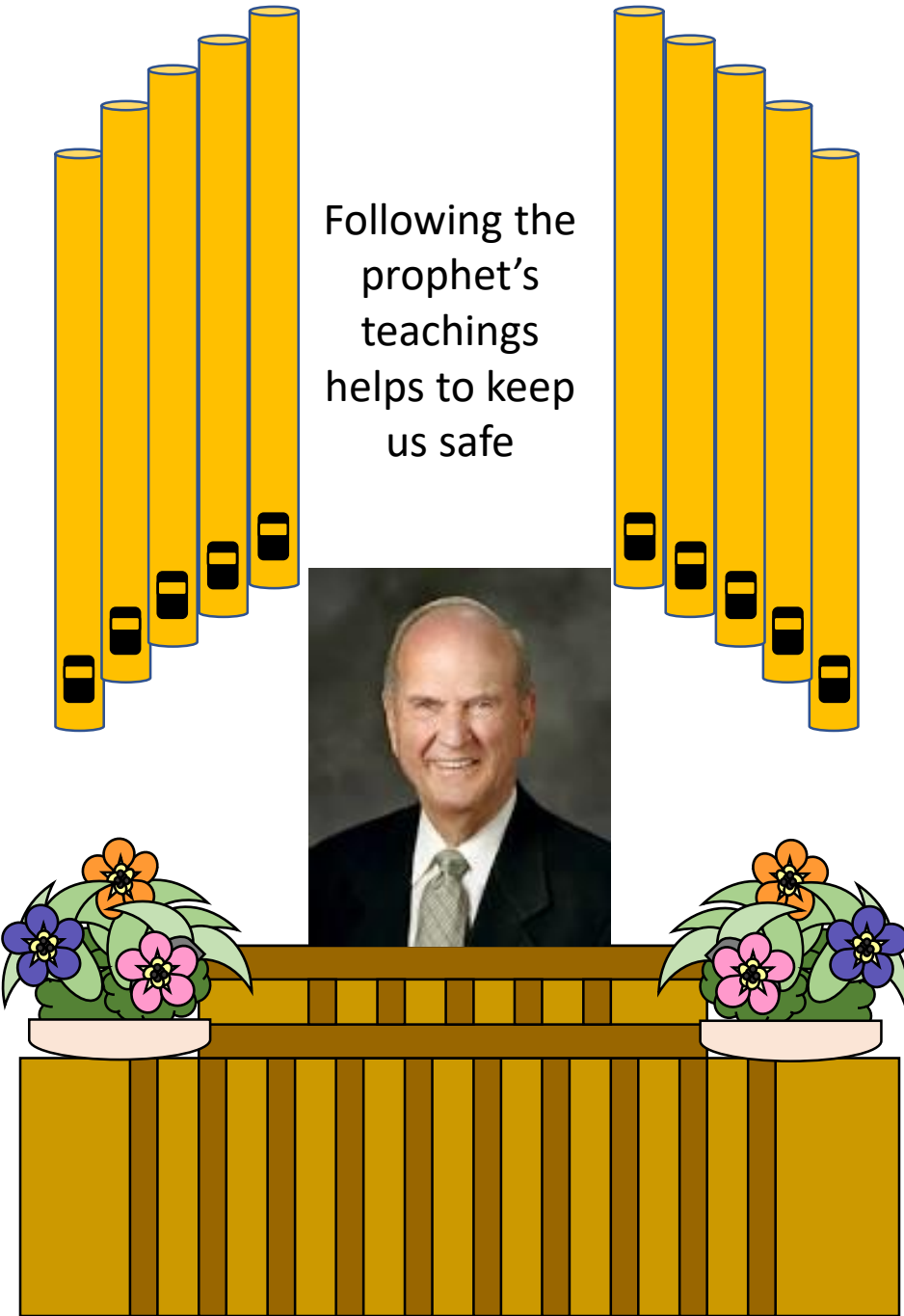
Follow through with actions that you are prompted to take

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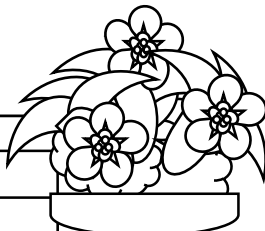
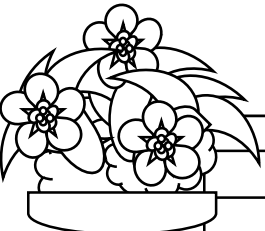

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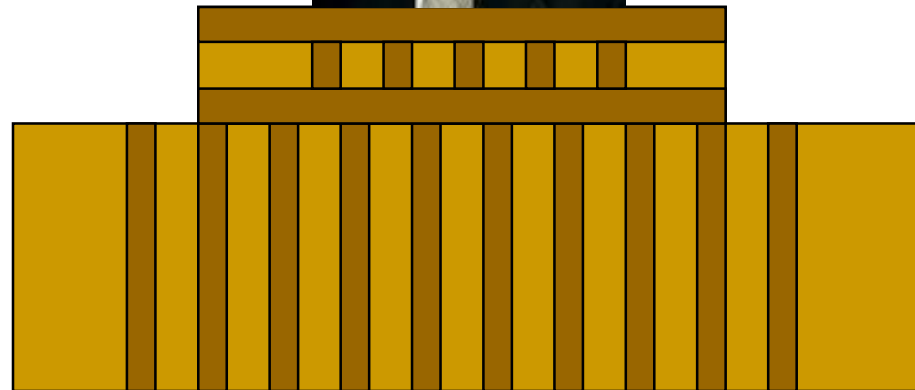
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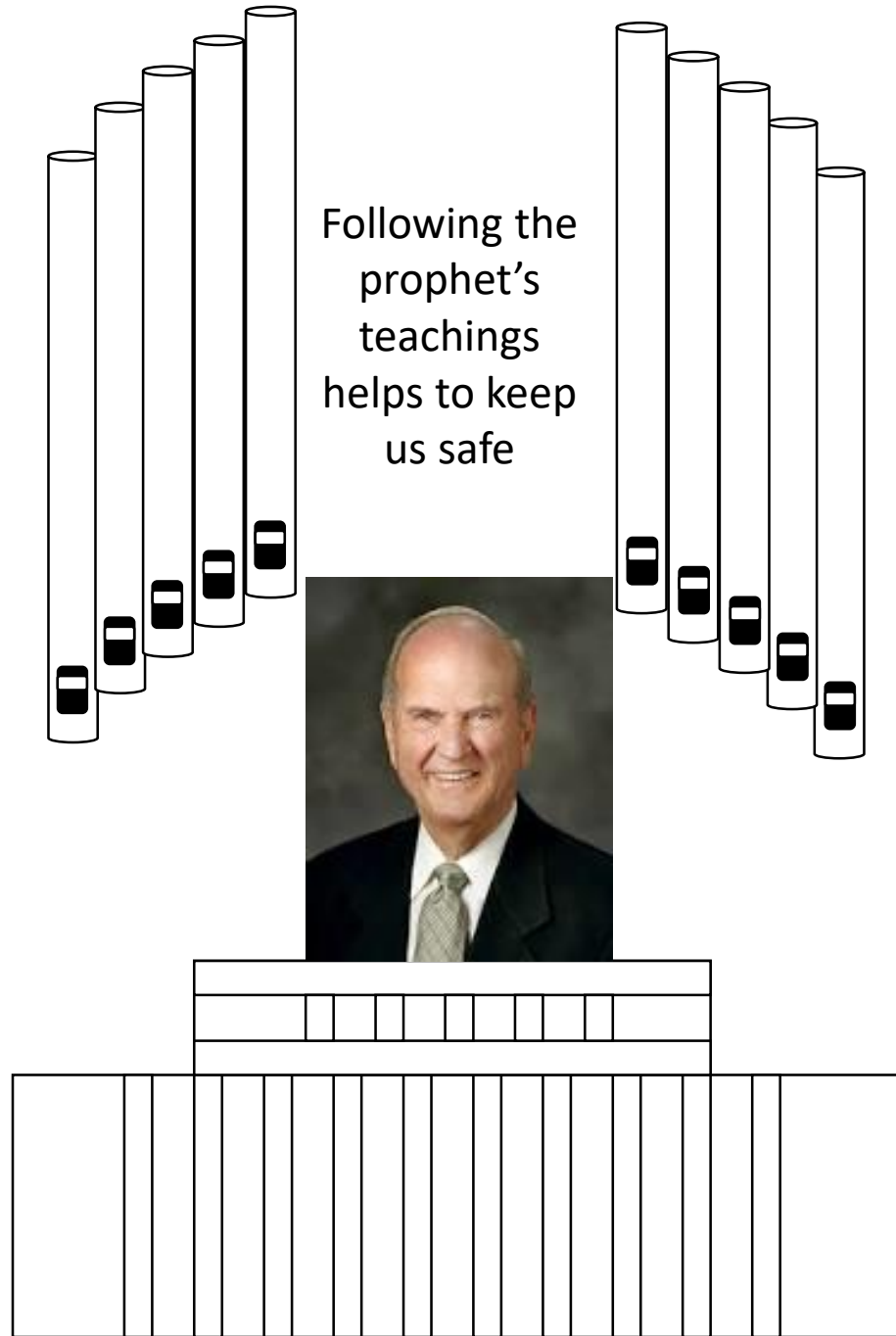
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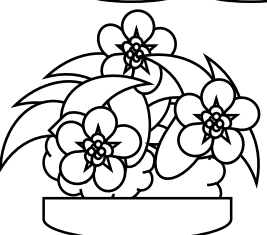
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Set of 2.

Copy, cut, color, and paste  
on page 4

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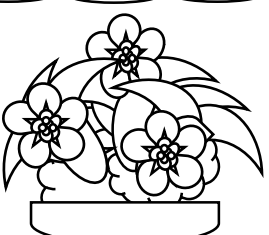
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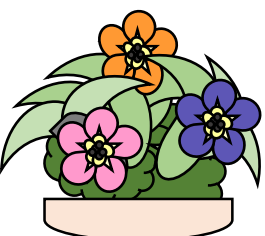
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Set of 2.

Copy, cut, color, and paste  
on page 4 or 5

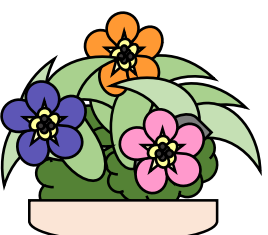
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