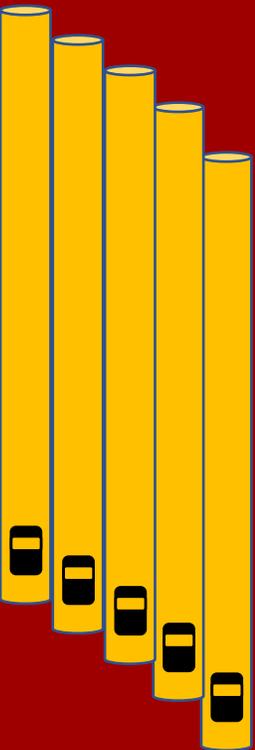


Listen! 

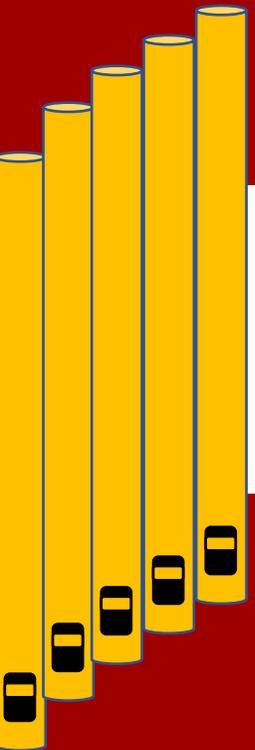
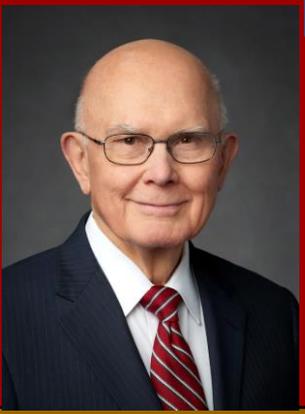
Write the thoughts that come to your mind 

Record your feelings 

Follow through with actions that you are prompted to 



Following the prophet's teachings helps to keep us safe



Pray in the name of Jesus Christ about your concerns 

Turn to Him for answers and for comfort 

Pour out your heart to your Heavenly Father 

Humble yourself before God 

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



Listen!

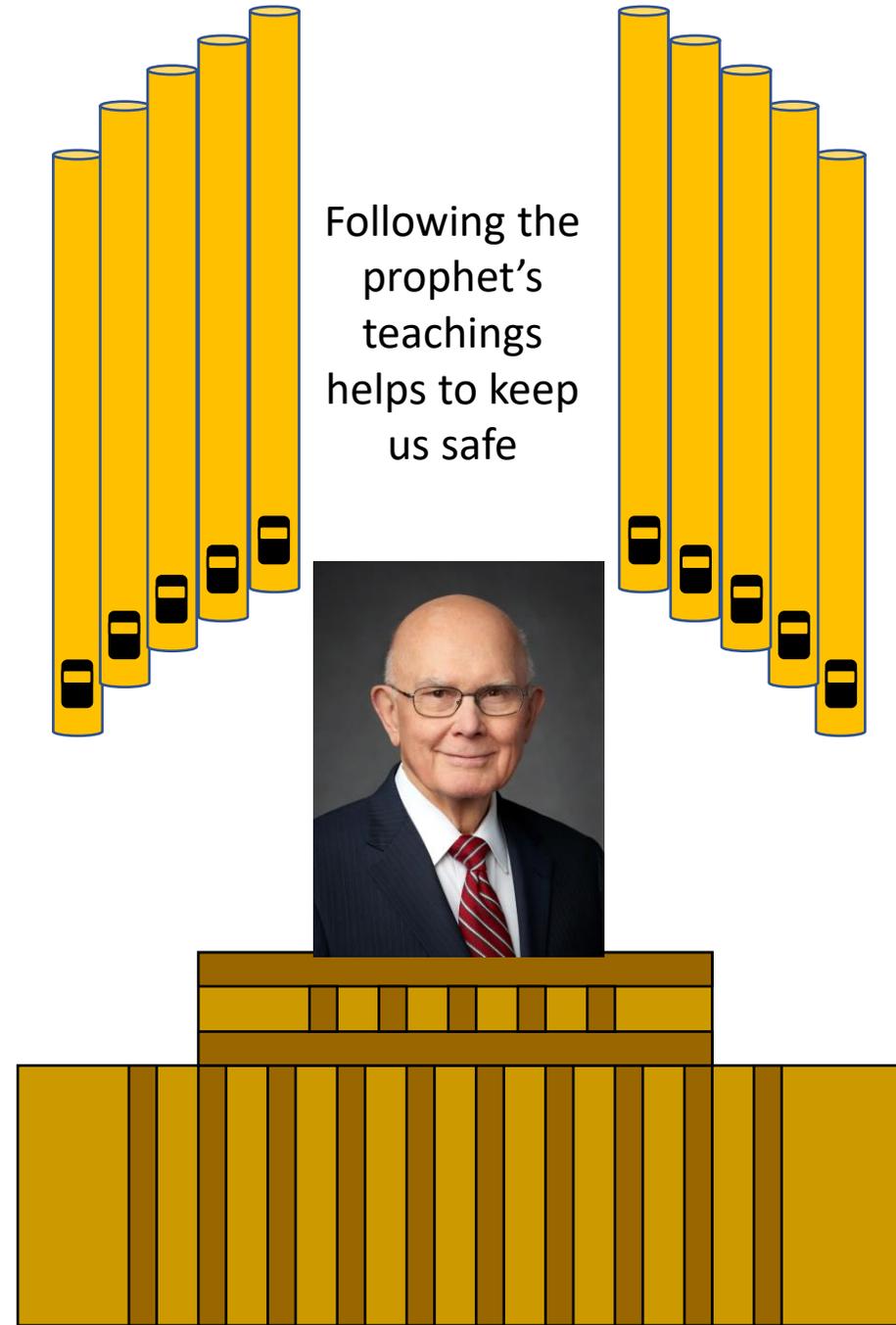
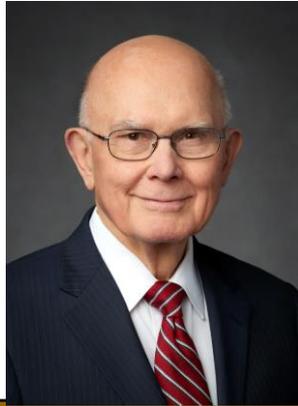
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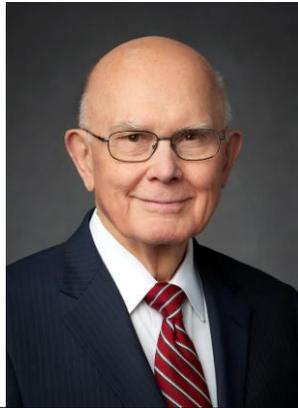
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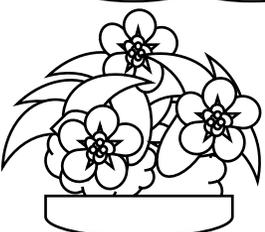
Turn to Him for answers and for comfort



Pour out your heart to your Heavenly Father



Humble yourself before God



Set of 2.  
Copy, cut, color, and  
paste on page 4

Listen!



Write the thoughts that come to your mind



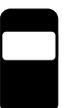
Record your feelings



Follow through with actions that you are prompted to take



Pray in the name of Jesus Christ about your concerns



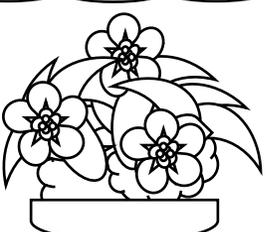
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Pour out your heart to your Heavenly Father



Humble yourself before God



Listen!



Write the thoughts that come to your mind



Record your feelings



Follow through with actions that you are prompted to take



Pray in the name of Jesus Christ about your concerns



Turn to Him for answers and for comfort



Pour out your heart to your Heavenly Father



Humble yourself before God



Set of 2.  
Copy, cut, color, and  
paste on page 4 or 5

Listen!



Write the thoughts that come to your mind



Record your feelings



Follow through with actions that you are prompted to take



Pray in the name of Jesus Christ about your concerns



Turn to Him for answers and for comfort



Pour out your heart to your Heavenly Father



Humble yourself before God

