

Do Not Be Afraid, Turn To God

חזקו ואמצו

Be strong and courageous

Deuteronomy 31:6

יהוה my God,

Help me not to be afraid of anything, for no matter what is going on in my life or around me, I know that You are with me. You are my refuge, my stronghold, and my source of strength. This does not mean that circumstances will always be ideal and that everything will always be easy, but it does mean that challenges do not have to knock me down. I can rise to the occasion of anything that comes my way and be the head and not the tail, for I am not in it alone. My help comes from You. No matter what I am facing, I can rest assured that You have not abandoned me nor forsaken me. You are there to help me through the storm and bring me comfort and endurance even in the darkest of times. I reject anxious thoughts and all forms of fear and distress, and I reject the idea that anything in life can be too much for me to handle. With You, I need not be afraid of the arrow that flies by day, nor the pestilence that stalks in the darkness. You hear my cries, You know what I am going through, and You want to help me. Please give me clear discernment to hear from You about how to proceed. Once I know that You have shown me the way, help me to not let in doubts, for nothing is too difficult for You. You know how to shield me from the scorching sun by day and the darkness of the night, and You know how I can pick up the serpent by the tail and not get bit. Let me be like a fortified wall of bronze against my enemies, and please send Your Holy Angels to encamp around me. Thank You for guarding my going out and coming in. I will be strong and courageous as I face any circumstances.

ואנכי וביתי נעבד את־יהוה

As for me and my household, we will serve You, יהוה.

Excerpt from *Praying the Jewish Scriptures* by Rabbi Jerry Kudan



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