

# Learning to Trust

We all have fears of one type or another:

*What if I fall off my bike?*

*What if my teacher doesn't like me?*

*What if I don't make the team?*

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## 学习信靠

我们全都会有不同类型的恐惧：

*我要是骑单车摔倒了怎么办？*

*我的老师要是不喜欢我，怎么办？*

*我要是无法加入那支球队怎么办？*



We first learn to deal with our fears by running to our parents for security and reassurance. We crawl into bed with them during a thunderstorm. We ask to be carried in the dark. We take hold of a strong hand when a strange dog approaches. Little by little, our parents help us learn to differentiate between real and imaginary dangers, and how to confront the real ones.

时面对的恐惧，我们学会到父母那里寻求安全感和安慰。暴风雨时，我们会爬到他们的床上，和他们挤在一起。在黑暗中，我们会请他们抱着我们。陌生的狗儿靠近我们时，我们会抓紧他们强壮的手。一步步地，我们的父母帮助我们学会分辨真正的危险和想像的危险，以及如何面对真正的危险。



The more we learn to turn to and depend on God, the more He is able to help us overcome our fears. "You aren't in this alone," He assures us. "Take My hand. We'll make it through this together."

上帝也想这样帮助我们。我们越是学会向上帝求助和倚靠他，他就越能帮助我们战胜我们的恐惧。“你不是独自一人，”他向我们保证：“拉着我的手，我们将一起通过这个情况。”

