



A Little Children's Book About Facing Fears


小儿童的书：面对惧怕

Be strong and
courageous. Do not
be afraid or
terrified ... for the
Lord your God goes
with you; he will
never leave you nor
forsake you.

—Deuteronomy
31:6

你们当刚强壮胆，
不要害怕，也不要
畏惧……因为耶和
华你的神和你同去。
他必不撇下你，也
不丢弃你。——申
命记 31：6





If you wait for perfect weather, you will never plant your seeds. If you are afraid that every cloud will bring rain, you will never harvest your crops.

如果你等待完美的气候，你永不会撒种。如果你害怕每朵云都会带来雨，你永不会收割庄稼。



Facing your fears robs them of their power.

面对惧怕，可消除它的力量。

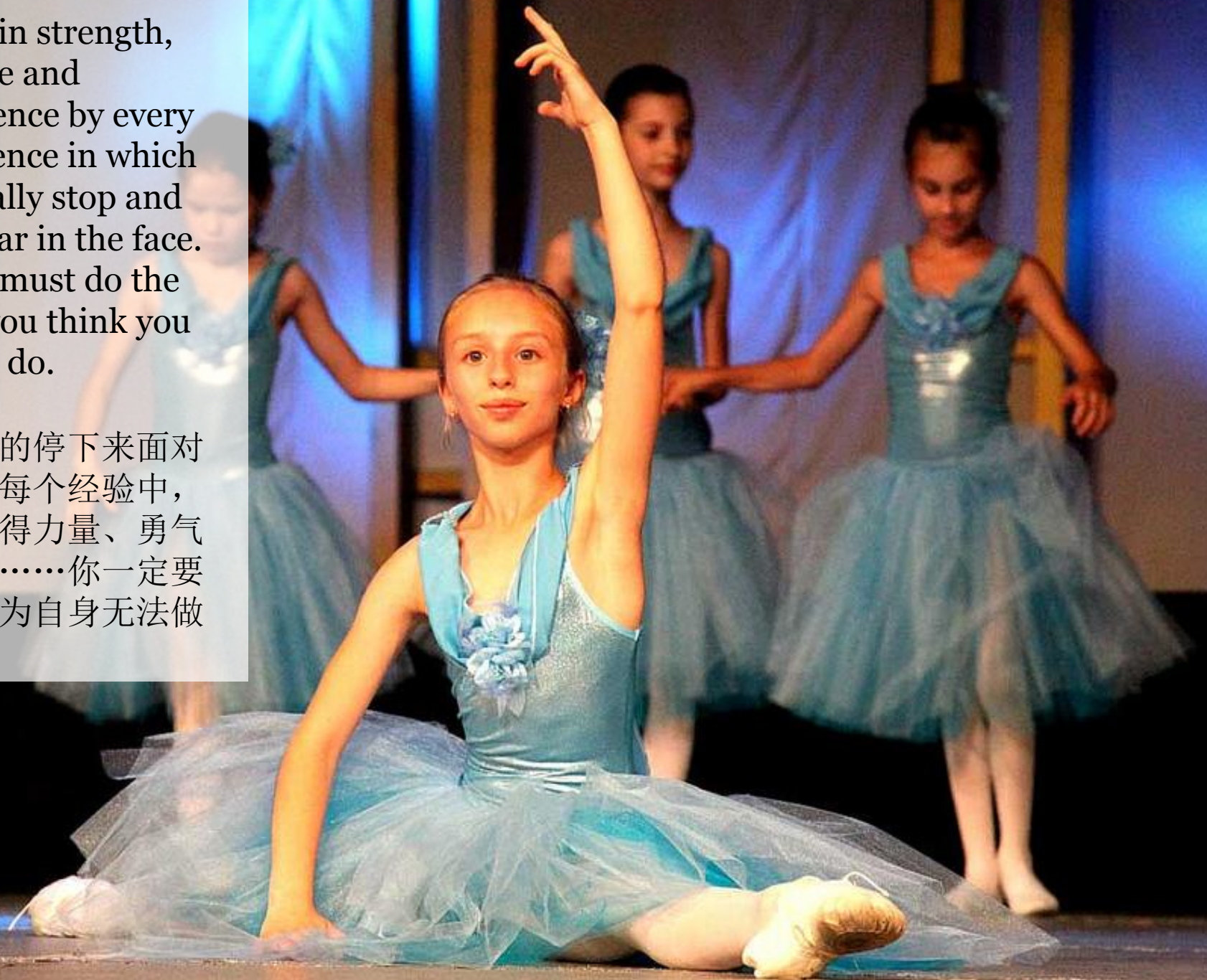
Inaction breeds doubt and fear. Action breeds confidence and courage.

无所作为助长怀疑和恐惧；行动则增加信心和勇气。



You gain strength,
courage and
confidence by every
experience in which
you really stop and
look fear in the face.
... You must do the
thing you think you
cannot do.

从你真的停下来面对
惧怕的每个经验中，
你会获得力量、勇气
和信心……你一定要
做你认为自身无法做
的事。



God is our best defense against fear—
and against the things we fear.

上帝是我们对恐惧的最佳防御——并抵挡
凡使我们恐惧的事物。



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