

# **Be At Peace**

Saint Francis De Sales

Do not look forward in fear to the changes in life;  
rather, look to them with full hope that as they arise,  
God, whose very own you are,  
will lead you safely through all things;  
and when you cannot stand it,  
God will carry you in His arms.

Do not fear what may happen tomorrow;  
the same understanding Father who cares for  
you today will take care of you then and every day.

He will either shield you from suffering  
or will give you unfailing strength to bear it.  
Be at peace,  
and put aside all anxious thoughts and imaginations.