



Oblate Missions
Missionary Association of Mary Immaculate

OBLATE ACADEMY

Helping children keep God in their lives

LIST OF FEARS AND WORRIES

Flex Your Fortitude!

What are the things in your life that make you feel anxious or frightened?

Instead of letting them **get** you down, **write** them down below in your own words. Next to each worry some person, place, or event, write one action **YOU** you can take to help you feel stronger when this obstacle arises.

Remember, every challenge is also an opportunity to show — and grow — your faith and fortitude!

MY FEARS	MY FLEXES
1. <i>Math test</i>	<i>Plenty of sleep the night before and a good breakfast!</i>
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Jesus Take My Hand Prayer

Jesus, take my hand

Jesus, lead the way

Jesus, keep me safe from fear and worry today