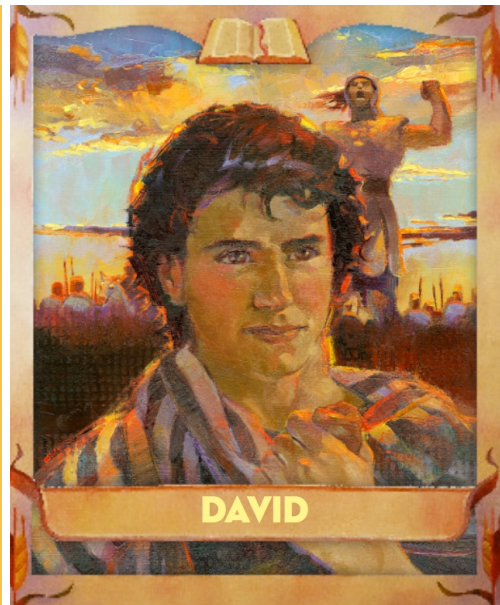


Young David trusted God and did hard things,  
and I can too!

- Next time something hard or scary happens, pray and ask God for help.
- Watch chapters 27-29 of the Old Testament stories at [scripturestories.lds.org](http://scripturestories.lds.org).
- Write in your journal about a time when God helped you do something hard.
- I will ask God to help me with ...

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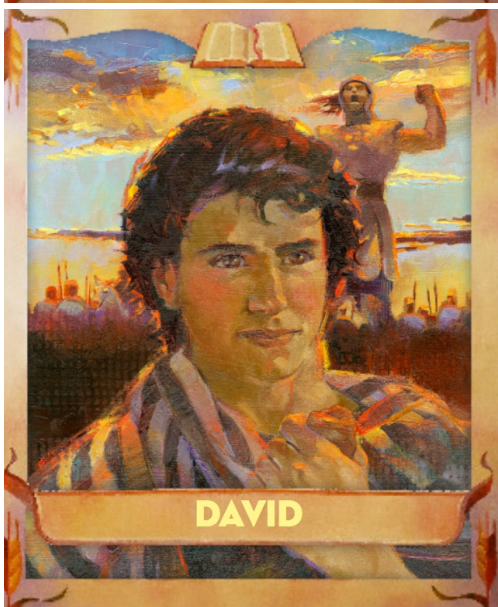


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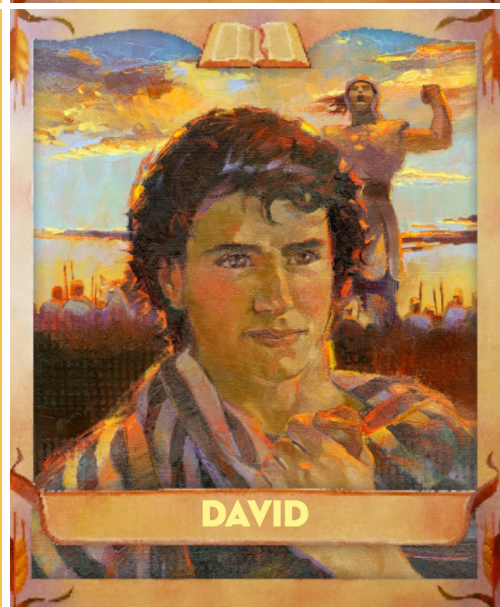


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