

Navigating the Teen Years: Anxiety, Angst, and Achievement
Sodalitas 2020
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Prayers for anxiety

My Lord and my God, into your hands I abandon the past, and the present,
and the future, what is small and what is great, what amounts to a little and
what amounts to a lot, things temporal and things eternal.

--St. Josemaria Escriva

Let nothing disturb you,
Let nothing frighten you,
All things pass away,
God never changes.
Patience obtains all things,
He who has God finds he lacks nothing,
God alone suffices.

--St. Teresa of Avila