

# OVERCOMING FEAR

*Eternal Gems Youth Newsletter*



## FEARING THE UNKNOWN

By Magdaline Obenofunde

Hi Readers,

I hope your week has been filled with love and joy. I know times are extremely tough right now. Fear is one of the most basic human emotions. Fear comes from our own minds and imagination. A lot of the times we tend to fear what MIGHT happen, not what WILL happen.

But don't worry! I've included some tips to help you overcome them.

**Acknowledge your fear:** This step is important. Sometimes we have fears that are sometimes unknown and unnoticed, but they are there.

**Prepare yourself for a battle:** No one said overcoming fear would be easy. So be prepared to attack it head on!

**Small steps:** Start small & trust in the Lord. Take one step at a time. Start with something you know you can do. Something you know you will succeed at. Then feel good about that and take another step. Keep doing this and soon you will have conquered a mountain!

**Celebrate!** Praise and be joyful for every accomplishment. Celebrate even the small achievements. Then use this feeling of success to take the next step.

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BOOK OF THE WEEK

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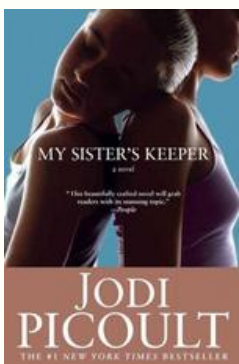
COOKING CORNER

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riddle of the week

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ADVICE COLOUM



## BOOK OF THE WEEK

*MY SISTERS KEEPER* by Jodi Picoult  
Conceived to provide a bone marrow match for her leukemia-stricken sister, teenage Anna begins to question her moral obligations in light of countless medical procedures, and decides to fight for the right to make decisions about her own body.





## Greek yogurt breakfast bowls

These Greek Yogurt Breakfast Bowls are the perfect start to the day. You can fill it with Greek yogurt, which is high in protein and top it with your favorite healthy carbs and super foods and fruit, which gives you an energy boost.

Start with your yogurt then add some of your favorite toppings. Here are some examples of toppings you may add;

**Fresh fruit:** blueberries, strawberries, cranberries, blackberries, raspberries, kiwi, pineapple, coconut flakes, grapes, mango, peaches, bananas, cherries.

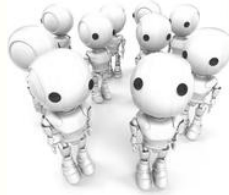
**Nuts:** almonds, peanuts, pecans, walnuts, pistachios, cashews.

**dried fruits & super foods:** dried cranberries, granola, coconut flakes, chia seeds, dried apricots, dates, dried cherries.

**sweetener:** honey, brown sugar, stevia, 100% pure maple syrup, Agave nectar.

## RIDDLE TIME

Riddle: I shave every day, but my beard stays the same. What am I?



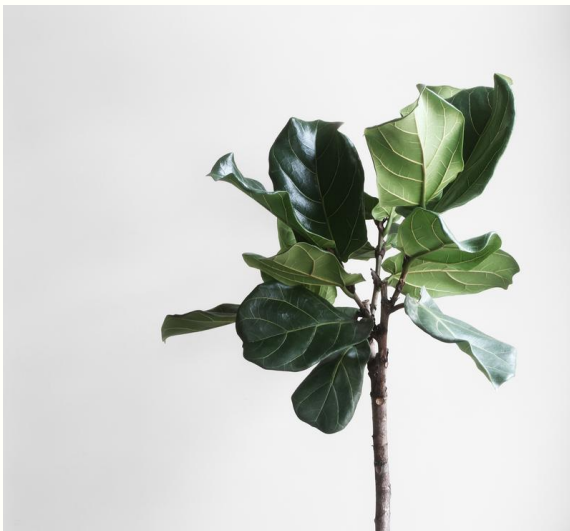
## 7 SKINCARE HACKS

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1. **Wear SPF (sunscreen):** It is so good for your skin and protects your skin from UV rays.
2. **Drink enough water;** drink water helps to keep your skin hydrated
3. **Clean your phone:** whenever you answer phone calls you put your phone up to your face and all kinds dirt transfers from your phone to your face.
4. **Sleeping with silk pillow sheets;** This leave skin nice and soft.
5. **Use chap stick or lip balm:** Having cracked lips hurts and does not feel or look right. Vaseline is a very good choice for relief.
6. **Drink Green tea:** Tea has amazing benefits for your skin and immune system.
7. **Wash your face twice a day:** Making sure you wash your face every night before you go to bed it is important. Especially to ensure that all that gunk that builds up during the day is removed, leaving you with nice and clean skin. .

Riddle: I follow you all the time and copy your every move, but you can't touch me or catch me. What am I?

Riddle: What has many keys but can't open a single lock?



## ADVICE COLUMN!

This segment is dedicated to giving and receiving advice from others. We want this newsletter to be very helpful and interactive as possible. Please send in some issues or problems that you find hard to deal with. We will share our advice anonymously.

## BIBLE VERSUS OF THE WEEK

For God has not given us a spirit of fear, But of power and of love and of sound mind."

2 Timothy 1:7



God created us with courage & strength. Whatever troubles you will not last, as long as you put it in God's hands. He gave us the power and love to overcome any obstacle that we may face. So whenever you feel afraid, ask God for guidance. He will help you.

### ANSWERS TO RIDDLES

1. a barber
2. shadow
3. a piano

