



# Do Not Be Afraid: Leo, Nina, and the Path of Courage

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Leo and Nina were inseparable friends who shared a wonderful sense of wonder, but both carried quiet fears in their hearts. Leo worried about making mistakes, while Nina was afraid of being left alone. One sunny afternoon near the woods, they discovered a hidden pathway marked with a curious wooden sign that read: The Path of Courage begins where fear tells you to stop.



Unsure whether to move forward, the two friends heard a soft and reassuring voice behind them. Looking back, they saw Jesus standing there with a calm, warm smile that filled their hearts with comfort. He softly explained to them that being brave does not mean never feeling afraid, but choosing to do what is right even when fear is present.



Soon, the path brought them to a rickety wooden bridge swaying gently in the wind over a deep ravine. Leo froze in hesitation, overwhelmed by the sight of the swaying planks below. Jesus knelt beside him and gently suggested taking just one single step at a time instead of worrying about the whole crossing.



Breathing deeply, Leo placed one foot on the bridge, then another, slowly making his way across. When he safely reached the other side, he was amazed to find that his fear had shrunk into something small and manageable. In that moment, the bright seed of 'I can try' began to blossom gently inside his heart.



Further down the trail, a wide and rushing river blocked their path, leaving Nina feeling stuck and helpless. Jesus gently reminded her that asking for help is a sign of wisdom rather than weakness. Working together, they found sturdy stepping stones across the churning water, planting the second seed of courage: 'I can ask for help.'



As night fell over the forest, the friends found themselves standing outside the entrance of a mysterious, dark cave echoing with strange noises. Fear whispered in their ears to run away, but Jesus lit a gentle lantern light to guide them. He taught them to freeze, take a slow deep breath together, and organize their thoughts before letting imagination run wild.



Stepping carefully inside the dimly lit cave, they discovered that the scary sounds were only made by tiny woodland animals seeking a warm spot to sleep. Realizing there was nothing dangerous waiting for them in the dark, Nina burst into cheerful laughter. They learned the third seed of courage: to pause, breathe, and understand before becoming afraid.



At the end of the forest trail stood a tall and grand mountain, its peak topped by a single star shining bright against the night sky. Though the climb seemed impossible, Leo and Nina remembered the lessons they had learned along the way. Hand in hand, they decided to combine their newfound seeds of courage and start climbing together.



Step by step, resting when tired and talking through their doubts, the friends steadily ascended the steep mountain path. When they finally reached the summit next to the dazzling star, Jesus looked at them with immense pride and shared that the true light of courage had been growing inside their hearts all along.



Before returning home, Jesus placed a soft, glowing light into each of their hands as a reminder for their everyday lives. He reminded them to breathe when afraid, ask for help when lost, and always remember how deeply loved they are. Leo and Nina walked home with peaceful smiles, knowing they would never have to face their fears alone again.