

安靜下來

Calm down

雙手交叉握住
深呼吸

停

Clasp hands together
Take deep breaths

我為什麼這麼“生氣”
耶穌或愛我的長輩
會要我怎麼做?

Stop

Why am I so angry?
What would the
authorities want
me to do?

跟老師, 爸媽, 牧者
討論這事
禱告

想

Think

Talk to teachers,
parents, pastors...
PRAY!!!

我決定如何回應?
這決定會傷害
到別人嗎?

決定

How am I
going to
react?

為這問題
和在其中的
人禱告

Choose

Pray for the
situation and the
people involved.

