

A feeling of hopelessness hung over the town.

God, help of the helpless,  
please help people who are in big trouble

## Chapter 8

Judith lived in Bethulia. She had been a widow for 3 years. She loved God, prayed all the time, and often fasted.

When she heard about the situation of Bethulia she encouraged the elders to keep on trusting God for help.

Dear God, when life gets tough,  
help us to keep trusting you

## Chapter 9

Judith put ashes on her head,  
bowed with her face to the ground,  
and prayed urgently to God:

"Lord God, help of the oppressed, support of the weak,  
please hear my prayer and protect your people Israel."

Dear God, help us to imitate Judith  
and pray to you with faith when we are in trouble

## Chapter 10

Judith put on her most beautiful clothes and jewelry. Then she and her maid headed for the Assyrian camp.

She told the Assyrian soldiers that she was fleeing from Bethulia since it would soon be attacked.

She said she wanted to give Holofernes some important information.

The soldiers took her to meet Holofernes.

Dear God, please give us the courage of Judith