



Spiritual Help for Your Family

It is normal for children to go through a variety of great emotions during difficult times. As Christians who believe in the sovereignty of our Lord and Savior Jesus Christ, we take comfort in knowing we are not alone in facing these troubles. Here are some ways you can help your child process what they are feeling while pointing them to God.

- 1) **Kids have feelings too** – Acknowledge it is okay to feel scared. It is okay to feel angry. It is alright to feel sad. God is the one who gave us these feelings and it is a gift.
- 2) **Listen Well (Active Listening)** – It is important to listen without interrupting, judging or dismissing a child's feelings. Share that you have these feelings too.
- 3) **Pray to God** – Pray together as a family. Share with God what you are feeling. Our God is big enough to receive all that scares us. He is big enough to hold our anger. He is big enough to comfort us when we are sad.
- 4) **Read and Meditate on (think about) Scripture** – Read specific verses in God's Word to help you and your child overcome these feelings.
- 5) **Do something** – Get your mind off of your thoughts by finding something to do.
- 6) **Get help** – if you or your child find it difficult to change your thoughts and emotions, call a friend, family member or pastor to help you.

On the opposite page are different scriptures you can use to help you focus on God's Word instead of the negative feelings and emotions you have right now. Remember, our God is always with us and never leaves us. May our God keep and bless you during this difficult season.

In Christ Jesus our Lord,

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“Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.”

Philippians 4:8



When you feel scared and afraid

Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you; I will hold on to you with my righteous right hand.

Isaiah 41:10

Cast all your anxiety on him because he cares for you.

1 Peter 5:7

When you feel worried

Therefore, don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:34

Cast your burden on the LORD, and he will sustain you; he will never allow the righteous to be shaken.

Psalms 55:22

When you feel like you are all alone

Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the LORD your God is with you wherever you go."

Joshua 1:9

And remember, I am with you always, to the end of the age."

Matthew 28:20b

If you doubt God's love

For God loved the world in this way: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.

John 3:16

"As the Father has loved me, I have also loved you. Remain in my love."

John 15:9

See what great love the Father has given us that we should be called God's children

1 John 3:1a

When you need God's peace and presence

Now this is what the Lord says—the one who created you, Jacob, and the one who formed you, Israel—"Do not fear, for I have redeemed you; I have called you by your name; you are mine. I will be with you when you pass through the waters, and when you pass through the rivers, they will not overwhelm you. You will not be scorched when you walk through the fire, and the flame will not burn you. For I am the Lord your God, the Holy One of Israel, and your Savior.

Isaiah 43:1-3a

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27