

Talking About Fears With Children

Here is a guideline for having a conversation with a child when they are afraid:

- **Listen, and validate the child's concerns.** "Yes, something that is unfamiliar to us can be scary."
- Point the child back to Christ. **Remind them of God's sovereignty in ALL situations** and that nothing happens that He doesn't already know about. These verses may be of comfort to them:
 - *"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."* Jeremiah 29:11. **Written to God's people in a difficult situation, this gave them hope when things seemed out of their control.**
 - *Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths.* Proverbs 3:5-6. **We might not understand everything, but God does! He can rely on Him and not ourselves for understanding.**
 - *Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.* Matthew 10:29-31. **God knows everything about the creation he made (including this virus)!**
 - *And we know that in all things God works for the good of those who love him, who have been called according to his purpose.* Romans 8:28. **No matter what happens, God can use it to shine His glory. Perhaps He can use us as Christians to be a light to the world and point to God as our hope and salvation when things seem uncertain.**
 - *God is our refuge and strength, a very present help in times of trouble.* Psalm 46:1. **Talking about the characteristics of God affirms, comforts, and reminds us of the BIG God we have placed our faith in.**
 - *Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."* Joshua 1:9. **God will always be with us, so we don't need to be afraid of what will happen next.**



- **Pray!** Giving the situation to God and praying for those who are caring for the sick, making decisions, and those who are sick takes the weight of worry off the children's shoulders.