



March 22, 2020

There are so many big emotions going on in our little ones right now. Feelings of worry, fear, excitement, and uncertainty are just a small part of our kids' everyday lives everyday but especially in our current state. The key to helping them find their peace in Jesus is for us to stay rooted in our relationship with Him. Thankfully, FBC Westwego has sermons and worship resources to help guide us, as adults, on what feels like a very unsteady path.

Below are a few resources to help you encourage your child and to keep their excitement for learning about Jesus.

Attached is an article about how to talk to your children about the coronavirus. We shouldn't assume that they are too little to understand and brush it off. They see how we deal with stress, talking out our options, and showing them how to lean into Jesus will help them deal with stressful situations in the future.

<https://www.thegospelcoalition.org/article/children-coronavirus/>

This is a link to a YouTube video from a Colorado based Children's Church to help kids understand, talk about, and pray through fear. It is a full lesson in itself. We encourage you to watch as a family and to use some of the silly points to talk about how God will be our refuge and strength in times of fear. Use your new knowledge from Pastor Jay's sermon to help guide you in conversation.

<https://www.youtube.com/watch?v=SkaUpzViwg0>

Every week in Children's Church we pray for a different church member. We talk about what the person does for the church, how they are serving God by serving the church, and how they have blessed the church by simply being themselves. This week, let's encourage the kids to pray for Ms. Edna Rogers. Let's go one step further! Have your children make a card for Ms. Edna who is restricted to her home because of her age. Knowing someone is praying for you and thinking about you will be a great encouragement to her and serving an elder of the church will be a great encouragement to our families too! Let Katie Reine know that you need her address!

Coloring is shown to relax the center of your brain and creates a relaxing state. Print out the Psalm 94 color sheet for your child(ren) and even yourself! Coloring together is a perfect opportunity to discuss all of their emotions and how God wants us to handle them. The color sheets are below in both English and Español.

Most importantly, pray together. I can't stress enough how important it is to pray for one another and with one another during this time. Be sure to ask the children if they want to lead prayer time. You may be surprised at what their tender hearts come up with!



