

PNEUMA KIDS

How to talk about Coronavirus with your Kids

The best way to talk about big things that feel scary is to reiterate that God is in control and that God is good. Some of our kids may be oblivious, some will overhear people talking about the virus and start worrying. Whether people in your house are anxious or indifferent, this is still a great chance to start talking about and showing your kids what it looks like to trust God when we don't know what He is doing. I would recommend doing a few things as a family...

First, pray! Take time as a family and pray for the following:

- Pray for leaders in our government who are making big decisions about this right now.
- Pray for healing for those who are sick.
- Pray for ways to show the love and care of Christ to any neighbors that you can.
- Pray and ask God to help us trust Him during this time.

Secondly, read scripture as a family that talks about God being good and in control. We've suggested a few below, but feel free to read others. We don't need to fear because our God has already written our days and He has good plans for us. If you have older elementary kids, ask them to look up some of the verses below:

- Isaiah 45:5-7
- Romans 8:31-32
- Hebrews 1:3
- Psalm 27:13-14
- Proverbs 3:5-8

Lastly, continue to give thanks to God as a family. Look for ways He is working around you, providing for you, caring for you, etc. Giving thanks is one of the ways we can fight fear and anxiety. It reminds our hearts that God is trustworthy and good. Read Psalm 92:1-2.

We are praying for you guys as you lead your family through this time.