



YOUR MENTAL HEALTH COACH

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Licensed Professional Counselor Providing
Biblical Solutions for Life for over 20 years

Questions Kids May Ask — With Biblical Answers

? Does God still love us?

✓ Yes! God's love never changes.

📖 "Nothing can separate us from God's love." — Romans 8:38-39

👉 His love provides comfort, and hope when things are really hard and we can turn to him knowing He understands our suffering.

? Is God still good?

✓ Yes! God is good but life on this earth can be so hard.

📖 "...In this world you will have trouble. But take heart! I have overcome the world." — John 16:33

👉 We can be sad and grieve the losses in this world while still trusting God's goodness.

? Are we being punished?

✓ No. A disaster doesn't mean God is mad.

📖 Jesus said bad things don't always happen because of sin. — John 9:2-3

👉 Sometimes we don't know why, but God wants us to trust Him (Proverbs 3:5-6). Share how hard that has been for you at times and sometimes the peace does not come right away because we are human and feel lots of emotions.

? Will this happen again?

✓ We don't know when disasters will happen.

📖 "The Lord will keep you from all harm — He will watch over your life." — Psalm 121:7-8

👉 When bad things happen, the future can seem more scary, all we can do is trust God with the future and remind ourselves that these things don't happen every day all the time.

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? What can we do to help?

✓ God wants us to love others.

📖 “Let us do good to all people.” — Galatians 6:10

👉 We can feel very powerless in moments like these, but the things we can do is pray, give, and help where we can. (Matthew 5:16).

? Is God going to fix everything?

✓ Yes! One day He will make all things right.

📖 “He will wipe every tear... no more death or pain.” — Revelation 21:4

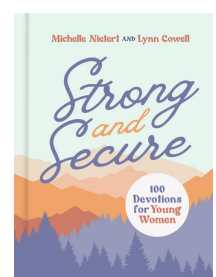
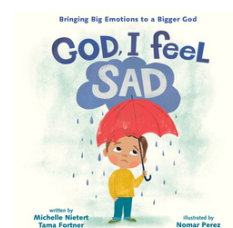
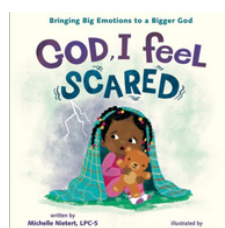
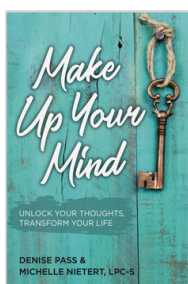
👉 Until then, we can have hope and help others. We don't want to spiritual bypas

s emotions, but we also want kids and times like they used to hold onto the hope of heaven and introduce or reinforce the concept of eternal life to them.

Parent Tips:

- Be honest when you don't know the answer — God understands our sadness (Psalm 34:18).
- Pray together: “God, please comfort us, protect us, and help us trust You.”
- Point out examples of kindness and help during the disaster.

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Practical things you can do to help your child express their difficult emotions:

- ✦ Write a letter to the child or the parent
- ✦ Draw a picture of the love they want to share with someone who is hurting
- ✦ Move their bodies to let go of the emotions that get built up from feeling strong emotions

These are great times to have family walks, worship, or to dance. You could pick sad songs to express feelings or happy songs so that we balance our focus not only on the hard things of life, but also the good things.

A great verse to meditate on or memorize:

For younger kids: *“The Lord is close to the brokenhearted.”* Psalm 34:18

For older children who have more mature faith and understanding:

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.”

2 Corinthians 1:3-5

You might have your child put their hands on their heart and imagine God comforting them as they listen to this verse.

Or you might have them raise their arms in the air, have them embrace at appropriate times and then release their arms towards their feet during words like suffering.

Contact Me!

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