



How to talk with your children about Coronavirus

Knowing what to do or what to say to our children during times of uncertainty can be difficult. The most important thing that we can do is remind them of simple truths - God is in control and He is good. Whether your children are feeling afraid or are oblivious to what's going on, we recommend doing a few things as a family...

Pray! Pray for:

- Healing for those that are sick.
 - Our government leaders as they continue to make difficult decisions.
 - The world.
 - God to show us ways we can love and serve others during this time.
 - God to help us trust Him during this time.
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Read and memorize scripture:

(here are a few but feel free to read others)

- Psalm 46:1
 - Psalm 27:14
 - Philippians 4:4-7
 - Romans 8:31-32
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Give Thanks.

Take some time to give thanks to God as a family. Look for ways that you see Him working in those around you, providing for you, and caring for you. Giving thanks is one way we can fight fear and anxiety. It reminds our hearts that God is trustworthy and good.

Please know that we are praying for you as you lead your family during this time.