***EXAMPLE PARENT LETTER:***

Dear parent/caregiver(s),

This week our students in preschool and elementary learned about Psalm 46, a comforting psalm that reminds us that **God is our refuge and help in times of trouble**. We learned about how our world has been broken by sin, so bad things will happen. In fact, Jesus even promised in John 16 that we will experience trouble. While we can’t shield our children from all suffering, we can help shape the way they think about it and respond to it. When we are scared or confused, we can go to God, and He can bring us comfort and peace.

**What did we learn from Psalm 46?**

1. Even in sad, dangerous, or scary situations, God is our refuge and strength. (Psalm 46:1-3)
2. God brings peace and justice. (Psalm 46:4-6)
3. God has always been the same and is always with us. (Psalm 46:7)
4. God is exalted; this means He is victorious. (Psalm 46:8-10)
5. God promises to be with us. (Psalm 46:11)

**How can you talk with your kids about tragedy and suffering?**

1. **Acknowledge their emotions:**Be there for your child, listening to them and helping them understand and express their emotions.
2. **Remind them of Scripture:** We teach that God’s Word is trustworthy. This is true during good times and bad times. Find Bible verses (you can start with Psalm 46) that remind us of God’s love, sovereignty, and presence. Point them back to Scripture if what they're feeling is based on a misunderstanding of God's reality.
3. **Teach them how to trust God:** Model what it looks like to trust God. Spend time meditating on Proverbs 3:5-6, then find ways to worship God with your kids. You can find some of our favorite songs here:
   1. Preschool: <https://spoti.fi/3WkLjYm>
   2. K-2nd grade: <https://spoti.fi/3w7H9IX>
   3. 3rd-5th grade: <https://spoti.fi/3WqQGWk>
4. **Remind *yourself* of truth:** To help our kids be rooted in Christ, we must be rooted in Him, too. Prioritize spending time with God, in prayer and in His Word. When you feel overwhelmed with your current situation, reach out for help and seek comfort in Scripture.

**We recommend that you keep this letter safely tucked away, so that you can refer to it if you ever need it in the future.**

To close, we want to remind you of this promise from Psalm 46:11: **“The LORD Almighty is with us; the God of Jacob is our fortress.”**

God is with you. He is your refuge and strength.

If you ever need support from our team, or if you have questions about how to navigate challenging topics with your kids, please reach out to us any time.

With you,

*<your name / children’s ministry team >*

**P.S. We’ve compiled this list of a few resources that may encourage and help you with this subject.**

* Resources for helping your kids navigate hard things:
  + Kathy Koch - Teach Your Kids to be Resilient: <https://bibletolife.com/resources/articles/teach-your-kids-to-be-resilient/>
  + Focus on the Family - How to Help Your Kids Process Tragic News: <https://www.focusonthefamily.com/parenting/how-to-help-your-kids-process-tragic-news/>
  + Video from GriefShare on how to help children: <https://www.griefshare.org/children>
* Books for kids: *See attached list of resources.*
* Books for adults:
  + *When God Weeps* - Joni Erickson Tada
  + *Walking with God through Pain and Suffering* - Tim Keller
  + *No Tears in Heaven* - C.H. Spurgeon



