

### **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/3WkLiYm>
  2. K-2nd grade: <https://spoti.fi/3w7H9lX>
  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

RECOMMENDED

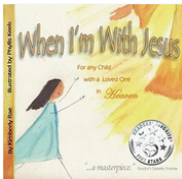
# CHILDREN'S BOOKS ON

## *grief and loss*

THAT ALIGN WITH SCRIPTURE AND GOD'S CHARACTER

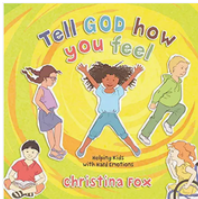
Books are available at major  
retailers unless otherwise noted

### When I'm with Jesus By Kimberly Rae



- Useful for when someone very close to a child dies, such as a parent or grandparent, who has trusted in Christ
- Could be helpful for any aged child
- Gentle and compassionate tone
- Incorporates many points of the Christian view of death
- Addresses a child's feelings of grief
- Takes some liberties when describing heaven
- Written in a way that it can be used for both older and younger children
- Includes a brief Gospel message at the end

### Tell God How You Feel By Christina Fox



- Not specifically a book on grieving death
- Helpful explanation of emotions for parents
- Deals with the feelings of: fear (thunderstorm), sadness (friend moves away), hurt (rejection by a friend), loneliness (life after best friend moves away), and thankfulness (got a good grade)
- Includes discussion questions
- Incorporates a lot of Scripture and specifically models how to use Psalms to express our emotions to God
- Designed for families (models through story how parents use Scripture to walk their kids through their emotions)

### God Gave Us Heaven By Lisa T. Bergren



- Best for younger children; animals are the main characters
- Focus is on heaven and what it's like
- Shares a very brief Gospel
- Clears up some misconceptions about heaven like people turn into angels
- Does not specifically address sadness or the grieving process

### Emily Lost Someone She Loved By Kathleen Fucci Ministries



Available from [kathleenfucciministries.org](http://kathleenfucciministries.org)

- Story is based on a young girl losing her mom
- Addresses the very wide range of emotions and behaviors a child might experience when grieving, including asking "Where is God? Why has this happened?"
- Emphasizes that God knows how we feel because He gave up His Son to die
- Gives a sort of "catechism" to answer the question of "Where is God" with accompanying Scripture
- May be more geared towards younger children

**DISCOVERY**  
LAND GLOBAL



**WGLD**  
Western Great Lakes District of the  
Christian and Missionary Alliance

RECOMMENDED

# CHILDREN'S BOOKS ON

*grief and loss*

THAT ALIGN WITH SCRIPTURE AND GOD'S CHARACTER

## Quinn Says Goodbye

By Christie Thomas



- Best for younger children; animals are the main characters
- Incorporates themes of friendship, compassion, and loss
- Deals with loss of a friend but not specifically death
- Includes basic biblical theology of loss, "God doesn't always stop bad things from happening. But he does promise that he will always be with you, and he will never stop being your friend."
- Encourages talking to God about our sadness
- Includes some conversation starters and Scripture to use with kids

## A Little Blue Bottle

By Jennifer Grant



- Deals specifically with death of a friend/neighbor
- Appropriate for elementary-aged children; a middle school child who is grieving might also pick it up and be comforted by it as well
- Addresses the sadness surrounding death in a very compassionate way
- Centered around God understanding our sorrow based on Psalm 56:8
- Includes "Best Practices for When a Child is Grieving"
- Nice illustrations that capture the mood of a family who is missing someone

## Goodbye to Goodbyes

By Lauren Chandler



- Accompanying activity book also available
- Centered around the Biblical narrative of the death and resurrection of Lazarus
- Very true to the Biblical account
- Emphasizes how Jesus understands our sadness
- Gives the hope of heaven for those who know Jesus and how everything will be made right one day
- Could be used in numerous situations and just a good book to have on a well-known Bible story

## The Moon is Always Round

By Jonathan Gibson



- Tells the story of a young boy losing his stillborn baby sister
- Simple, but not simplistic
- Captures the experience from the perspective of a child
- Brings central message home with an image that is very memorable (the moon)
- Very gentle tone
- Focuses on the truth that even when bad things happen, God is still good
- There are two memory verses and more information about the story in the back as well as a discussion guide
- Engaging illustrations

## Heaven for Kids

By Randy Alcorn



- Useful for helping to answer older children's questions about heaven