

## PARENTING IN 5: COVID FEARS

Jesus told him, “Don’t be afraid; just believe.”

Mark 5: 36 NIV

### What does this mean?

- Mark 5 reports several cases of Jesus healing people no one expected could be healed
- each story has nay-sayers, but Jesus remains steady, not listening to those who don’t have all the facts
- this steady posture is one we can take, not unaware of the seriousness of an illness, but sure that God is bigger

### How do we do it?

- our children will look to us to either quiet or confirm their fears, not in what we say as much as in how we behave
  - fear is a natural and helps us to understand and protect ourselves from danger; each time fear rises, let it remind you to follow safety guidelines
  - if you are doing your part, fear has done its job, so now is the time to release the fear—tell it to go now
  - take lingering fears to God in prayer, pray with kids who have fears as well
- identify and eliminate the nay-sayers
  - TV news, social media, friends and co-workers can quickly move from good sources of information and connection to contributing to fear and anxiety
  - limit exposure to those sources that do not make you feel better after time spent with them
  - watch and listen for cues from kids that they have had too much—anger, clinginess, or withdrawing from favorite activities or meals are important non-verbal cues
- feed your faith and belief by adding more worship music, scripture reading, and positive programming to your days

### Top Tip:

kids need to know you understand their fear before they can tell it to go away...invite them to share details because their fear might not be what you think



### Here to help!

- like, follow, and join our social media pages to help keep your feed positive: Desert Vineyard Church, DV Kids Ministry, DV Youth, DV Midweek, DV Care, DV Women’s Ministry and Tehachapi Mountain Vineyard