

Dear KK Parents

The Scripture says, *“Train up a child in the way he should go, and when he is old he will not depart from it.”* (Proverbs 22:6) The situation with COVID-19 pandemic is intensifying. With all the news reports, events and school closures, our kids are exposed to a lot of fears and anxieties, uncertainties and unknowns, and even misinformation. It is hard to know how they are processing all these information and emotions internally - some of them may not think too much of it; some may subconsciously internalize the fears and anxieties they sense around them; some may take on negative attitudes towards people or government officials etc. Regardless of where our kids are at, we have a great opportunity here to train our kids in the way of the Lord and help them learn how to respond to life circumstances & crisis biblically. As our church has encouraged everyone to respond in 3 ways, we would like to suggest 3 ways you can train and disciple your kids during this time:

### **Pray**

Our kids need to know God is still in control, He is here to comfort and protect us. Here are some scriptural passages you can consider sharing and explaining to your kids what they tell us about who God is and how/why we can trust Him:

Psalms 91

Matthew 6:25-34; 11:28-30

John 14:27

1 John 4:18

1 Peter 5:7

Use these scriptures to explore with your kids what they may be feeling, then teach them the truth and lead them into prayer for themselves and the situation.

Remember - how you see, talk about and respond to the current crisis impact your kids. So, if you are fearful and anxious yourself, make sure you go to Jesus yourself and ask Him to help you trust Him more and work through your fears and anxieties with your heavenly Father. It is ok to be honest with your kids about how you may feel like if you are worried - the key is to also share with them how you are going to God for comfort and peace, and how you are choosing to trust Him each day. It shows them they can go to God just as they are and He is patient and kind to walk them through any situation.

### **Be Wise**

We believe we need to pay attention to what we and our children are seeing and hearing via television or online. We do want to encourage everyone to consider reducing the amount of screen time focused on the COVID-19. Too much information on one topic can lead to anxiety and that is not a place where we want to partake in. Instead, consider reading more Bible

stories with your kids, memorize Bible verses together or simply just enjoy more fun family activities and bonding time together.

Practically, let's remind ourselves to also implement some of the following habits to reduce the spread of germs:

1. Teach your kids to wash their hands with soap and water for at least 20 seconds (make sure to get in between the fingers, on the back of the hands, and under the nails where germs like to hang out), especially after blowing their nose, coughing, or sneezing; going to the bathroom and before eating or preparing food. Feel free to make it into a song (like singing happy birthday twice)!
2. If soap and water aren't available, use hand sanitizer that contain at least 60% alcohol.
3. Keep your hands out of your mouth, nose and eyes. This will help keep germs out of your body.
4. Keep things clean. Invite you kids to disinfect things commonly used such as toys, tables, doorknobs, etc. Make it into a game...and you might just get some extra chores done around the house with the help of your little ones :) !
5. If you feel sick, stay home. Just like you don't want to get other people's germs in your body, let's avoid passing on our germs to others.

### **Share the Good News of Hope**

Jesus said we are the salt and light of the earth (Matthew 5:13-16). During a time when the predominant mood is for people to isolate themselves (not talking about legitimate quarantines) and watch out for our own good, it is important for us to teach our kid Jesus calls us to "love our neighbors as ourselves" and to "look for the interests of others." Yes, we need to love and care for ourselves and our family members, but it is important we do not forget to love and look out for others as well, especially those who might feel alone and are vulnerable to the disease. Do you know anyone who might feel particularly lonely at this time? Do you know any older folks who might be stuck at home? Is there any opportunity in your neighborhood/community to give and serve the needy in this season? Do your kids know friends whose family might be feeling a lot of fears? Look for tangible opportunities to reach out and share the Gospel of hope and peace with these people. Pray for them and send them notes of encouragement. Teach your kids to look beyond themselves and grow in compassion for others.

While we do not have Sunday church in this season, and with closure of more schools & daycare, we want to be able to provide you with resources you can use at home. Here are links to this week's lesson which coincidentally will be on the Shield of Faith:

[Shield of Faith: Lesson](#)

[Shield of Faith: Craft Instructions](#)

[Shield of Faith: Craft Shield](#)

Every week, we will be providing some resources that you as a family/group can use to teach your children. Also, here are some other resources that were shared to us that may be helpful resources for you and your family:

[Lisa Max \(Youth Retreat Guest Speaker\): Empowering families in the midst of COVID-19](#)

[Tips on how to talk and pray with your kids about the Coronavirus](#)

[Tips if you stay home with your kids](#)

[Video Teaching: What are Germs by Michelle Lee :\)](#)

Parents, we are in an unusual time and are given an opportunity to train our kids in ways they will need for their calling in the Lord. Let's remember each other in prayer and we are here to walk with you and support you during this time. Please do not hesitate to reach out if you need.

Blessings,

Fiona, Family Pastor

Tim, Kingdom Kids Pastor

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