

In Times of Uncertainty, Build upon the Rock

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A lot has happened in our world during the past several years—terrorist attacks, space

ation can “separate us from the love of God that is in Christ Jesus our Lord” (Romans 8:39). We are not told that we will always know the good that God will work through any possible traumas, but we need to believe that He will accomplish good through all things.

We must trust that God’s love for us is unstoppable and that He has an eternal purpose for our lives.

In addition to reading and memorizing Scriptures like those from Romans, we can reduce our own and our children’s stress levels in the following ways:

shuttles breaking apart, military conflicts. Not only has a lot happened, but we are also exposed to these events through vast amounts of coverage by newspapers, television, radio and the Internet. Our news media bring all of these events right before us usually within minutes of their occurrence.

As a result, children may feel stressed and exhibit a variety of symptoms and behaviors related to stress. Physical symptoms can include frequent eye blinking, facial twitches, headaches, unexplained fatigue, pains and aches. Behavioral symptoms can surface as sleeping or eating problems, excessive fighting, angry outbursts and overall irritability. What can we as parents possibly do?

The best answer to this question is that parents must fully rely on God. We must trust that His love for us is unstoppable and that He has an eternal purpose for our lives. We must not only develop this level of faith, but we must also pass it on to our children.

Several Scriptures come to mind regarding this topic, but of special note is Romans 8:28: “We know that in all things God works for the good of those who love him, who have been called according to his purpose.” Also encouraging is the fact that nothing in all of cre-

- Attempt to remain calm during a traumatic event.
- Limit our child’s exposure to the news media, especially TV and the Internet.
- When our children are within hearing distance, limit our discussion of traumatic events.
- When children ask questions, answer them gently, clearly and honestly.
- Pray with our children about local and world events.
- Maintain our normal routines and schedules at home.
- Do something spontaneous and fun together as a family (go out for an ice cream or play at the park).
- Remind our children and ourselves that God knows more than we do and that no matter what happens, we will be OK because we’re in His hands.

A Challenge to You

1. Memorize Romans 8:28 as a family. Look for other Scriptures that offer support during difficult times.
2. Discuss with your spouse and/or a friend which of the above suggestions might be most helpful in your family situation and put it into action.
3. Ask your child to draw a picture, write a poem or tell a story about anything that worries him or her. Give your child a variety of ways to express his or her feelings.