



How to talk about Coronavirus with your Kids

The best way to talk about big things that feel scary is to reiterate that God is in control and that God is good. Some of our kids may not be aware that something is going on, while others might be fearful or worried about the virus. Whether people in your house are anxious or indifferent, this is a great chance to talk about and show your kids what it looks like to trust God when we don't know what He is doing. Here are a few recommendations for things you can do as a family during this time:

First, pray! Take time as a family and pray for the following:

- Pray for leaders in our government who are making big decisions right now.
- Pray for healing for those who are sick.
- Pray for ways to show the love and care of Christ to our neighbors.
- Pray for Asian Americans who may be experiencing heightened racism and prejudice in this season.
- Pray for God to help us trust Him during this time.

Second, read Scripture as a family. Much of God's Word speaks on His goodness and control. These are great reminders for us during times of uncertainty! We don't need to fear because our God has already written our days and He has good plans for us. If you have older elementary kids, ask them to look up some of the verses below:

- Isaiah 45:5-7
- Romans 8:31-32
- Hebrews 1:3
- Psalm 27:13-14
- Proverbs 3:5-8

Finally, continue to give thanks to God as a family. Look for ways He is working around you, providing for you, caring for you, etc. Consider starting a family gratitude journal and/or dedicating time during dinner to share things everyone is thankful for. Refocusing the family's attention on the good things God is doing and giving thanks are ways we can fight fear and anxiety. It reminds our hearts that God is trustworthy and good. Read Psalm 92:1-2 together, then talk about ways God is working around you, providing for you, and caring for you.

An additional thought on racism during this time. As Christians, we should be grieved with God by the rise in racist language, violence, and discrimination against the Asian community, and particularly Chinese-Americans, as the world responds in sin to the outbreak of this novel coronavirus. All humans are created in God's image and deserve respect. And God desires people from every tongue, tribe, and nation to experience and know the love of Jesus. So let us be people who fight injustice, the wickedness of racism, and prejudice in all circumstances, making sure to also examine and guard our own thoughts, words, and actions.

Here are some ways we can respond as Christians to racism: First, pray for Asian-American families. Second, take time as a family to reach out and care for any of your Asian-American friends. And finally, speak out against and stop any racist jokes or language that you hear or see, being especially mindful to guard your own household



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against this type of sin. If you would like more resources on how to talk about this, please reach out to your Kids or Students Director.

Again, we are here for you. If you or anyone you know has any questions, needs any care, or would like to process through anything in this time please reach out to us at austinstone.org/care. Then we can let our elders and care team provide resources as needed.