



A PARENT'S GUIDE TO:
Fear and Worry





How do I help my kids not have a spirit of fear?

- 1.) The best way to disciple your kids into having a biblical perspective of fear and worry is to first **model it to them by how you live your own life.**

Seek the Lord and His Word for wisdom; **take a class** at your church; **get professional counseling** assistance—do whatever it takes. In doing so, you'll be better equipped to help your kids.

Proverbs 14:26 says **“Whoever fears the Lord has a secure fortress, and for their children it will be a refuge.”**

When you keep God as the supreme authority in your life, not only does it make you secure, it brings stability to your children as well.

- 2.) Second, allow your children to **acknowledge their fear and worry**—there is no shame in having those feelings, but it's not healthy to stay in that headspace long-term. When we bring our fear into the light (**Ephesians 5:13**), it loses its power, so think of ways to make your home a safe place to talk about fear and worry, no matter how “shameful” they might seem.

Be the one to **bring up the topic first**; if you don't talk about a subject, your kids will learn implicitly that that subject is off-limits.

So bring it up first by **talking about your own fears** (especially triumphs over them!) and second by **asking them about theirs**. Remind them that they are safe with you and that they will not be judged. But **don't let the conversation end** there.



Talk to them about how, by God's power and grace, they can overcome their anxieties and worries.



Train them to only live in the fear of the Lord and not the fear of man.



Teach them about the peace that comes from the Holy Spirit's presence in their lives.



Teach them to seek the Lord and listen for His voice.



Disciple them in what it means to be content (Hebrews 13:5-6).



Teach them to seek the Lord for consolation in their struggles: "When the cares of my heart are many, your consolations cheer my soul" (Psalm 94:19).

By discipling your children in the ways of the Lord, you are together building a solid spiritual foundation that will help them have the strength to hold fast to God in every circumstance.



How do I help a child who has a strong tendency to fear, worry and be anxious?

Just as it does in our own lives, seeing a child struggle in this area can make us want to control the situation—perhaps even more so than if it were about us, since, after all, we are their guardians. Controlling behavior doesn't help, though. In *On Edge*, Petersen talks about how detrimental controlling behavior can be when it comes to helping our children with fear and anxiety issues: **“Overprotective and controlling parenting—telling kids what to think and feel and micromanaging their activities—sends the message that children aren't capable, a belief that can fuel anxiety.”**

Don't beat yourself up if you have a child who struggles in this area. **Get your child professional help**, if needed. Therapy and counseling are wonderful tools that God can work through.

Encourage your child to **find Bible passages** or quotations that they can put up in their room or carry with them in their backpack when they are tempted to worry.

“Anxious hearts are very heavy, but a word of encouragement does wonders!” (Proverbs 12:25, TLB). Offer to help find some of the verses with them. A great verse to meditate on is Psalm 34:4, which says, **“I sought the Lord, and He answered me and delivered me from all my fears.”**

Help your child find activities to do when they are worried, things that will send their mental energy in a more positive direction. Some people find a lot of peace in volunteering their time to help others. Others enjoy things such as exercising, cooking, or playing a musical instrument.

Finally, never underestimate the power of God's Word and the power of praying for your children **(Romans 12:12)**.



PCBC Kids Ministry is always available to talk with you,
pray with you and minister to you, your family and your kids.

Reach out to us at kids@pcbc.org -
we'd love to hear how we can serve you!

