



♥ LET'S TALK ABOUT
GRIEF,



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Grief might be one of the hardest things you will have to parent through. If your child's loss is yours as well (such as a family member), we invite you to think about joining our online Grief Share program for adults (cornerstonechurch.ca/griefshare). Managing your own grief is like putting your oxygen mask on first so that you are able to support your child.

Children naturally have a lot of questions. Answer as truthfully as you can, adding details when they need them. Ask them what they think and find out what they already know. Too much information is overwhelming for little hearts that are already processing a lot. Vague answers may discourage children from asking further questions because they might not recognize you to be a good source of information.

If you are struggling with your child's questions, offer to ask a counsellor or pastor and be sure to get back to them with an answer. It's ok to say you don't know right now and then find a way to look for the answer together. Praying together is also a good way to start.

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WE ARE MADE IN HIS IMAGE

READ & WATCH

Read the story of creation from either your Children's Bible, page 18 from the Jesus Storybook Bible, or paraphrase from your own bible.

ASK

What's your favourite part about the creation story?
What's your favourite part of you?
What was your favourite thing about (loved one)?
What do you miss most about (loved one)?

CHAT

Let's look in a mirror – is that you over there? No! It's your reflection! The bible says that God made us in his own image (Genesis 1:27). We're a reflection of him! We are made like him, to reflect his goodness and love. The bible also says that God has no beginning or end, like a circle round and round forever (Revelation 22:13). He was there even before the beginning we just read about! That's called eternal.

PRAY

Dear God, thank you for making us in the image of you. When we think of our [loved one's character trait] we know that you put that in them. Thank you for giving us everything we need. Help our hurting hearts to see you in everything around us. Amen.

WHY DOES IT HURT TO MISS SOMEONE?

READ & WATCH

Read the story of the fall from either your Children's Bible, page 28 from the Jesus Storybook Bible, or Genesis 3 from your bible.

ASK

What did God say would happen if they ate the fruit?
What did the serpent say would happen?
Now that Adam and Eve ate the fruit, what couldn't they do (v.22) or page 34.
Why do you think God gave Adam and Eve a choice? Wouldn't it have been easier if there was no tree that they weren't allowed to eat from?
What did God do after He found Adam and Eve hiding in the garden?

CHAT

God created people in his image! God is eternal (forever and ever) and we too were meant for eternity! Before the fall, the plan was that people would live forever, and now they can't. My heart hurts when I think about [person you've lost]. Everything feels all mixed up inside. Something tells me it's not right. How are you feeling? That's our heart telling us we weren't meant for death. It's our heart telling us that everything that happened in the garden that day is true.

PRAY

Dear God, thank you for the way you took care of Adam and Eve even after they ruined your perfect plan. Would you take care of us right now too? Our hearts are sad because we miss [person] so much. We know you didn't want this pain for us. Help us to see and understand your BIG love and BIG plan for us. Amen.

JESUS & KNEW ABOUT SADNESS & TOO

READ & WATCH

Read the story of Lazarus in your bible from John 11:1-44

ASK

What did both Mary and Martha say to Jesus?
How long had Lazarus been dead before Jesus got there?
Why do you think Jesus cried?
What are different reasons we cry?

CHAT

Have you ever had all your feelings stir up inside you? Tears are one of the ways our body gets feelings out. Scientists have studied tears and did you know tears have different chemicals in them depending on your feelings?

When Jesus had a whole bunch of feelings about his friend dying and maybe the sisters making him feel sad about not being there in time, or maybe knowing the whole crowd was watching him in that moment, he cried. We know that Jesus is God's son because he did amazing powerful wonderful things. We know that even the sea was under his command (Matthew 8:23-27)! But we can also see he was human, he understood big feelings. When we cry, Jesus knows what that's like.

PRAY

Dear God, thank you for your son Jesus. Thank you that you know how we feel when we are sad. Help us to know that you are always with us even on our bad days. We pray that we would be able to share our tears and hold onto your promises together. Amen.



WE HAVE HOPE IN JESUS

READ & WATCH

Read John 19:28-30, 40-4 and John 20:1-18 or start on page 306 in your Jesus Storybook Bible.

ASK

How do we know that Jesus really died?
How do you think the disciples were feeling? (this is a great question if your child has struggled to open up about how they might be feeling)
What did Mary find when she came to the tomb?

CHAT

Remember when we learned about the garden and Adam and Eve not being allowed to live forever anymore? Jesus is God's rescue plan, the one who will make everything right again. We know that death and pain or sadness is not what God wanted for us. We know that it hurts a lot and feels like something isn't right. When Jesus died, he conquered death – he beat it up – he had an epic battle and said, "NO WAY DEATH, YOU CAN'T STOP MY LOVE," and then he left the tomb! We call that the resurrection! We celebrate it at Easter – if you've never heard that story, get in touch with us!

We no longer have to be separated from God. We can be with Jesus forever and forever! Someday Jesus will return and we will get new bodies that don't get sick, don't get hurt, don't die. But it's true that right now our bodies can't go on forever. That part is still really really hard. Jesus knew it was hard. He has a plan for that too.

PRAY

Dear Jesus, thank you for coming to earth to teach us and to conquer death so that we could know you and be with you forever. Even though our hearts are sad that (loved one) died, help us to know that we are not alone. Protect us from thoughts that leave us feeling hopeless because we know that you are our hope! (Optional) Thank you that (loved one) knew all about your rescue plan and decided to follow you too!

JESUS PROMISES US A HELPER

READ & WATCH

Read John 14:15-21, 25-27 and Acts 2:1-4, 22-24, 31-33 or start on page 326 of your Jesus Storybook Bible.

ASK

Retell what just happened in your own words!
What did Jesus promise when he was talking to his disciples before he died?
What is the other name Jesus gives to the Holy Spirit?
What else did Jesus say to his disciples?
If Jesus was saying his words from John 14:27 to you right now, how would that make you feel?

CHAT

There are a lot of feelings when someone we love dies. We want them to be with us forever! But our bodies don't last forever, sometimes it's because of an illness or old age or maybe an accident. We know that this pain we feel wasn't God's plan for us. We know that Jesus knows what it's like to be sad too. We also know that Jesus came to make the world right again. He does that right now by giving us the Holy Spirit so that we're no longer separated from God. In the future Jesus will return; there won't be any more death or tears ever again! It's ok that your heart is hurting right now. Keep telling Jesus how you are feeling. He sent his Holy Spirit to help us and to always be with us.

PRAY

Dear Jesus thank you for your good, good plan for us. We are like the disciples, sad and afraid about what might come next. Help us to trust you. Thank you for your spirit to help us and be with us always.
Amen

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