

## ENCOURAGING JOY DURING TIMES OF CHANGE

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As adults, we experience change every 12-18 months. Either change is coming, we are in the middle of it, or it's already happened, and we are working through it. The same is true for our kids. They experience change all the time: new classrooms yearly, navigating friendships, and new challenges.

How do we help children embrace uncertainty and choose joy, a fruit of God's Spirit? Here are ways to help kids find joy even in difficult times.



**Know that God is in control.** Even when children wonder about tomorrow, they have a path. God is ahead of them, guiding the way. We can always have joy when we obey God and trust his love! We hear in 1 Peter 5:7, "God cares for you, so turn all your worries over to him." When facing change, remind your child to slow down, trust God's plan, and lean on him for comfort.

**Know that God calls us.** Explore how God calls us to obey and choose joy as a family. Talk about these three key aspects of our calling:

- **God calls us to follow Jesus.** "My sheep know my voice, and I know them. They follow me" (John 10:27). This defines who we are.
- **God calls us to create and serve.** This world is God's kingdom, and he invites us to join him in building and restoring it. God has given us unique talents and opportunities. Ask your child, "**What am I called to do now?**" Ephesians 2:10 says, "God planned for us to do good things and to live as he has always wanted us to live. This is why he sent Christ to make us what we are."
- **God calls us to spread the gospel.** See all the action verbs in Matthew 28:19-20 when Jesus instructs his disciples to "**Go** to the people of all nations and **make** them my disciples. **Baptize** them in the name of the Father, the Son, and the Holy Spirit, and **teach** them to do everything I have told you." We have lots to do!

**Know that none of us is alone.** We do not face change alone. As families, we can find support together, and help can come from the strength in our community—friends, mentors, church members, and extended family. Encourage your children to build connections and maintain strong relationships ([Hebrews 10:24-25](#)). If they are in a new place, provide guidance on making friends and using kindness to find allies. Help them keep the connections that they had by using social media, FaceTime, and having phone conversations with their loved ones.

Finally, as you navigate change together, find joy in prayer. At bedtime, reflect on the day by asking, "When did you feel closest to God today? When did you not feel close?" Share your own experiences of how God's presence energizes you. Encourage your child with Scripture. Read [1 Peter 5:7](#) together, memorize it, and find ways to live it in the coming week.

Children can embrace joy even in uncertainty by anchoring in God's love and promises, knowing he is always with them.

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