

FAITH THROUGH TRIALS: GUIDING YOUR CHILD TO TRUST AGAIN

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Verse: [Romans 8:38-39](#): "I am sure that nothing can separate us from God's love—not life or death, not angels or spirits, not the present or the future, and not powers above or powers below. Nothing in all creation can separate us from God's love for us in Christ Jesus our Lord!"

As an adult, you no doubt have realized that we are not promised a life without difficulty. However, one of the greatest pains you as a parent can experience is watching your child learn this truth. We want to take our child's pain away and bring only happiness. However, we know this isn't possible, and in fact, isn't even healthy. How a parent responds to their child's pain is important. Here are some ideas to consider when your child is journeying through a difficult time:



1. **Model:** Your children notice what you do. It's important to model healthy coping. Opening up about some of your difficult times normalizes the understanding that not only do all people experience hard things but that life won't always feel so bleak. In an age-appropriate way, share some stories of hard times and how you managed them, the hope that your faith and walk with God gave you in those times, the Scripture verses you clung to, and that your feelings of despair didn't remain forever.
2. **Understand:** Emotional and mental resilience is key to a child's ability to handle future problems. As parents, we hate seeing our children struggle with even the smallest worries, and we desire to remove all barriers to happiness. However, studies have found that children who can cope with hard times as children will grow into capable and resilient adults. Resist the urge to fix everything for your child or immediately bring them back to a state of happiness.
3. **Observe:** Times of suffering are a typical human experience. However, sometimes a child's response can be unhealthy. Watch your child for signs of abnormal or prolonged periods of distress. Contact a professional for guidance if you are concerned about your child or feel overwhelmed. It's okay not to be the expert on your child's mental health. Your family doctor or local mental health center can provide further support and give the next steps.
4. **Commit:** Share some of your favorite Bible passages that have comforted and strengthened you. Write one at a time on a card and place it in a prominent place in your home until you and your child have it committed to memory. See [Romans 8:38-39](#), [John 14:27](#), [Joshua 1:9](#), [Psalm 23](#), and [Matthew 11:28-30](#).

When life seems to fall apart for your child, learning to trust again is essential in moving into a new, hope-filled future. Acknowledge the bad times and the present realities with your child, but also recognize that these realities will not always be so; the current situation will change. Together, you can move to a future filled with hope, knowing that nothing can separate you from the love of God!

Want to do a deep dive? Check out Family Fire's article [Scripture Promises for Tough Times](#).

written by Lisa VanderKuip