

## LIFE CAN BE HARD, BUT YOU'RE NOT ALONE.

May 23, 2026

**Memory Verse:** Don't be afraid. I am with you. Don't tremble with fear. I am your God. I will make you strong, as I protect you with my arm and give you victories. Isaiah 41:10

Let's be honest: sometimes it feels like **life is hard**. Full stop.

Life has enough challenges, such as work-related stress, difficult relationships, and unexpected health issues, and then we add parenting to the mix. Suddenly, we are carrying not only our own worries but also the joys and hurts of our children. We help them navigate a sometimes painful world, even while we're working through our own challenges.



Some days, it's hard to look up and see Jesus because all our energy and focus are on making sure our next step is safe. There are times when we want to shout about our faith from the mountaintops, and other times when we feel so uncomfortable or uncertain about our faith that we wouldn't whisper it in the darkest valley.

### But here's the beautiful truth about the gospel:

God sees us in every moment.

The Holy Spirit presents the groans of our hearts to the Father.

Christ is beside us.

We are never alone.

The strength of our faith is not measured by how confident we feel. It depends on Christ's all-powerful, all-present arms that hold our children and us through every storm.

Here are some ways that God encourages us when parenting feels overwhelming, and our faith is fragile. These can also be essential ways to plant seeds of faith in our children's hearts.

### 1. Looking for God: Everyday Faith

We experience fear, pain, and loss. Living beside us, our children learn about God and the role of faith in our challenging moments. In hard times, what do they see us turn to? What do you read, pray, or sing?

At an age-appropriate level, share stories about our struggles and how God is helping us through those struggles. These conversations teach our children that it's okay to have hard days and that God is present in every one of them. They help them learn to look for God's hand in their own lives.

## 2. Heroes of Faith: Stories that Stick

Just like God uses Stephen's life to encourage our faith, he uses the stories of many other Christians who have come before us to strengthen our faith.

Read as a family the story of how God answered **George Müller's** prayers for the orphans. Share how God sustained **Gladys Aylward** as she led children through war-torn mountains. These stories can help our children understand what it means to trust God, regardless of the circumstances.

Consider watching the animated series "**The Torchlighters**" together on *YouTube*. These stories will challenge our children to shine the light of Jesus while learning about the history of our faith.

## 3. The Persecuted Church: Learning Gratitude and Courage

What are you looking forward to most about heaven? Your answer might be seeing loved ones, being with Jesus, or having a body without sickness. Some Christians living as the persecuted church today look forward to singing praise songs because they have to gather secretly and cannot sing because that would make too much noise. They travel rough terrain, gather only in small numbers, and whisper the gospel to each other—because Jesus is worth it.

Sharing these stories from the church today with your kids can foster a deep appreciation for our freedoms and a boldness in their faith. Great resources for teaching your children about the persecuted church include [Open Doors U.S.](#) and [Voice of the Martyrs](#), which offer age-appropriate tools and stories.

Parenting is never easy, but you aren't doing it alone. Jesus is with you in the highs and lows. Your faith doesn't have to be loud or perfect; it just has to be anchored in him. When you feel like you're not enough, remember that Jesus is.

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