

## WHEN PARENTING FEELS OVERWHELMING: TRUSTING GOD THROUGH EVERY SEASON

June 6, 2026

I can still remember the moment the doctor told us that we could leave the hospital and bring home our firstborn.

"Are you sure?" I asked. "There isn't some class I have to take?"

Walking out the sliding doors and driving home, I felt unprepared and uncertain about the future.

There are still days when I feel like that.

Since then, I have had more moments feeling unprepared, and God has continued to give me what I need. He shows up in the simple things—like a quick internet search for rainy day activities, the wisdom of a friend, or a peaceful moment in the middle of a chaotic day. Hard days aren't easy and are not always enjoyable, but God is there with us. He knows exactly what we need and what we are going through. He uses even these messy, unpredictable moments to grow our faith and help us guide our kids to recognize their need for him.

Here are a few ways to remind yourself of God's presence:

### Practice Looking for God

It is incredible how daily routines can often have the most significant impact on people rather than singular big moments. Point out the "God moments" in your kids' lives when they happen. Go around the dinner table and share moments when you saw God throughout the day. Share about what God is speaking to you through your daily devotions.

### Ask Questions

God does not shy away from our questions and often uses them to strengthen or grow our faith. Teach your kids that it is okay to wonder, wrestle, and learn. Explore Scripture together, talk with other Christians, and read books that help you grow in understanding. Make your home a safe space for curiosity and spiritual growth.

### Who Did You Need?

One of the wonderful things about life is that we do not have to reinvent the wheel every generation. We can build on the wisdom of those who came before us. Who were the people God used to grow *your* faith? What did they say or do that left a lasting impression? What were things you wish someone had told you? Reach out to those mentors and thank them for how God used them in your life. Share their story with your children and introduce them. Who are today's mentors in the lives of your children?

### Research Your Family

Your family's faith story is part of your legacy. It's encouraging to hear how God was faithful to grandparents, aunts, uncles, or parents during uncertain times. These stories are reminders that God has always been at work. Visit with family and ask them to share memories of how God guided them. These stories will strengthen your faith and your children's faith too.



Parenting isn't about having all the answers; instead, we're called to be willing to wonder and walk with God. As we learn to trust him more deeply, we get to model that for our children every day.

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<https://kidscorner.net/parent-blog/when-parenting-feels-overwhelming-trusting-god-through-every-season>  
*Printed on June 7, 2026*

