

New Covenant M.B. Church  
**PARENTING NEWSLETTER**



**JANUARY 2021**

## Happy New Year 2021

Parents, this has been the most trying times in our life time. COVID-19 has robbed us of so much that we took for granted. Among many other things, we are missing being able to gather at church, at school, the ability to celebrate birthdays, holidays, etc., and just being able to gather with friends and to eat at restaurants. In a little less than a year all of this is gone.

Not only did we lose our social activities, many have loss jobs or had work hours reduced. Many are now struggling just to make ends meet.

This horrible disease has taken the lives of friends and relatives. We watch others survive but with so much pain and discomfort. This has been a real struggle. **BUT GOD!**

The bigger challenge as parents is how to keep our children hopeful, when we are struggling to find enough hope for ourselves. God has been good, but the struggle is indeed real.

Because our children are watching and will determine their wellbeing by seeing how we handle this season. **WE ALL NEED HOPE!**

Children learn by what they hear and see, so it is so important that we continuously tell them that everything will be OK and show them by how we ourselves deal with this trying time. Here are a few scriptures that you can share with your children, say them often so they believe what God and you are saying to them.

What is hope? Hope is knowing that God loves you no matter what and that because He is in control of all things that He will indeed take care of you as He promised because He is faithful to keep His Word.

**Philippians 3:13-14** Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, <sup>14</sup> I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.

**Jeremiah 29:11** For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

It is so important to develop a routine that your child can depend on such as dinner every day at a certain time, family time on Saturday afternoons (it's great for us parents too). This will ensure he/she can count on certain activities with the family at a certain time each week.

Also, make sure your child understands their life has purpose, no matter what is going on in life; and God has given them the tools they need to fulfill that purpose.

Let them know that it is OK if they don't always know what to do, when something happens, but they can always come to you and God to talk about it and you are always there for him or her, no matter how big or small they think it is.

Check in with your child often and become extremely aware of their emotions. If we adults have certain unsettling emotions because of what is going on we need to be aware that children do to.

Find some affirmations that you can rehearse daily. Here are a few I found on the internet.

***I am Safe in God's care.... Psalms 91: 4; God can help me do what I cannot do by myself.... Psalms 18:6;***

***Fear doesn't come from God, so I don't have to put up with it....2<sup>nd</sup> Timothy 1: 17.***

This is also a very good opportunity to study the Bible with your children. Let them see and read for themselves what God says in His Word. It's also a good time to start teaching them how to pray.

I will end this Newsletter with a message of Hope for you as a parent and one that you can share with your child.

## **The God of All Hope**

The Bible reveals that our Heavenly Father is "*the God of hope,*" the one who wants to "fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit" (Romans 15:13).

Remember...

- As you draw near to God in prayer, your hope will be nurtured.
- As God rekindles your hope, it will become the breeding ground of faith.
- Faith in God can turn your difficult situation around!

Don't believe the devil's lie that your situation is hopeless. There are no hopeless situations, only people who *feel* hopeless in their situation.

Your story is not over. God will see you through this. He is going to make your test a testimony and your mess a message.

**BLESSINGS TO YOU AS YOU JOURNEY WITH GOD THROUGH 2021**