

TEACH ONE REACH ONE

Tips for Raising Hope-Filled Kids

1

Tell your child the story of Jesus over and over. Explain how this hope of eternal life in Heaven gives us hope during the bad times now.

2

Help your child memorize Bible verses that make him/her feel more hopeful.
(Some ideas are listed below.)

3

Teach your child how to find safe, godly people she/he can talk to during tough times.

4

Teach your child to pray his/her emotions, fears and worries to God.

5

Teach your child to analyze the problem(s) and decide if there is anything she/he can do to improve things.

6

Teach your child to find ways to serve others when times are tough.

7

Help your child find a type of exercise he/she enjoys and encourage him/her to exercise regularly.

8

Help your child count her/his blessings and think about things in the future that are hopeful or exciting.

9

If your child appears to have lost hope for longer than two weeks or talks about hurting herself/himself, talk with your child's doctor. Some children may need professional help to become more hope-filled.

Bible Verses to Share with Your Kids About Hope:

Romans 12:12 • Romans 15:13 • Isaiah 40:31 • Deuteronomy 31:6 • Romans 15:4

Psalm 33:22 • Psalm 119:114 • Romans 5:4



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