

# Talking with Kids About Tragedy: Leading with Truth, Comfort + Hope

When tragedy or tough questions come, kids need more than quick answers — they need your honest love and the steady hope found in Jesus. This guide offers practical, Scripture-based ways to listen well, provide comfort, and point your child to God's presence and promises. Walk alongside your child with confidence, knowing they're never alone and always deeply loved.

## **ACKNOWLEDGE THAT BAD THINGS HAPPEN**

The world is broken, and our kids will feel that at times. What they need most is our honesty, anchored in God's love and truth.

### **BIBLICAL FOUNDATION:**

"In this world, you will have trouble. But take heart! I have overcome the world." - John 16:33

### **WHAT YOU CAN SAY:**

Even though the world is broken, God is still good, and he is always with us.

## **LISTEN WELL**

Before they need answers, kids need presence. Listening first helps them feel seen, heard, and safe.

### **BIBLICAL FOUNDATION:**

"Everyone should be quick to listen, slow to speak and slow to become angry." - James 1:19

### **WHAT YOU CAN SAY:**

God hears you — and so do I.

## **AFFIRM GOD'S PRESENCE AND COMFORT**

When kids are hurting, the most powerful thing we can remind them of is this: God is near. He sees their tears and stays close to their hearts.

### **BIBLICAL FOUNDATION:**

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me."  
- Psalm 23:4

### **WHAT YOU CAN SAY:**

God is with you always, even when mom or dad can't be with you, HE is there.

## **POINT TO THE HOPE OF JESUS**

The deepest hope we can hold onto is this: Jesus will one day make everything right. And until then, he's with us —bringing comfort, help, and healing along the way.

### **BIBLICAL FOUNDATION:**

"Jesus Christ is the same yesterday, today and forever." - Hebrews 13:8

### **WHAT YOU CAN SAY:**

"Jesus is our hope — he will one day make everything right. Until then, he promises to be with us on this earth."

## **REASSURE THEIR SAFETY AND YOUR LOVE**

Hard things can shake a child's sense of safety. But your love, paired with the truth that God is always with them, helps their hearts find rest.

### **BIBLICAL FOUNDATION:**

"Do not be afraid, for I am with you ... I will uphold you with my righteous right hand." - Isaiah 41:10

### **WHAT YOU CAN SAY:**

You are safe right now. I will always do everything I can to protect you, but even if I can't, God will be there with you.

## **PRAY WITH AND FOR THEM**

Prayer is a safe place where we can tell God everything — our worries, our sadness, and our hopes — because he loves us and always hears.

### **BIBLICAL FOUNDATION:**

"Do not be anxious about anything, but in every situation ... present your requests to God."  
- Philippians 4:6–7

### **WHAT YOU CAN SAY:**

God, thank you that you are with us even when hard things happen. Help us trust you, even when we don't understand. Be near to those who are hurting. Amen.

## **WHEN YOU DON'T KNOW THE ANSWER**

Sometimes kids ask hard questions like, "Why did God let this happen?" And in those tender moments, it's okay not to have all the answers. What matters most is your presence, your honesty, and pointing them back to the God who is always good, even when life doesn't make sense.

### **BIBLICAL FOUNDATION:**

"Trust in the Lord with all your heart and lean not on your own understanding." - Proverbs 3:5–6

### **WHAT YOU CAN SAY:**

I don't know why. But I do know this — God loves us, he is good, and he promises never to leave us. We can trust him, even when we don't understand.

## **WE'RE HERE FOR YOU**

The truths in this resource remind us that God is near, strong, and deeply caring. If you're walking through grief or uncertainty, you don't have to do it alone. Our Soul Care team is here to listen, pray, and walk with you, one step at a time. If you're interested in talking to someone, please call 817-731-4329.

## **GUIDING KIDS THROUGH GRIEF**

This resource from Focus on the Family also helps equip you to talk with your child about heartbreaking events in ways that are age-appropriate, honest, and anchored in hope. Learn how to gently explain what's happened, listen well to their fears, and point them to the steady truth that God is near —even in times of sorrow.

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## ***GUIDING KIDS THROUGH TRAGEDY WITH FAITH AND COMPASSION***

This family guide offers parents practical, Scripture-based strategies to help children navigate the emotional complexities of tragic events. Emphasizing the importance of listening attentively, providing comfort, and affirming God's presence, the guide encourages adults to lead conversations with honesty and empathy. By focusing on biblical truths and the hope found in Jesus, it aims to help children process their feelings, find reassurance, and cultivate resilience in the face of adversity.

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