

LITTLE WORRIES, BIG GOD
Counseling Children Who are Anxious
Various Scripture

I. Introduction: What's Going On?

A. Case Studies

1. Matthew
2. Hannah

B. Factors that Contribute to Anxiety in Children

1. Innate temptation to wrestle with fear
2. A perfectionist personality
3. Prolonged exposure to stressful situations.

II. Parental Comfort vs. God's Comfort

- A. Short term solutions could lead to secondary problems.
- B. Temporary decisions made in exasperation become permanent habits.
- C. Comfort and hope should point them to Christ.

III. Practical Help for Children Struggling with Anxiety

- A. Offer God's Comfort by Investing in Your Relationship
- B. Offer God's Comfort by Sharing Truths from Scripture

IV. Thirteen (13) Truths from Scripture to Comfort Anxious Children

- A. You are not alone. (Psalm 23:4; Philippians 4:4)
- B. You have value. (1 Peter 2:9)
- C. God sees your tears. (Revelation 21:4)
- D. There is help. (Psalm 46:1, Hebrews 4:15-16)
- E. Your life has purpose. (Jeremiah 29:11)
- F. What you are going through is only temporary (2 Corinthians 4:16-18)
- G. There is a way out (1 Corinthians 10:13)
- H. You are more than the outward appearance. (1 Samuel 16:7)
- I. You can't imagine what good lies in store for you. (1 Corinthians 2:9)
- J. You will not always feel this way. (2 Corinthians 4:8-9; Psalm 30:5)
- K. You are greatly loved. (Jeremiah 31:3; Ephesians 3:17-18)
- L. You will not be put to shame. (Isaiah 54:4; Hebrews 13:5-6)
- M. God is up to good in your life. (Genesis 50:20; Romans 8:28-29)

V. Reading For Further Study

- A. *Caring for the Souls of Children* (Amy Baker, Editor)
- B. *Helping Your Anxious Child* (Julie Lowe, Journal of Biblical Counseling, 2018, Vol 32:3 pp. 52-61)