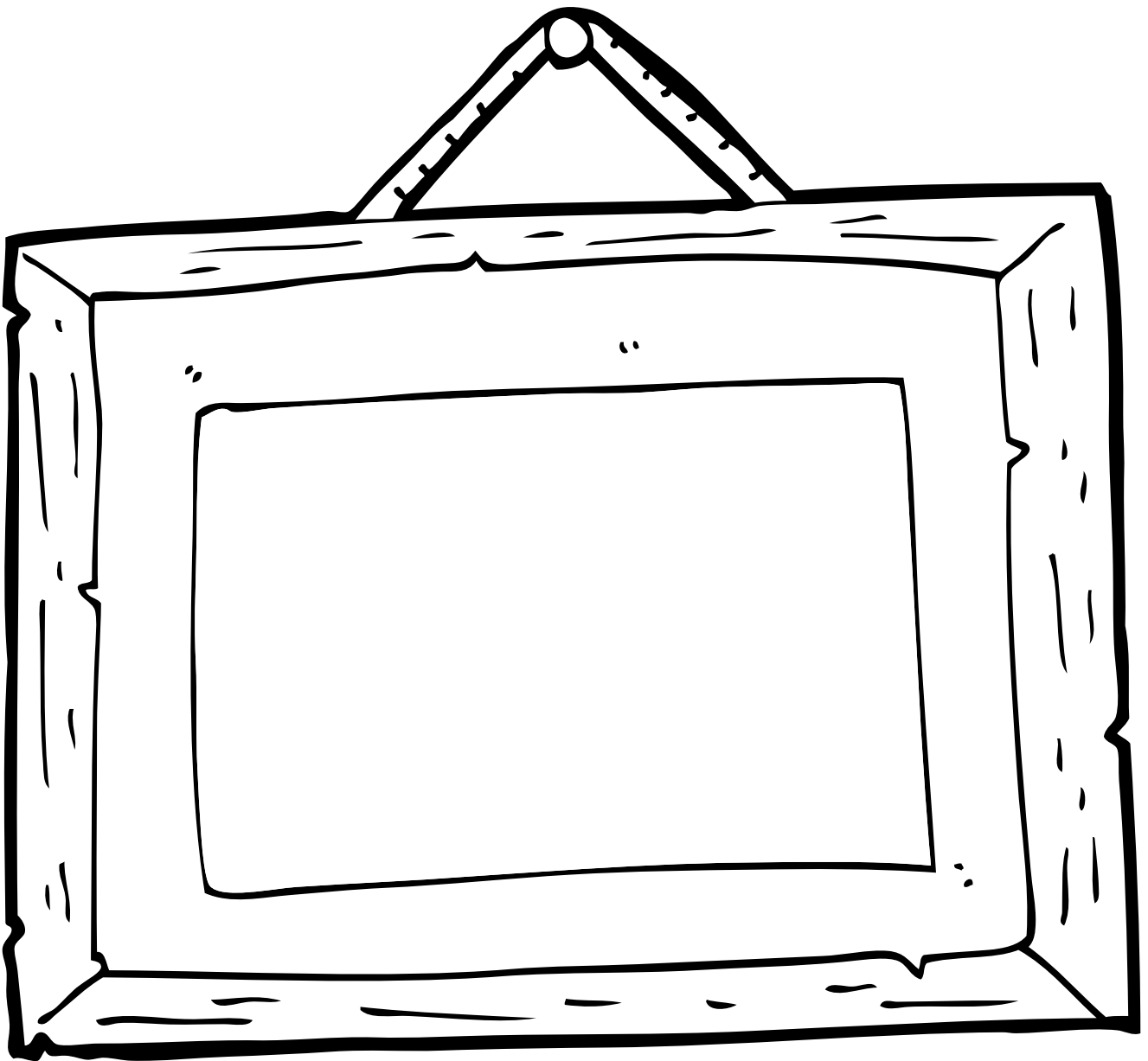


# Me, God and Covid-19



Draw a picture of you and your family here.

Name:

# Notes for parents

Some handy things to know about using these pages.

These journal pages are to help you and your children capture a little flavour of what God was doing in your lives and home during this Covid-19 season. Please don't feel any pressure to write or draw in all the sections or feel like there are any right ways of engaging with this! These pages may serve as an opportunity to have conversations you haven't had yet or to remember some you already had. You may want to take one question at a time, or your child may want to do the whole thing at once. Not all children enjoy writing and drawing, so if you have one of those children, you may want to use this workbook as a prompt for conversations to have or even as questions to ask your child in recorded video interviews. You are the expert on your child, and this is simply one more tool that is available to facilitate you doing whatever is right for your family, however it looks.

Helping children talk about the ups and downs of life with God is a great gift we can give to our children. Some of the questions in this workbook may feel a bit uncomfortable, but the more we can encourage our children to be authentic and honest with God and about God, the more confident they become in their faith journey with him. You will notice there is an interview page, where your children will ask you questions. Please be bold to answer the questions honestly. One of the greatest gifts you can give your children is the opportunity to see what a real relationship with God looks like in an imperfect person who is still on the journey with God. You as a parent don't need to have the 'right' answers, just your answers!

You may see asterisk marks next to some questions, like this \*. At the bottom of the page you will see a suggested link for you as a parent if you would like some help in exploring this area more with your child. It will direct you to articles, videos or other help for you to add to your thinking around the area.

If you would like some more support around your role as a parent in the spiritual life of your child, head to [parentingforfaith.org](https://parentingforfaith.org) for free podcasts, videos, articles and encouragements as well as more help in discussing the spiritual side of this season with your children.

We hope this little springboard will facilitate many great conversations with your children and help you capture where God was and how your children connected with him in the midst of Covid-19.

May God give you lots of sleep and stamina,  
The Parenting for Faith Team

# Me and God

God and I find our own way of being together.  
This is what it looks like for us at the moment.

A SONG I like  
to sing to GOD...



A BOOK I like  
reading with GOD...

A story or BIBLE  
verse I like to hear about...

The FUNNIEST TV show or  
YouTube video about GOD...

Before I SLEEP I like to...

Some ways I know  
GOD loves me....

# How I'm feeling

I can share all my feelings with God.

GOD says  
that he brings me GOOD  
things even in the worst times.  
(Romans 8:28)  
Things I LIKE about lockdown are:

We all feel lots of EMOTION, especially in times like this. I've felt these emotions during this time at home. Circle any you have felt...

happy    angry    sad    impatient  
peaceful    joyful    giggly    funny  
grateful    annoyed    betrayed  
disappointed    misunderstood  
selfish    jealous    shy    loss  
lonely    silly    hungry    sorry  
regret    bored    insulted  
forgiving    thirsty    loved

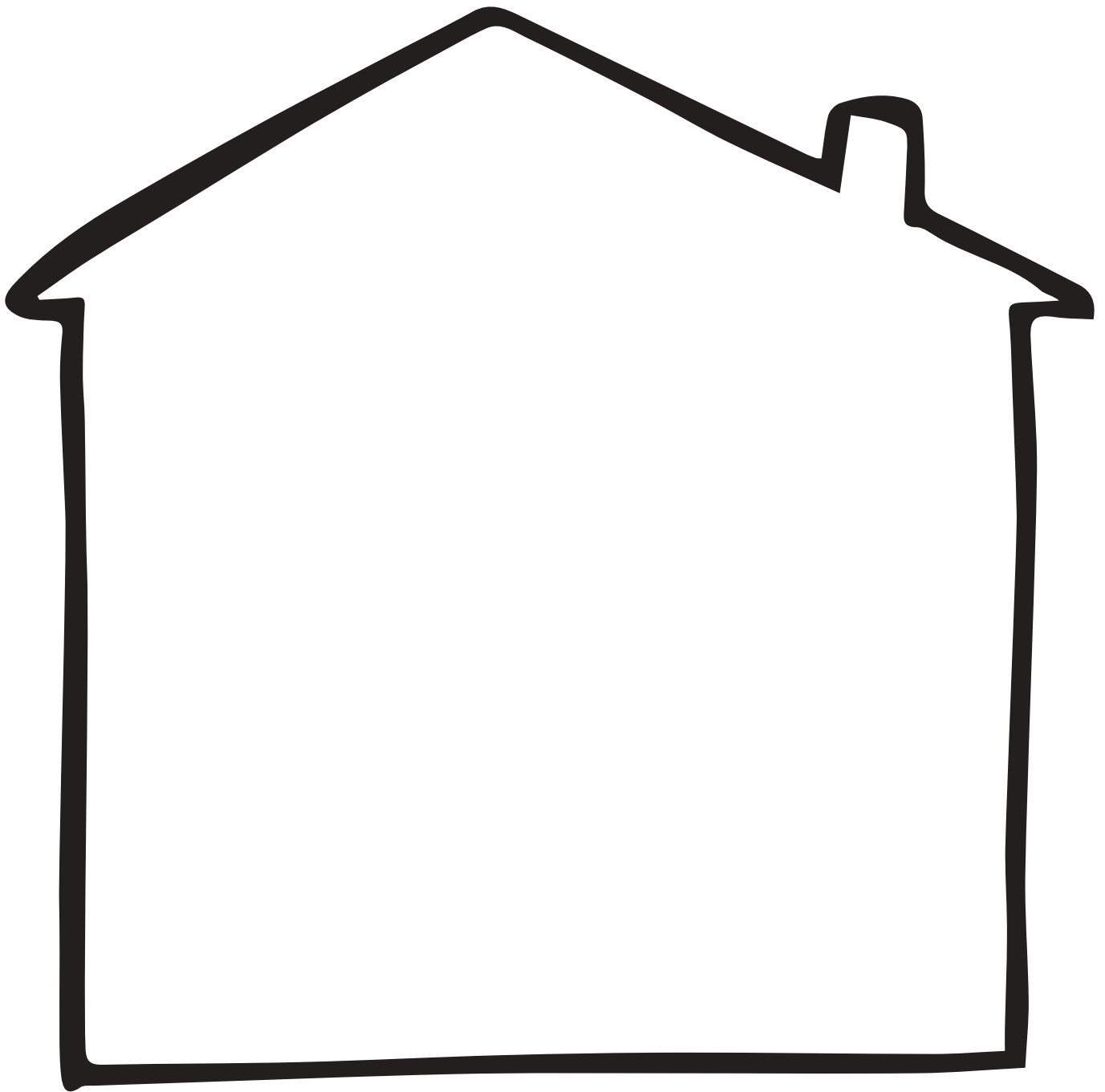
GOD says  
he's with us in the  
TOUGHEST times  
(Deuteronomy 31:8).  
The things that I am finding  
TOUGH about being at home are:

Which BIBLE character  
do I FEEL most like?  
Why?

# At home

God promises he is always with us. Draw a picture or diagram of God in your home with you.

Where is he and what is he doing?



# Church

We can't go to our church building, but we do church in a different way.

● Even though we are APART, I feel CONNECTED to people at church when we...

◆ Other people NEED ME at church, even though we're APART.\* I can HELP others at church by...

● Something I MISS about church in a BUILDING....

◆ The BEST part about doing church services at HOME is...

● If I was IN CHARGE of online church, I would...

● PEOPLE from church I'm LOOKING FORWARD to seeing again in person are...

\*Helping our children stay connected to church can be tough. For more about how to navigate online services, help children's connection to others, and more go to [parentingforfaith.org/post/when-church-doesnt-look-church-anymore-facebook-live](https://parentingforfaith.org/post/when-church-doesnt-look-church-anymore-facebook-live)

# God in the community

I know God is here with us in our home, but he's also out in the world doing lots of things to help people.



# Chat and catch\*

We can chat and catch with God anywhere, including in lockdown! He's interested in everything that we do, think and say, and he's always ready for a conversation.

When I'm CHATTING to GOD, these are things I like to tell him about...

These are QUESTIONS I like to ask him...

We can CATCH what he says in our HEADS, in our MINDS, with our BODIES - there are lots of different ways! Here are some things I've been CATCHING from him...

We can CHAT to GOD in different ways. Some people like to draw pictures, write or type words, talk out loud or in their head. These are ways I like to CHAT to GOD and things that HELP me do that...

\*We as parents can help our children naturally chat back and forth with God in prayer, sharing their thoughts and noticing how God communicates back to them. If you want to know more go to [parentingforfaith.org/chat-and-catch](https://parentingforfaith.org/chat-and-catch)



# Things to wonder about

We don't always know the answers about life with God, but it's great to wonder together. If you and your family are bored around the house, why not wonder together about one or two of these questions?\* Put a tick next to the question when you have discussed it, and if you decided on an answer feel free to write it down here!

God says he turns all things together for good (Romans 8:28).  
What good do you see happening because of Covid-19?

Why do you think God made hearts that can be lonely?

Who from the Bible would you pick to be in lockdown with?

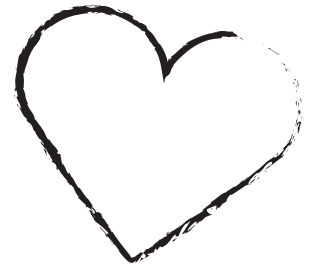
If God is everywhere, then why do we go to a church building?

\*These questions are taken from the Parenting for Faith podcast: [parentingforfaith.org/podcast](https://parentingforfaith.org/podcast). Parenting for Faith has a simple four- step tool for answering questions, which you might find helpful: [parentingforfaith.org/post/questions](https://parentingforfaith.org/post/questions).

# Family interview

Other people may have different experiences of being at home during Covid-19. Interview your parent, carer, brother, sister, gran or grandad - or anyone else! You can write down their answers or film them sharing their experience. You might want to print off a few copies to interview more people.

What emotions have you felt during our time at home?



Tell me about one time God helped you during lockdown?

What's one question you would like to ask God?

What's your favourite memory of me in lockdown?

What do you miss about church in a building?

What will you miss about now when we can go back to normal life?

What do you do to feel connected to God?