

Looking Up to Stay on Course

Loss. Children often face the fear of losing the things they treasure. Their group of friends comes and goes. The house and home—with all its familiar things—change. Even the weather is unpredictable.

Children need an anchor to help them find stability and feel safe. They need to learn to look to God. They need to find hope during uncertain circumstances. They need to learn to look up and out—beyond today, even beyond this life to the hope of a heavenly home where no one suffers loss.

"You have been raised to life with Christ. Now set your heart on what is in heaven, where Christ rules at God's right side. Think about what is up there, not about what is here on earth."

A target to move towards...

If we ever need to go across a large body of water to get to dry ground, identifying a target to move towards can help us stay on course. No matter how strong the current, we can keep our eyes on the goal. So, too, in the Christian life: when we set our minds on the goal of eternity with Jesus, we can stay on the course Christ has set for us—one with purpose, meaning, and even joy during difficult moments.

We can help our kids to focus on the permanence of heavenly things as opposed to their ever-changing circumstances. In order to do this, we have to model putting the kingdom of God first—an uncommon skill in our culture.

We have to remind ourselves and our children that this world is not all there is to life. Broken glass or toys? It doesn't matter compared to Jesus's love. Someone else gets the rank or the place on the team? It will be alright because the Lord holds our future. Missing people we love? Won't heaven be wonderful when we never have to say goodbye!

When we practice looking up and out toward Christ and his promises beyond our trials, we give our children another tool to cope with loss and struggles while on the journey to the ultimate home.

Lord, Jesus, help me and my children keep our eyes on you. May I model keeping your perspective on the trials of this life, so my children can, too, keep a heavenly perspective. Amen.

Time to Talk

What is the purpose of a lighthouse? How can Jesus be compared to a lighthouse in our life?

Encourage your kids to focus on Jesus and Scripture during difficult times. Ask them if they are experiencing anything difficult right now and pray with them about it.

Read Together: Matthew 6:33 and Philippians 3:20-21