

*Coping with Coronavirus:  
A Kid's Devotional for Finding God's Peace in a  
Pandemic*



*Written by  
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Illustrated by Jacob Weise*

## *A letter to parents,*

The global outbreak of COVID-19 has disrupted the patterns of our daily lives. Families around the world are being asked to stay at home and avoid contact with others to prevent the spread of this new virus. Millions of Americans have lost their jobs, children are out of school, and in many places our medical facilities are struggling to maintain the supplies necessary to protect providers and treat patients. To make matters worse, so many of the outlets we normally use to cope with stress are not available to us right now... we can't even go to church! The uncertainty, isolation, and strain can cause feelings of worry, confusion, boredom and frustration for you and your children.

The depth and breadth of need in our nation and world right now is truly great. It is hard to see the need of a loved one and feel powerless to help. It is hard to know that your parents or grandparents are lonely and not be able to visit them. It hurts to have your husband or wife sleep in the garage because they are treating patients with Coronavirus. We may be tempted to think that there is nothing we can do, or to say with a sigh, "all I can do is pray." But the reality is that the best thing we can do is pray! Yes, you and your family are stuck at home together with few distractions....AND...you and your family are stuck at home together with few distractions! What a great opportunity to set an example for your family and generations to come of praying and trusting God. Our God is an awesome God who is waiting for us to call upon him (John 5:14, Jeremiah 29:12) and whose word always does what He says it will (Numbers 23:19). Let us take advantage of these unique and historical circumstances by drawing ourselves and our children closer to God.

This devotional is intended to help you teach your child how to find comfort in prayer using the promises in God's word, the Bible. Our hope is that you will be able to use the different topics to open communication with your child about their thoughts and feelings. Then, by joining with your child in prayer, you can create an opportunity to connect in your relationship with them and to strengthen their developing faith.

You are not in this alone. We are one church, under God, and we are in this together. "I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is" (Eph 3:16-18).

With love,

Chelsea and Jeanine

# Feeling Scared?

The world feels like a dangerous place right now. Germs, germs everywhere! We are told to stay home from school and church to keep safe from the Coronavirus. It feels scary, like we are fighting an invisible monster! When you feel unsafe, God wants you to know that you and all of your big feelings are safe with Him.



**Psalm 91:4 NLT** "He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection."

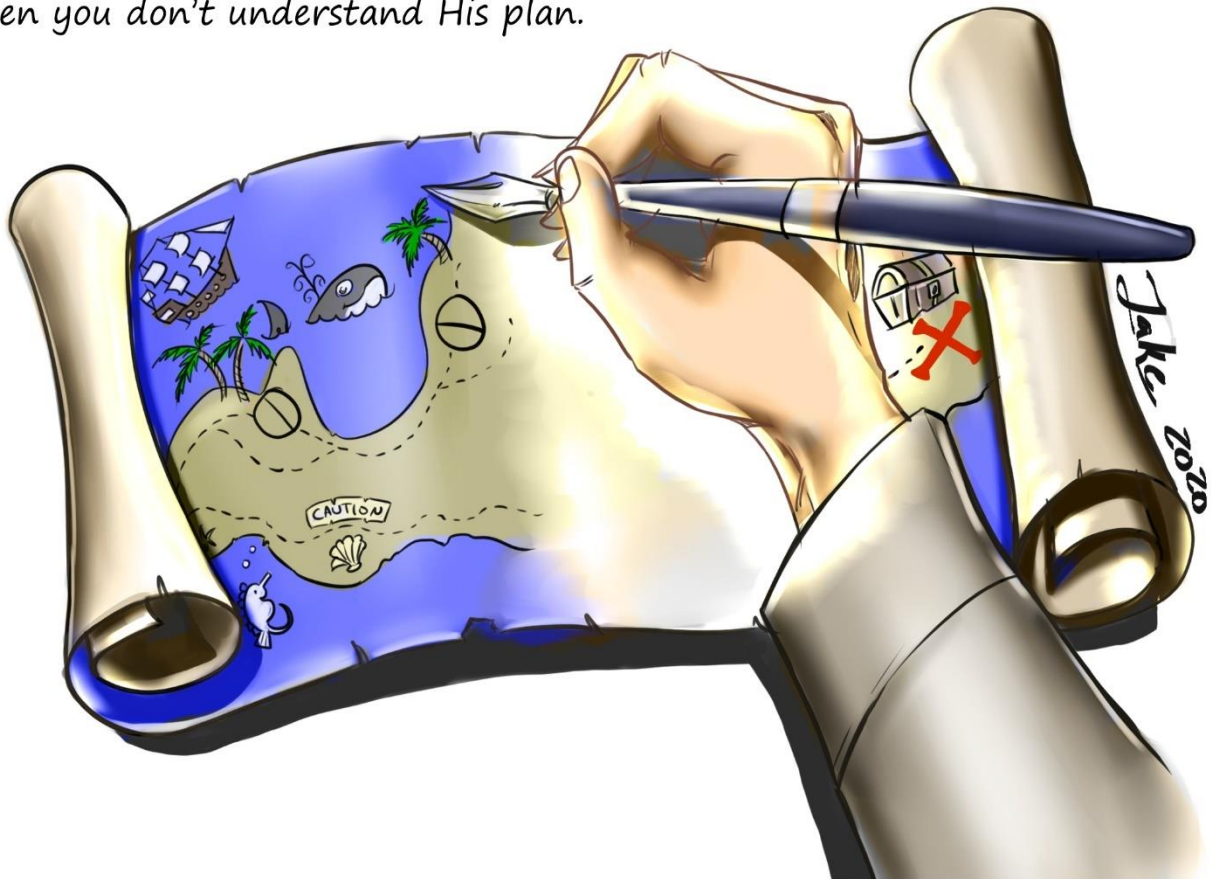
**Prayer:** Thank you God that your promises are like a shelter for me, and you always keep your promises. When I am scared I can picture your wings covering me, helping me to feel safe and comfortable.

**Tip:** Hug someone you love and say this prayer together!



# Feeling Confused?

When so many things change at once, it can feel confusing. It is hard to understand why all of the changes are happening. Why am I doing school at home now? Why are my parents so busy with work when they aren't even going to work? When you are feeling confused, it can help to remember that God has a plan. You can trust that He knows what He is doing, even when you don't understand His plan.



**Proverbs 3:5 ICB**, "Trust the Lord with all your heart. Don't depend on your own understanding."

**Jeremiah 29:11 NLT** "For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."

**Prayer:** God, your word says to tell you what I need, and right now I need \_\_\_\_\_. Thank you for all that you've already done for me. I accept your gift of peace. I know that the peace you give protects my heart and mind so that I don't have to feel troubled or afraid.

**Tip:** Draw a line across a sheet of paper. Along the line, draw pictures of the good places God has already taken you.

# Feeling Bored?

You've already played all your video games. More than once. You read a whole book in 3 days! You know exactly how many squares are on the floor in the bathroom because you counted them. A few weeks into staying home, you may notice yourself complaining about having nothing to do. You've already done everything there is to do in your house! You are **BORED**. Boredom can cause us to stop appreciating the good things in our lives. God can help us to be thankful no matter what!



**1 Thessalonians 5:16-18 ICB** "Always be happy. Never stop praying. Give thanks whatever happens. That is what God wants for you in Christ Jesus."

**Prayer:** Lord, help me have a good attitude and a thankful heart. Help me to remember all the things I am thankful for, even when I feel bored by them.

**Tip:** Next time you pick up a toy or game, say "I'm thankful to have this" before you play!



# Feeling Frustrated?

Nobody likes to be told no when they want something. We are all hearing a LOT of "No's" these days! No going to school or playing with friends. Don't touch your face. Maybe you can't see your grandparents right now. Words like "no," "can't" and "don't" can make us feel mad feelings. Mad feelings can lead us to sin or act in ways that hurt people (like yelling or name-calling). If you or someone in your family has acted in anger, God's word says that we can make things right by forgiving each other.

## **Ephesians 4:26 & 32 ICB**

"When you are angry, do not sin. And do not go on being angry all day... Be kind and loving to each other. Forgive each other just as God forgave you in Christ."

**Prayer:** God, your word says not to do wrong things when I feel mad. I know that you forgive me for the mistakes I make. Help me to forgive the things that make me mad so that my anger will not stay all day. Anger, anger, go away, I will not let you stay all day!



**Tip:** Fold a sheet of paper in half the long way. On the right side write the things that made you angry. Then go back and write "I forgive" on the left side of each one.

# Feeling Impatient?

It may feel like you've been cooped up in your house FOREVER! Will this Coronavirus thing ever end?! Not knowing how long we have to wait for things to be normal again can make us feel impatient. Impatience can make us grumpy toward those around us. When you are wanting things to hurry up, God can give you strength to choose the right attitude.

## **Phillipians 4:13 NLT**

"For I can do everything through Christ, who gives me strength."



**Prayer:** Lord, I can do everything through the strength you give me. Right now, I need your strength to choose kindness when I'm grumpy and to be patient in waiting for things to be normal again.

**Tip:** Write a letter to someone you miss and send it through snail mail. Practice patience while you wait for them to write you back.



# Feeling Worried?

The coronavirus has caused a lot of things to change and change can cause us to worry. You might be worrying about when you'll be able to go back to school or about your family getting sick. Maybe you're even worried about having enough toilet paper! God tells us that He will give us peace to calm our worries, all we have to do is ask!



## Philippians 4:6-7

**NLT** "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which... will guard your hearts and minds as you live in Christ Jesus."

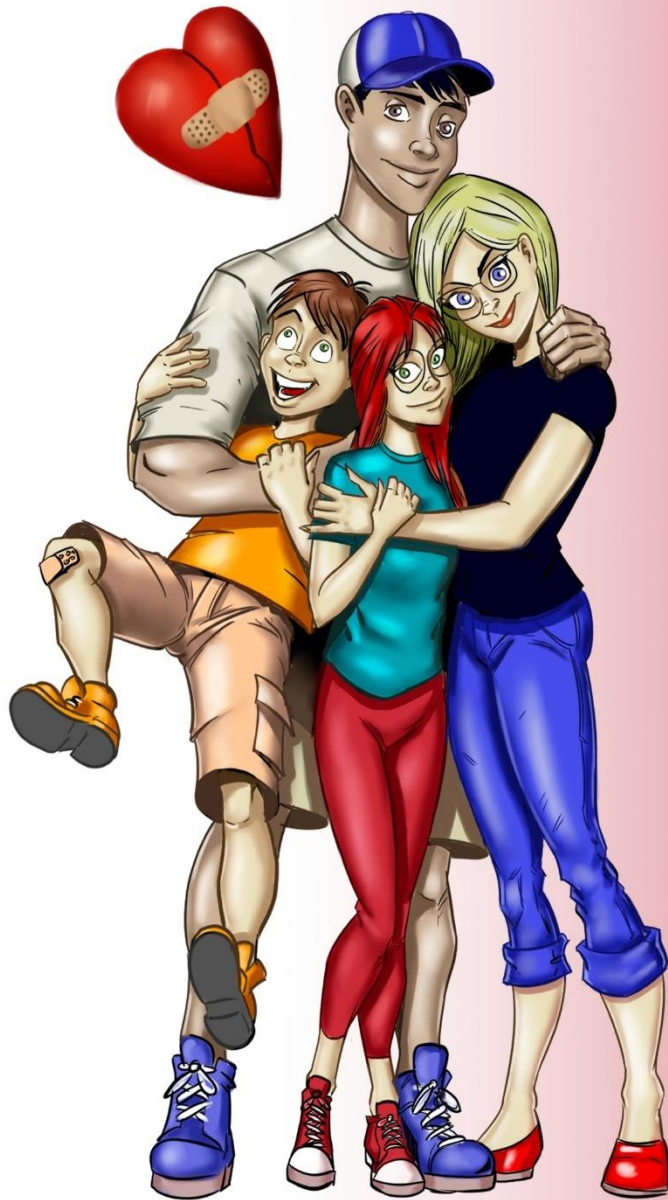
**John 14:27 NLT** "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."

**Prayer:** God, your word says to tell you what I need, and right now I need \_\_\_\_\_. Thank you for all that you've already done for me. I accept your gift of peace. I know that the peace you give protects my heart and mind so that I don't have to feel troubled or afraid.

**Tip:** Make a "God box" by decorating an old tissue box. Write down your worries and give them to God by putting them in the box!



# Fighting with Family?



If your family is like most families right now, your Mom or Dad are stressed trying to do school at home and your brothers and/or sisters are probably bothering you. You want to get away from them, but you can't! When families are under stress, they sometimes act grumpy with each other and argue more. Even when it's hard, God's love can help us to treat each other (including our family) with love and patience.

**Colossians 3:12b & 14** ICB "Show mercy to others; be kind, humble, gentle, and patient... Do all these things; but most important, love each other. Love is what holds you all together in perfect unity."

**Prayer:** God, I know that you love me no matter what. Your love is what brings us all together. Help me to love my family the way you love me by helping me to be kind, gentle and forgiving.

**Tip:** See how long your family can hold a group hug before someone starts laughing.

# Is Someone Sick?

Many thousands of people have been sick with the coronavirus. Maybe someone you know and love has gotten sick or you are afraid they might get sick. The Bible tells us that when we pray for those who are sick, it can help them feel better.



**James 5:14a, 15a ICB** "If one of you is sick...pray for him. And the prayer that is said with faith will make the sick person well."

**Prayer:** God, your word says to bring the sick to you in prayer. There are many people who are sick with the coronavirus. You are the best healer. Please help all the people who are sick with the coronavirus to feel better and protect the doctors and nurses who are caring for them.

**Tip:** Trace your hand on a sheet of paper. On the hand, write the names or draw pictures of those who are sick. Then, bring them to God by placing your drawing in your God Box or Bible.



## *Make your own crafted prayer in just three steps!*

- 1. Describe a problem or worry you have.*
- 2. Find a Bible verse that talks about your problem (you can use the concordance in the back of your Bible for help).*
- 3. Replace words like “you” and “I” in the verse with your name (or the name of someone you love) and pray God’s words back to him!*

*Remember, God’s promises are bigger than any problem we face. His provision is plenty. His plans are for your good. “You are members of God’s family. Together, we are his house, built on the foundation of the apostles and the prophets. And the cornerstone is Christ Jesus himself. We are carefully joined together in him, becoming a holy temple for the Lord” (Eph 19b-21).*

## About the Authors

Chelsea Dorough, LCSW is an EMDR-Trained play therapist practicing in Fort Worth, TX. She is an alumni of the Emerge discipleship program of The Stirring church in Redding, CA and currently serves on the Schoolers team in partnership with Living Church in Mansfield, TX. She has been providing mental health services to children, teens and their families since 2013 and specializes in the treatment of Trauma and Stress Related Disorders. Chelsea's time in the Emerge program was a season of healing in which the Lord brought back to life parts of her that had gone dormant, including her love for writing. One day, after writing a poem about God's redemptive love, the Lord explained Chelsea's purpose in the Kingdom to her with a promise and vision for something called "Words with Wings." As Chelsea continues to pursue the Lord, he faithfully reveals more of what "Words with Wings" is meant to be. Chelsea believes that the inspiration for "Coping with Coronavirus" grew from this purpose and hopes it is a source of encouragement to those who read it. She wrote the devotional in collaboration with her sister and encourager in faith, Jeanine Weise.

Jeanine has a BS in Sociology and is a Maternal Fetal Medicine and OB Sonographer (ARDMS). She has been married to her husband Jake for 17 years and together, they have 2 children, ages 9 and 14. Jeanine has been writing her own Bible studies in response to the faith questions and doubts of her loved ones for nearly 10 years. While doing a word for the year devotional with her two sisters, Jeanine felt the Lord instruct her to focus on his Word and to write with the purpose of reaching more people than just those she's closest to. So, when Chelsea came to her with the idea of a kid's devotional in response to the COVID pandemic, she knew the Lord was confirming this call and providing a partner to help her begin!

Jacob Weise, MBA, is a combat veteran and has been in Law Enforcement for 14 years. He and his wife are partners with Living Church in Mansfield, TX. Jake has had a love for art and music since he was a child and has used his gifts and talents in ministry for many years. He has more recently felt called to focus on art and illustration.

"In the beginning there was nothing. Then God spoke and created everything.  
Words have power. Speak the *Words with Wings*." -Chelsea Dorough

