



Helping Kids Work Through Anxiety God's Way

When Worry Weighs on A Child's Heart

Raising Christ-Centered Kids | Feelings | Anxiety

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"Do not be anxious about your life... Are you not of more value than the birds of the air?" (Matthew 6:25–26, *ESV*)

Key Takeaway

When we feel anxious, God's peace makes our hearts still.

The Biblical Meaning of Anxiety

Scripture teaches that anxiety grows when we try to carry what only God can hold (1 Peter 5:7). The Bible invites us to look for God first, trust His care, and rest in His presence (Matthew 6:33). Peace doesn't come from controlling the future but from surrendering it to God who already knows it (Matthew 6:34; Proverbs 3:5-6).

Worry begins when we try to handle what only God can manage. Jesus reminds us that worrying can't add even an hour to our lives (Matthew 6:27). Worry doesn't fix tomorrow; it only steals today's peace. Instead, God invites us to pray about everything and thank Him for His care (Philippians 4:6). When we do, His peace helps our hearts feel calm and safe, even when things are uncertain.

Real peace doesn't come from trying to control what happens next. It comes from trusting that God already knows what we need and promises to take care of us when we turn to Him. God's peace is knowing we're loved and held by Him right in the middle of it.

Understanding Anxiety: Guiding Hearts Back to Peace

For children, anxiety can feel like carrying a backpack that gets heavier with every worry. It makes it hard to think clearly, sleep well, or feel brave. Kids might worry about grades, friends, or things that might happen, but most of those worries live in tomorrow, not today.



Parent Guide | Anxiety

Anxiety happens when our hearts forget how close God is to us. God doesn't get mad at us for feeling afraid. He wants us to bring our fears to Him. When children learn to name what's bothering them and talk to God about it, worry starts to lose its grip.

Parents can help by slowing down with their child, listening without judgment, and praying together in simple words. Moments like these teach kids that peace isn't something they have to find on their own. It's something God gives when we trust Him to hold what feels too heavy for us.

Practical Steps: Guiding Hearts Through Anxiety with God's Help

1. **Normalize worry.** Tell your child it's okay to feel nervous before new things—everyone does! God understands their butterflies.
2. **Redirect trust.** When worries rise, point to God's creation: "See how God feeds the birds? He'll take care of you, too." Go outside and name examples together.
3. **Seek God's kingdom first.** Create a "peace moment" each day—read a verse, sing a short worship song, or thank God out loud before starting homework.
4. **Practice gratitude and prayer.** Keep a small "God's Got It" journal where your child writes or draws one thing they prayed about and how God helped.
5. **Set realistic expectations.** When a mistake happens, say, "That's part of learning. God cares more about your heart than your perfect score."

Scripture for Parents and Kids

- "But seek first the kingdom of God and his righteousness, and all these things will be added to you." (Matthew 6:33, *ESV*)
- "And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest?" (Luke 12:25–26, *ESV*)
- "My God will supply every need of yours according to his riches in glory in Christ Jesus." (Philippians 4:19, *ESV*)

Encouragement for Parents

You don't need to erase every fear. Your child doesn't need a life without storms, only a safe place to stand when they are worried and anxious. God has chosen *you* to help them see that peace isn't found in perfect circumstances but in a perfect Savior.

When you kneel to pray beside their bed, whisper truth over fearful hearts, or model calm when life feels uncertain, you are doing sacred work. Each time you trade worry for worship, your child catches a glimpse of what it means to live anchored in God's peace. Jesus does not remove every wave, but He never leaves the boat.

CTMP Corner: Kingdom Kids in Action

- **Connect** – Invite your child to share what's making them anxious without rushing to fix it.
- **Teach** – Show them that bringing worries to God makes the worries smaller and His peace bigger.
- **Model** – Let them see you pray instead of panic when you feel pressure.
- **Pray** – Together say, "Jesus, You care for us. Please fill our hearts with Your peace."