



Helping Kids Face School Stress God's Way

When School Feels Overwhelming

Raising Christ-Centered Kids | Feelings | School Stress

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“Cast your burden on the Lord, and he will sustain you...” (Psalm 55:22, *ESV*)

Key Takeaway

God gives strength for every challenge.

The Biblical Meaning of Stress

Stress is what happens when life feels too heavy, like a backpack loaded down with too many books. For kids, it can show up as big tests, friendship struggles, or feeling left out. The Bible doesn't ignore stress; it points us to a God who cares.

When David stood before the giant Goliath, he declared, “The battle is the Lord’s” (1 Samuel 17:47, *ESV*). David knew the fight wasn't his to carry alone. In the same way, God invites us to hand Him our worries. He promises to sustain us and give us strength when we feel weighed down (Psalm 55:22).

Understanding School Stress: When Giants Feel Too Big

New teachers, friends, rules, and responsibilities can feel exciting—but also overwhelming. Kids may worry about fitting in, keeping up, making mistakes, or even being left out or bullied. Parents sometimes carry their own worries too, which can add to the load.



Parent Guide | School Stress

School stress can feel like standing in front of a giant that's just too big. But God doesn't want stress, fear, or hurtful moments to steal our peace. Just as David trusted God when he faced Goliath, Jesus invites us to bring our worries to Him. Our worth isn't in grades, sports, or popularity—it's in Him. God is close to the brokenhearted (Psalm 34:18), promises never to leave us (Hebrews 13:5), and gives peace the world cannot give (John 14:27).

Practical Steps: Facing School Stress with God's Help

1. **Talk Openly** – Ask your child what feels like a “giant” at school. Listen without jumping in to fix right away.
2. **Pray Together** – Show your child how to hand worries to God in prayer, just like David trusted Him.
3. **Use Scripture as a Shield** – Memorize a short verse (like Proverbs 3:5) your child can whisper when they feel stressed.
4. **Model Calm** – Kids copy what they see. Let them hear you pray or watch you pause with Scripture when you're stressed.
5. **Encourage Rest & Perspective** – Remind them God is bigger than any test, bully, or worry. Keep healthy rhythms of sleep, meals, and play.

Scripture for Parents and Kids

- “Cast your burden on the Lord, and he will sustain you.” (*Psalm 55:22, ESV*)
- “Come to me, all who labor and are heavy laden, and I will give you rest.” (*Matthew 11:28, ESV*)
- “Trust in the Lord with all your heart... and he will make straight your paths.” (*Proverbs 3:5–6, ESV*)

Encouragement for Parents

You can't carry every stress for your child—and God doesn't ask you to. He is the only One strong enough to hold every burden. Each time you help your child bring a worry to God, you remind them of His love and faithfulness. Growth may take time, but each small step teaches your child that God's peace is real, and His strength is greater than any stress.

CTMP Corner: Kingdom Kids in Action

- **Connect:** Ask your child what feels like a “giant” this week.
- **Teach:** Read the Bible story of how David trusted God to face Goliath.
- **Model:** Share how you give your own stress to God in prayer.
- **Pray:** Thank Jesus for being bigger than every worry.