



Helping Kids Find Joy in Sadness God's Way

When Life Feels Heavy

Raising Christ-Centered Kids | Feelings | Sadness

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“The Lord is near to the brokenhearted and saves the crushed in spirit.” (Psalm 34:18, *ESV*)

Key Takeaway

God meets us in tears and brings joy.

The Biblical Meaning of Sadness

Sadness is a real part of life in a world touched by brokenness. The Bible shows us that sadness is not something to hide or be ashamed of—it's a natural response when things don't go the way we hoped. The Psalms are full of honest prayers where God's people cry out in sorrow, reminding us that God welcomes our tears and listens when we pour out our hearts.

Even Jesus felt sadness. He wept when His friend Lazarus died (John 11:35), and He grieved over the pain of others. This shows us that sadness is not weakness—it is love expressed in tears. But Scripture also assures us that sadness is not the end of the story. God promises that joy will come again, and one day He will “wipe away every tear from our eyes” (Revelation 21:4).

Understanding Sadness: When Life Feels Heavy

Kids may feel sad when they lose someone they love, when they are left out, when things don't go their way, or when life just feels heavy and hard. Sadness can feel like a gray cloud that won't go away. Parents can help their kids know that these feelings are normal and that God cares about them deeply.



Parent Guide | Sadness

We can remind children that sadness can bring us closer to God. When life feels too heavy, He promises to be near, to listen, and to comfort us. Sadness teaches us to slow down, pay attention to what matters, and lean on God and others for help. Over time, sadness can even make our hearts softer and more compassionate toward those who hurt too.

Practical Steps: Finding Hope in Sadness God's Way

1. **Name the Feeling** — Help your child say, "I feel sad because..." Naming feelings makes them less confusing.
2. **Bring Tears to God** — Encourage your child to talk to God or draw their feelings. Remind them God cares about every tear (Psalm 56:8).
3. **Find Comfort Together** — Hugs, listening, and presence can help children feel safe when sadness feels overwhelming.
4. **Look for Joy Sparks** — Encourage your child to notice small joys each day—a laugh, a friend, a beautiful moment. These are reminders of God's goodness.
5. **Keep Hope Alive** — Share God's promise that sadness won't last forever. "Weeping may tarry for the night, but joy comes with the morning" (Psalm 30:5).

Scripture for Parents and Kids

- "The Lord is near to the brokenhearted and saves the crushed in spirit." (Psalm 34:18, *ESV*)
- "Blessed are those who mourn, for they shall be comforted." (Matthew 5:4, *ESV*)
- "Weeping may tarry for the night, but joy comes with the morning." (Psalm 30:5, *ESV*)

Encouragement for Parents

When your child is sad, you may feel unsure about what to say or do. Remember—you don't have to fix their sadness. What they need most is your presence, your listening ear, and your gentle reassurance that God is with them. Sadness may linger for a time, but your steady love and the hope of God's promises help light the way forward.

CTMP Corner: Kingdom Kids in Action

- **Connect:** Ask your child to share one thing that makes them feel sad.
- **Teach:** Remind them that Jesus felt sadness too, and He understands.
- **Model:** Share how you talk to God when you feel sad.
- **Pray:** Ask God together to bring comfort and new joy.