

**Podcast Worksheet**  
**Healing for Children: How to Share the Healing Steps with Children we Love**

**Main Points:**

1. Children need a solid foundation of truth regarding God's character.
2. Children also need a solid foundation regarding their true identity and inherent goodness.
3. The best way to communicate to children the truth about God and their identity is to simply tell them, backing it up with Scripture.
4. When it comes to becoming and remaining healthy, God is our source. Therefore, an honest understanding of him is imperative.
5. Children also need to know God values a relationship with them, that he is interested in their problems and things happening in their life.
6. Teaching children that their mistakes do not diminish their value will help them maintain a healthy relationship with God and with themselves.
7. Children have to experience being loved in order to be able to love themselves and others.
8. Delineating the difference between being a bad person and making a mistake will help children have a better relationship with God and themselves. We are never bad, no matter what we do.
9. Children need to know and practice two key tools to stay healthy: 1) The simple step of confessing their sins to God, and then receiving his mercy, and 2) The step of forgiving those who hurt them, asking for healing, and blessing their offender.
10. When we invite children to identify and share their feelings, and then actively listen to them without judgment, they will learn to value and respect their feelings.
11. Helping children identify what they have lost, when someone hurts them, will create a safe environment for grieving. Children need encouragement to grieve their losses.

**Questions:**

1. What points do you want to remember, regarding helping children live in healthy ways?
  
  
  
  
  
  
  
  
  
  
2. What work do you need to do personally in order to be better equipped to help children?
  
  
  
  
  
  
  
  
  
  
3. What are a couple things you can do to foster healing in children?

**Prayer of Response:**

Lord God, I want to make a positive difference in the lives of the children I care about so they can grow up to be healthy adults who have healthy relationships. Please help me model this in my own life. And help me teach them the truth about you and about their identity. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to \_\_\_\_\_

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