

# The STRUGGLE REAL

## WHAT ABOUT MY KIDS

### Family Can Be Stressful

The family is the universal context for stress, worry, fear, and anxiety.

Where do your kids see you stressed/What stresses your kids?

### Don't Let the Stress of a Parent Ruin the Trust of a Child

#### Matthew 18:1-6

- Our trust in God needs to be like the trust a child has in their parents.
- Never betray the trust of a child.

#### 1 Peter 5:6-7

- Humility allows us to talk about our stress with others.
- Do you give God all your worries?

### How Stressed is Your Home?

- Talk with your kids about what causes them stress and anxiety.
- Resources:
  - [Anxietybc.com](http://Anxietybc.com)
  - Family Conversation Cards - available at [winklermb.com](http://winklermb.com)

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# SMALL GROUP Discussion Questions

## Appetizer

1. Review Sunday's message. What stood out to you? What challenged you? Are there any lingering questions?
2. Did you grow up in an environment where it was easy to trust adults? What impact did that have on you, positively or negatively?
3. How much do you worry about your kids/the next generation?

## Entree

1. Read Matthew 18:1-6
2. How does a child trust? Why is it important to protect that?
3. What does this teach us when it comes to trusting in God?

## Dessert

Break into groups of 3-4 and discuss the following questions with each other.

1. How do you see stress is negatively impacting a child's trust in your life? What can you do about it?
2. What would it take for you to fully trust God with your anxiety as Peter outlines in 1 Peter 5:7?



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## BIRTH - KINDERGARTEN

### **DAY ONE**

- What are you thankful for today?
- What do you do when you are afraid?
- How do you feel about bugs?

### **DAY TWO**

- What is your favourite animal?
- Would you rather be very tall or very short?
- If rain could taste like something what would you like it to be?

### **DAY THREE**

- What is one thing you can do all by yourself?
- What is your favourite thing to do outside?
- If you could listen to only one story book, what would it be?



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GRADES 1 - 5

### **DAY ONE**

- Talk about 2 things you are thankful for today.
- Talk about something nice that someone did for you this week.  
How did it make you feel?
- If you did the grocery shopping what would you buy?

### **DAY TWO**

- If you could choose another name for yourself, what would you choose?
- What is your favourite thing to do as a family?
- When you are really upset, what helps you calm down?

### **DAY THREE**

- If you travelled to space, what would you miss from earth?
- What do you miss most about winter?
- If you could do anything all day long, what would you do?



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GRADES 6 - 8

### **DAY ONE**

- What is one characteristic you have that you are happy to have?
- What is an invention you wish you could create?
- What is your favourite memory as a kid?

### **DAY TWO**

- If you could be any animal, what would you be?
- If you could choose another name for yourself, what would you choose?
- If you could dream of doing any job, what would it be?

### **DAY THREE**

- What do you want in a good friend?
- Who are some of your favourite people that you follow on social media?
- What is one thing that makes you feel stressed?



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GRADES 9 - 12

### **DAY ONE**

- What is one thing that makes you feel stressed?
- What is one characteristic you have that you are happy to have?
- What is your favourite memory as a kid?

### **DAY TWO**

- If you could choose another name for yourself, what would you choose?
- Who is someone you look up to and why?
- If you could travel anywhere in the world, where would you go?

### **DAY THREE**

- How do you think you'll make an impact in the world?
- What do your friends think matters most when it come to dating?
- Describe an ideal day.