

Let's Talk About... Grief

Middle schoolers may experience grief related to all kinds of things. The death of a loved one, the end of a relationship, the disappointment of an outcome, the pain of a circumstance, the reality of change—these are all things that may cause your kid to experience grief. As you talk about it, try not to diminish what they're grieving or how they're grieving, but rather, help them navigate whatever it is with the hope of Jesus in their hearts.

MEMORY VERSE

"I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die."
John 11:25–26, NIV

Week One

John 11:1–3, John 11:32–33,
John 11:35–36, Matthew 5:4

Jesus meets us in our grief.

Middle School

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your middle schooler starts their day, tell them about a time you saw them handle their emotions in a healthy way. Let me them know how much you admire and respect that.



Meal Time

At a meal this week, have everyone answer this question: “Do we know someone who is grieving the loss of someone they cared about? How can we as a family help them?” If your family is grieving a loss, have a time of sharing what you miss about that person together.



Drive Time

While on the go this week, ask your kid: “When was a time you felt really sad? What was going on to make you feel that way?”



Bed Time

Pray that you and your kid will remember that Jesus is close to the brokenhearted and rescues those who are crushed in spirit.



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