

Study QUESTIONS

Ep. 1126: How Do We Cope With Anxiety and Depression in Our Kids?

<https://christianquestions.com/program/1126-anxiety-depression-kids/>

See:



1. What is parental caring? Why is it so important when raising a challenged child?
2. How did the Apostle Paul show his parental caring? What can parents do to truly understand how their children are feeling? (See 1 Corinthians 4:14-17)
3. What is parental competence? How did the Apostle Paul show it? How can we grow into parental competence? (See Hebrews 5:12-14)
4. What are some tools parents can use when dealing with a child with issues?
5. What does it mean to be a capable parent? What can parents do to help their children if they themselves are feeling broken? (See 1 Peter 5:6-7)
6. What are some practical things we can do to help our children when they face the stigma of anxiety and depression? (See 1 Corinthians 9:26-27, Ephesians 4:14-15)
7. What does it mean to be a controlled parent? How should parents use anger when dealing with their children? (See Ephesians 4:26)
8. How can we help parents we know that are in this difficult situation? Where can parents look when they need professional help? (See Ephesians 6:4, Proverbs 3:5-6)
9. How can you be a conscience-driven parent? What can we do to help us cope with our difficult situations? (See James 1:19-22)
10. What should parents watch for in their children to identify mental health difficulties?
11. What will you do to help your children or other children you know who are struggling with anxiety and depression?