**Colossians 1:28-29; 2:2-3**

“Him we proclaim, ***warning everyone and teaching everyone*** with all wisdom, that we may present ***everyone*** mature in Christ. For this I toil, struggling with all his energy that he powerfully works within me…that their ***hearts may be encouraged***, being knit together in love, to reach all the riches of ***full assurance*** of understanding and the knowledge of God’s mystery, which is Christ, in whom are hidden all the treasures of wisdom and knowledge.”

**I) Introduction**

1. Why Counsel Children?
   1. Culture in crisis
   2. 2020 5.6 American Children diagnosed with some sort of anxiety disorder (2019 2.3. Million)
   3. Common fears of counseling children for biblical counselors
2. Fear in Children
   1. Fear is a strong emotion-what ifs?
   2. Fearful children need certainty
   3. Fearful children need parenting
3. What must the Biblical counselor teach these children?
   1. God is good
   2. God’s people want to help you
   3. God has what you need in His book

**II) God is Good**

1. Fearful children need to know the truth that God is **good** (Psalm 145)
2. God being good means He is **love** (1 John 4:7-12)
3. God being good means He is **powerful** (Joshua 1-4)
4. God being good means He **does not lie** (Numbers 23:19)

**III) God’s People Want to Help You**

1. Fearful children need shepherding
2. Parents of fearful children need help
3. Fearful children need God’s truth and God’s church

**IV) God Has All the Answers You Need in His Book**

*Using the Key Elements of biblical counseling to counsel fearful children*

1. Establish involvement
   1. PDI, meet with parents
   2. Require parents in sessions
   3. Addressing first visits
   4. eye contact, dress, candy
2. Data gathering
   1. Art, sand tray, play dough, dolls
   2. Listen, listen, listen
3. Determine the problem
   1. Fear/anxiety
   2. Response to trial/loss
   3. Uncertainty
      1. Fear says “what if?”
      2. Body says “get safe”
      3. Mind says “I’m not safe”
   4. Children need truth-they need help with their thinking
   5. Body is working the way God designed it to
   6. Submit the thinking to God’s truth and the body can learn to follow
4. Minister the word
   1. Psalm 23 (Sammy and His Shepherd Susan Hunt)
   2. Backpack assignment
5. Give hope
   1. God knows me
   2. God is loving, powerful and truthful
   3. God is the Good Shepherd who will help me when I believe Him
6. Assign homework
   1. Memory verses, bible stories
   2. Apply truth to their story
   3. Songs and Worship
   4. Physical help-breathing, exercise
   5. Parents and children learn HW together
   6. Stewardship-sleep, nutrition (pediatrician)

**V) Conclusion**

* Fearful children need to learn truth, practice truth and grow in truth
* Biblical counselors must teach children that God is good, God’s people want to help them, and God has all the answers they need in His book