Overcoming Fear and Panic in a Pandemic

It’s safe to say that this time of Panic…I mean Pandemic, is new to all of us. I know when a lot of you heard the word “quarantine” you all thought, “Wow, that sounds like a nice, restful time at home”. Then you remembered…the kids. AHHHHH! That means they’re stuck at home too! Don’t lie, you know that went through your head! Between working from home, starting a new job as a teacher, and trying to keep enough food in the house, you’re about to pull your hair out. So, needless to say, this nice, restful time at home has turned into a three-ring circus for most of us.

Well, have no fear! We’re all in the same boat but depending on who is the captain of the boat, may have a bearing on how you come out on the other side. That is, you and your teenager(s).

Fear, panic, anxiety they all come from the same place – a place of being unsure or uneasy about your circumstances and being fearful of the outcome or consequences. While we as adults may have some fear and/or panic right now, let’s not forget that our teenagers do too. At least we have more life-experience to let us know that we’re going to be ok. They, on the other hand, do not. For instance, our teenagers were not even alive when 9/11 happened. They don’t remember the fear and panic around that time, but you do. You probably remember exactly where you were when that happened and everything that took place in the weeks following. So, in this time of fear and widespread panic/anxiety, I’ve put together some truths for us to think about and ponder as we all try to make much of this pandemic life. Use this to start conversations with your teen(s) and point them to The Way, The Truth, and The Life.

1. The term “Do not fear” is mentioned in the bible 365 times (coincidence? I think not!). During this time, use God’s Word to point your teenager (and yourself) to the peace that is found in Christ alone.

Gen 26:24; Isaiah 43: 1-7; Daniel 10: 10-12

1. Understand that this is not all bad. You have your child’s undivided attention. Pour into them. The Lord can use this time to draw you back to Himself. What are you doing with this precious time He’s given you? How are you using it to speak truth over your child? Are you modeling how to study your bible? How to pray?

Psalm 119: 49-56

1. Use this time to be intentional of praising God for His provisions. Look around, make a list of your blessings. Have your teenager make a list of the blessings they see. Compare them. Then spend time and thank God for each one; together.

Psalm 146; Col 4: 2-6; Psalm 107: 20-22

Food for thought in closing: If the only thing that comes out of this pandemic is that your child is walking closer with the Lord, then I think it’s been worth it.