

## Children's Sermon: Grieving All Our Losses from Covid-19

By Robin Murray, March 23, 2020

*(In advance, make two sample posters of mourning and comfort.)*

Jesus said, "Blessed are those who mourn, for they will be comforted."

Do you know what the word "mourn" means? It means to feel sad over the loss of someone or something special. Mourning is important. It gives us a chance to stop and remember the good things that have happened. It also helps us recognize the sadness and anger we feel that some of the good things we hoped for in the future just aren't going to happen.

Nobody likes to feel sad or angry, so sometimes we try to go too fast to the part about feeling comforted. Parents especially hate to see their children sad and try to cheer them up right away. But sometimes, we need to sit with our sad feelings. We need to mourn our losses and to talk about our bad feelings before we can move on fully to the happy ones.

One important thing families can do at this time is to help each other talk about the things we have lost because of this Covid-19 problem and make time to grieve. Did you have to cancel a trip? Are you sad because your music lessons or soccer practices have been cancelled? How about a special birthday party or even just your regular time playing or hanging out with friends and family you love?

These are important parts of our lives and it is okay to feel sad or even angry about their loss, especially since we don't know when we can start doing these kinds of things again. Not knowing can make us feel even more sad or even worried. The important part about all these hard feelings, is what we do with them. If we try to lock them away and not talk about them, they have a bad habit of slipping out when we aren't expecting. We need to share our feelings in ways that still show love to one another.

Some families have put up pieces of paper in their houses for family members to write or draw pictures about the things they miss during this time of having to stay home and things they want to mourn. *(display Mourning picture)* At the same time, you should also put up a paper to write or draw pictures about the things that you are grateful for that are happening now, even if they are small. Thinking

about good things happening now can bring you comfort and make you feel less worried about the future. (*display Comfort picture*)

Loving each other sometimes means making space for each other to feel sad or angry and to help each other find ways to show those feelings in ways that don't hurt ourselves or anyone else. We can't make this problem go away and we can't even tell when it will go away on its own, but whether we are sad, or angry, or worried, or afraid, we can take each other's feelings seriously. We can look for ways to make things easier for each other by finding fun and healthy things to do here and now.

We can also talk to God about these things – the things we are mourning and the things we are grateful for. Let's do that now with this echo prayer:

Dear God....Sometimes we feel sad....or angry or scared.....Help us to share those feelings....with people we trust....and to be someone.....that others can trust....Thank you for time together....for cooking and gardens....for computers and phones...and new ways of connecting....Help us in these hard times.....to always share your love...with everyone around us...In Jesus name we pray...Amen