

Spiritual Tools for Weary Children and Youth

First and foremost, as a church council, make sure you are taking care of your weary pastors and youth directors.

They are struggling. Tired of trying, losing volunteers, low self-esteem, issues in their own homes/families etc.

They need your support. How can you help? Step in and run a zoom meeting, offer to be someone they vent to, send a spiritual care package!

Let others see that you are supporting them. Recognize them during a worship service, put a post of gratitude on Facebook, put a post of gratitude on your church sign.

Encourage self-care. Remind them that there is not magic spell to make this work. Encourage them to be forgiving of themselves and not take any of this personally.

With that said, here are some ideas that you can offer your youth leaders:

They do not have to meet weekly. Every other week or once a month is fine.

When they meet, make it worth it. Have material ready- whether it be discussion or a game. Be ready for the unexpected and be willing to roll with it.

Think outside the box- Cook meals together on zoom and then eat together (have pizza kits delivered?), online games, invite other church members to join.

Alternate. Games one week, discussion the next week, online service project the next.

When big things hit the news- call a zoom meeting. Offer a safe place to talk about difficult things.

Invite youth to be a part of worship. Whether in person or online- ask them to be a part of it. Play an instrument, sing a song, read liturgy, etc.

When weather permits- get together outside! Even if it is spur of the moment.

If nothing else- keep in touch through texting/group me/ Instagram etc. Even if they don't answer, let them know you are there.

Finally, get the parents involved.

Oftentimes parents of youth leave it up to them if they join church youth activities. Especially those online. We hear parents say that their teens are burnt out and don't want to get back on the computer. Youth leaders should try to have conversations with these parents to explain the importance of continued youth ministry- especially now. These zooms are designed not to be like school, so their teens will not have that same experience. Getting the parents on board, will help.