

Free Guide – Family Bible Time for Back-to-School

5 real questions children ask about school, fear, and faith—with ready-to-use answers for parents.



CM Learning

WELCOME

Dear parent,

This small guide was created as a first doorway.

It is not meant to answer every question of childhood, but to help you begin simply, with a few real questions children may ask in their school life, emotions, and spiritual growth.

Inside, you will find 5 selected questions, each with a short parent response, an anchor verse, and a short Bible moment. The goal is not to give you a perfect formula, but to help you open calm, biblical, and approachable conversations at home.

In many families, the challenge is not a lack of good intentions, but a lack of time, energy, or the right words in the right moment. This guide was designed to be simple, quick to use, and easy to return to in everyday life.

May this resource help you turn small ordinary moments into opportunities to bring your child back to God's truth, to prayer, and to the peace that is found in Christ.

Christian family-rhythm resources often recommend short, stable, realistic practices for building faith into daily life over time.

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QUESTION 1 - BACK-TO-SCHOOL WORRIES & IDENTITY IN CHRIST

Child's question

"What if nobody likes me in my new class?"

Short parent response

"I understand why that feels scary. Even if this day is new for you, it is not new for God. And even if some people do not know you yet, you are already known, loved, and precious to God."



Anchor verse

Isaiah 43:1 - "Do not fear, for I have redeemed you; I have called you by name; you are mine."

Theological note for the parent

The goal is not only emotional reassurance. You are teaching your child that identity is not built on peer approval, popularity, or rejection, but on what God says is true. Resources on identity in Christ repeatedly emphasize this need for children to be grounded in God's declaration over them.

QUESTION 1 - BACK-TO-SCHOOL WORRIES & IDENTITY IN CHRIST

Short Bible moment

Before school, place a hand on your child's shoulder and pray: "Lord, thank you because you know [name], you love them, and you go with them today. Help them walk in your peace." Prayer routines and simple pre-school rituals are commonly recommended to reduce anxiety and help children remember God's presence.



QUESTION 2 - WORRYING ABOUT THE UNKNOWN

Child's question

"What if my teacher is mean or the day goes really badly?"

Short parent response

"I understand why you're wondering that. We don't know exactly how the day will go, but we know one thing: God will be with you from morning to evening. And even if something goes wrong, He will give you what you need to face it."



Anchor verse

Joshua 1:9 - "Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

Theological note for the parent

You are shifting your child's focus from "everything must go perfectly" to "God is with me whatever happens." Many biblical counselors encourage parents to gently expose the lies behind anxiety and replace them with God's promises, rather than simply telling kids not to worry.

QUESTION 2 - WORRYING ABOUT THE UNKNOWN

Short Bible moment

The evening before school starts, read this verse together and ask: "What are you most afraid of?" Listen carefully, then pray together, handing those fears to God and repeating "God is with me" out loud. This combination of naming the fear and praying Scripture is a commonly recommended way to help children connect emotions and biblical truth.



QUESTION 3 - TEASING & IDENTITY IN CHRIST

Child's question

"What if other kids make fun of me because I'm different or because I believe in Jesus?"

Short parent response

"It really hurts when someone makes fun of you, and I'm sorry you have to face that sometimes. Other people's words can hurt, but they do not tell the truth about who you are. The truth is what God says about you: you are His child, precious to Him, even if some people don't see it."



Anchor verse

1 John 3:1 - "See what kind of love the Father has given to us, that we should be called children of God; and so we are."

Theological note for the parent

You are teaching your child to recognize the difference between the world's voice, which often lies about their worth, and God's voice, which declares a secure identity in Christ. Christian authors emphasize giving children a "stable, secure, unshakable identity in Christ" so they can face mockery and rejection without being crushed by it.

QUESTION 3 - TEASING & IDENTITY IN CHRIST

Short Bible moment

After a day when your child has experienced mockery, take a few minutes to re-read a verse about identity in Christ (for example 1 John 3:1 or another you choose), then ask: "What does God say about you in this verse that other kids might not see?" Finish by praying for the child who mocked them, asking God to bless that child and draw them to Jesus. Many resources encourage combining truth about identity with prayer for the bully, so children learn to respond with both firmness and Christlike love.



QUESTION 4 - FEELING LEFT OUT

Child's question

"What if no one wants to play with me at recess?"

Short parent response

"It's very hard to feel alone, and I understand why that scares you. Sometimes other kids don't see who you really are right away, but God does, and He loves you. Even when you're standing alone in the playground, you are never truly alone: Jesus is with you, and He can also help you notice other kids who are alone so you can go to them."



Anchor verse

*Psalm 139:1-2, 5 (you can adapt) - "O Lord, you have **searched me and known me...**
You hem me in, behind and before, and **lay your hand upon me.**"*

Theological note for the parent

You are teaching your child that God's presence does not depend on how many friends stand around them, but on God's covenant love, and you are also shaping a compassionate outlook toward other lonely children. Christian parenting advice about anxiety and relationships often urges parents to affirm God's unconditional love while training kids to see others through that same lens.

QUESTION 4 - FEELING LEFT OUT

Short Bible moment

In the morning, you can pray: "Lord, show [name] if there is a child who is alone today, and give them courage to go to that child." In the evening, you can ask: "Who did you play with? Did you see anyone who was alone?" Many Christian resources suggest this kind of talk-pray-plan pattern to help children handle loneliness and anxiety at school.



QUESTION 5 - TALKING ABOUT JESUS AT SCHOOL

Child's question

"Am I allowed to talk about Jesus at school?"

Short parent response

"That's a very good question. At school there are rules we want to respect, and we want to honor them. But no one can stop you from loving Jesus, praying silently, being kind because you follow Him, or answering if a friend asks you a question. We ask God to help you be both respectful and brave."



Anchor verse

Matthew 5:14,16 - "You are the light of the world... Let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."

Theological note for the parent

You are teaching your child to obey school authorities where it is right, while remaining a faithful witness through their life, words, and love. Many Christian parenting guides stress equipping children to live "in" the school system without absorbing values that contradict the gospel, keeping a clear identity in Christ.

QUESTION 5 - TALKING ABOUT JESUS AT SCHOOL

Short Bible moment

One evening, read Matthew 5:14–16 together and ask: “What does the light of Jesus look like in your classroom?” Make a short list of 2–3 concrete ways to be light (encouraging, sharing, standing up for someone weaker, etc.), then pray for opportunities and courage.



YOU DON'T NEED TO BE A PERFECT PARENT TO TALK ABOUT GOD WITH YOUR CHILD.

I hope these first questions will help you begin simple, honest, and reassuring conversations with your child.

Your presence, your listening ear, and a few words rooted in Scripture can become precious anchors in your child's everyday life.

Take your time. One question, one verse, one short moment of prayer—it is already enough. God also works through the small moments you share together as a family.

With love,



WHAT IF YOU HAD A READY-TO-USE FAMILY BIBLE TIME FOR EVERY BIG BACK-TO-SCHOOL QUESTION?

The back-to-school season can bring up many questions: fear, new routines, friendship, comparison, confidence, and God's place at school...

To help you respond without having to prepare everything yourself, I created the Practical Guide - 10 Family Bible Times for Back to School.

INSIDE THE GUIDE

- 10 big questions children ask about school, fear, and faith
- Simple, ready-to-use answers for parents
- Anchor verses and short Bible moments to share as a family
- A clear resource to help you move forward with peace, even when time is short

Discover the Practical Guide

