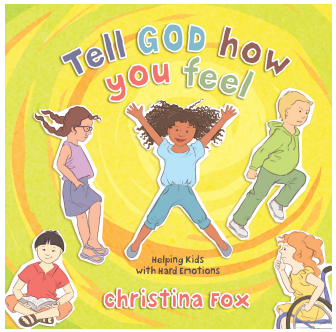
Tell God How You Feel

Helping Kids with Hard Emotions

Christina Fox

RELEASE DATE 05 MARCH 2021



RELATED TITLES

DESCRIPTION

We learn from an early age how to navigate the difficult emotions of life. Fear. Sadness. Worry. Loneliness. Rejection. For some of us, we learn to avoid painful emotions. Others of us may "feed" our emotions through various temporary distractions. Still others may hide or cover them up. Yet the Bible teaches us to bring all our hurts to God.

Tell God How You Feel is a discipleship tool for parents to use in engaging their children with their emotions. Christina Fox uses warm encouraging story times to help children engage with the vivid, descriptive words of the Psalms of Lament, helping them develop the habit of turning to God during hard and difficult times.

MARKETING POINTS

Uses the Psalms of Lament

Encourages children to identify how they feel

Helps them to express emotions in a godly way

AUTHOR

Christina Fox is a counselor, retreat speaker, writer, and author of several books including 'Tell God How You Feel: Helping Kids with Hard Emotions' and 'A Heart Set Free: A Journey to Hope Through the Psalms of Lament'. You can find her at www.christinafox.com.

ENDORSEMENTS

Tell God How You Feel is unique and badly needed. Many children's books deal well with particular emotions, but no book I've ever seen gives children such a clear, concrete, relatable framework for dealing with *any and all* emotions by engaging their Heavenly Father with the weights and dreams in their hearts. Illustrated in an ethnically inclusive, warmly inviting style, *Tell God how You Feel* fills a vital niche in nurturing a living faith in our children.

Alasdair Groves
Executive Director of CCEF

Children are often unsure about what to do with their emotions. Whether they are feeling happy or sad, peaceful or anxious, angry or joyful, they can learn healthy ways to share their emotions with God. Christina Fox's new book, *Tell God How You Feel* is a wonderful book to help parents and children discuss their feelings, as they consider the ways people have prayerfully talked to God all throughout Scripture, especially in the Psalms. This book is a wonderful way to talk with your children as you help them learn to talk to God.

Melissa B. Kruger
Author and vice president of discipleship programming for The Gospel Coalition

TECHNICAL DETAILS

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