



Abby  
and  
Frankie's



HELP  
FOR THE  
HARD  
STUFF

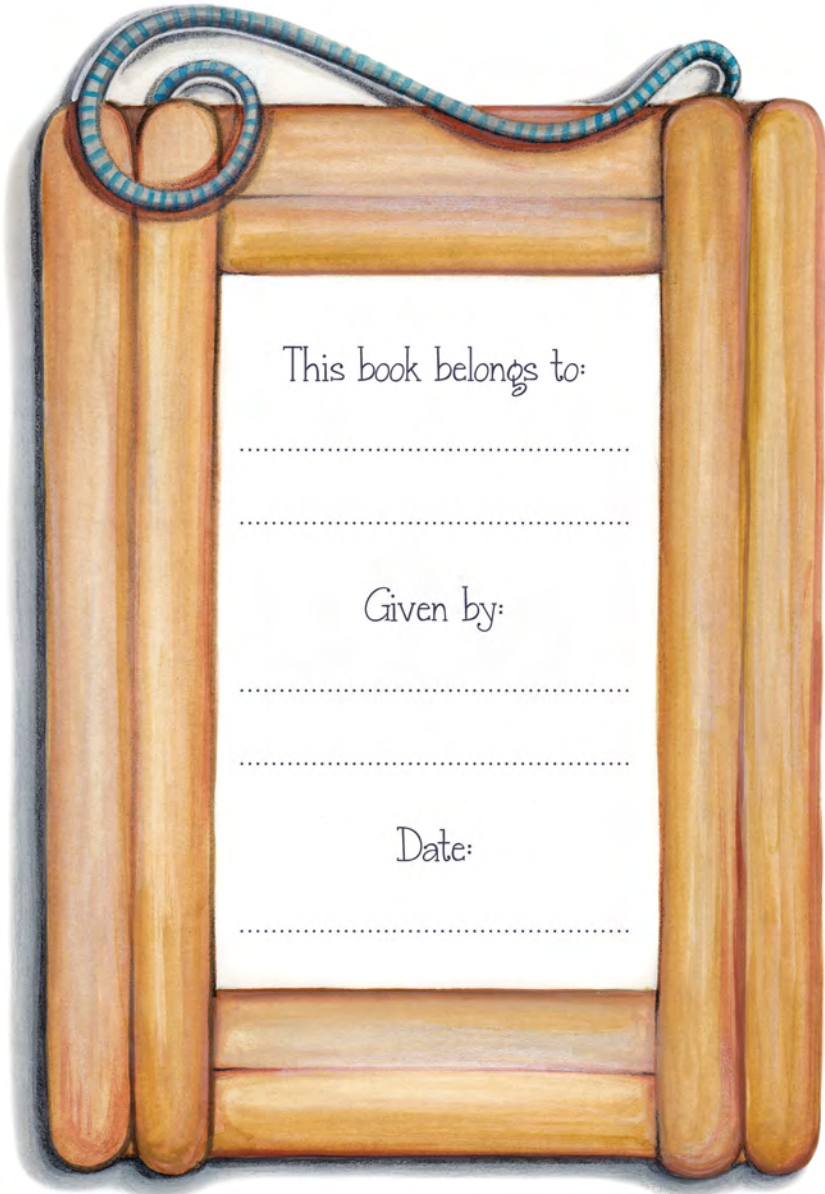
Hurricanes and Other  
Natural Disasters

ALYSSA CATHERS

ILLUSTRATIONS BY BETH SNIDER

HOPE

HEALING



This book belongs to:

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Abby  
and  
Frankie's



# HELP FOR THE HARD STUFF

Hurricanes and  
Other Natural Disasters



ALYSSA CATHERS  
ILLUSTRATIONS BY BETH SNIDER



Walking in *The Truth* Press, LLC  
AnxiousAbby.com



**FOR MY SUPPORTIVE HUSBAND GLEN,  
WHO ALWAYS HELPS ME  
THROUGH THE HARD STUFF! -A.C.**

Special thanks to Tamara Dever from TLC Book Design, illustrator Beth Snider, editor Jennifer Goodson, Pastor Nathan and Katie Kennedy, and biblical counselors Fred Jacoby and Lisa Landrud, who donated their time and talents to this project!

*“Always giving thanks to God the Father for everything,  
in the name of our Lord Jesus Christ.”*  
*EPHESIANS 5:20, NIV*

Abby and Frankie’s Help for the Hard Stuff: Hurricanes and Other Natural Disasters  
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ISBN 978-0-9973741-1-7

Published by Walking in *The Truth* Press, LLC / [www.AnxiousAbby.com](http://www.AnxiousAbby.com)

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Help for the Hard Stuff workbooks are not a substitute for regular medical care. If your child is having trouble adjusting to life after a natural disaster, you may want to consult a biblical counselor.

Foundations Christian Counseling: [www.FoundChristCounsel.org](http://www.FoundChristCounsel.org) or 877-414-HOPE (877-414-4673)

Lighthouse Network: [www.LighthouseNetwork.org](http://www.LighthouseNetwork.org) or 1-844-Life-Change (844-543-3242)

If your child, you, or any loved one is struggling with a psychological or addiction issue, Lighthouse Network’s free national helpline will help you find the best treatment options.

**Dear Parents and Caregivers,**

Since you have received this resource, you or someone you know may have experienced the devastating effects of a hurricane or other natural disaster. You may still be in survival mode as you try to wrap your mind around what has happened. You may also have children who are looking to you to make sense of a confusing and scary situation. This can be an overwhelming time. *Take a deep breath. You can do this!*

When children experience a natural disaster, it can bring about many questions. Doubts about God's goodness may creep into their thoughts. Where was God? Why did He allow this to happen? Is He angry with me? Children may begin to feel anxious and confused. They may start to see their world as a dangerous place to be. You might also be struggling with these same questions and feelings. *You are not alone in this struggle. This resource will provide you with help!*

Anxious Abby, the main character in my children's book, *Anxious Abby and The Camp Trust Challenge*, worried about many things. Her anxiety is pictured throughout the story as different Worry characters jumping in the backpack she drags around. This backpack becomes a heavy burden. Anxiety can be a heavy load to carry that can stop you from moving ahead in life. Abby eventually learned to give her worries to God and trusted Him to work in her life. I pray that you will also experience the peace that comes from giving your burdens to God. *There is hope!*

Abby and her good pal, Frankie will be introducing the topics throughout this workbook as they dialogue together. As you share your struggles, I pray that the activities will help you and your family come closer together. Your child(ren) will benefit from reassuring hugs, snuggles, and comforting love as they process through how the natural disaster has affected them. Your close presence will help them feel more secure. Don't be afraid to cry in front of your children and grieve over your losses. A parent's/caregiver's tears often allow children to feel more comfortable in opening up and sharing their true feelings. Just being there to listen, love, and pray can make all the difference. *May God bless you as you begin this journey of healing!*

Love in Jesus' name,

*Alyssa Cathers*

Alyssa Cathers, M.A.



# ABBY AND FRANKIE GET BAD NEWS

*(Abby had just settled down to read in her favorite pink bean bag chair, when she heard Frankie's voice coming through the open window.)*

**Frankie: Hey Abby? AAAAbby!!!  
I need to talk to you!**



*(Abby and Frankie are next door neighbors and they often call each other over to the fence that borders Abby's property. It's their special meeting place where they like to plan adventures together. But this time Frankie's voice sounds different, like something is wrong. Abby put her book down and hurried to the fence.)*

**ABBY: What's up Frankie? Is everything okay?**

**FRANKIE: Sorry to bother you, but it's urgent.  
Our friends need us...**

**ABBY: What friends? Need us for what?**

**FRANKIE: Our friends we met on the mission trip.  
They have to leave their homes.  
A hurricane is coming...**

**Abby: Ok, slow down Frankie. How did you find this out?**

**FRANKIE: My parents were just watching the news  
and a special weather report came on.**

**ABBY: Do you think they will be okay?**

**FRANKIE: I sure hope so.**

**ABBY: I wish I knew how to help. What can we do?**

**FRANKIE: I think we should pray  
and ask God for help.**

**ABBY: Good idea! I hope God will stop this hurricane!**





Abby and Frankie's "bad news" may be similar to a situation that you have experienced. You may have had to leave your home quickly and leave your belongings behind because of a hurricane, tornado, fire, or other scary event. This must have been such a scary time for you. I created this workbook to help you through this hard time. The following are sections that you will find throughout the workbook to help you heal.

Always remember...God is watching over you, trust in Him and you'll get through! – *Counselor Alyssa*

## "HELP FOR THE HARD STUFF" SECTIONS



**Abby and Frankie:** Search for answers to the hard stuff with Abby and Frankie.



**Counselor Clips:** Receive caring messages and tips from me, Alyssa!

**Bible Connection:** Explore Scriptures that connect with your situation.



**Your Turn:** Express your feelings and thoughts through art & writing activities.

### IDEAS FOR PROVIDING EXTRA SUPPORT

**FOR ALL CHILDREN:** Please do not be concerned with neatness or correct grammar/spelling. When children have experienced a traumatic event, their drawings can be messy. This helps them to express their hard feelings. Be positive about whatever they draw/write. Have children describe their pictures and read their writings to you. Be an active and empathetic listener!

**FOR CHILDREN WHO HAVE TROUBLE WRITING:** Have children draw their ideas and you can label them, or dictate what they want to say and you can record it.

**FOR NON-READERS:** You can draw symbols along with the words they dictate.

**FOR RELUCTANT PARTICIPANTS:** Encourage children to try to draw or write one idea and then take a break. Motivate them by drawing/writing along with them. Children might also benefit from playing/acting out their answers when appropriate.



Did you know that even Jesus's special friends, called the disciples, went through a very scary situation? They were on a boat, in the middle of a lake, when a strong storm came upon them! Maybe you can relate to what they were thinking and feeling. Let's read about it.

## *Jesus Calms the Storm*

MARK 4:35-41

<sup>35</sup> As evening came, Jesus said to his disciples, "Let's cross to the other side of the lake." <sup>36</sup> So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). <sup>37</sup> But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.

<sup>38</sup> Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?"

<sup>39</sup> When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. <sup>40</sup> Then he asked them, "Why are you afraid? Do you still have no faith?"

<sup>41</sup> The disciples were absolutely terrified. "Who is this man?" they asked each other. "Even the wind and waves obey him."

**(Draw a picture below that shows what's happening in this Scripture.)**



**LET'S REVIEW:** This event in history began in the evening. It was probably getting dark or dark already and Jesus and His disciples ended a busy day of teaching by getting into a boat and leaving the crowds behind. Jesus decided to take a nap at the back of the boat, while the disciples were still awake. A strong storm blew in

that created high waves that began to fill the boat with water. The disciples found themselves tossed around, in a small fishing boat, in the middle of a storm! What a terrible predicament!

### QUESTION

#1. How did the disciples feel about the storm?

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Help for Question #1:  
They were terrified!  
They thought the storm was going to sink their boat.  
They thought they were going to drown.



What scary event happened in your life?

Color in the faces that show how you were feeling during the scary event. Draw in faces for your feelings that are not included below and label them.



sad



worried



scared



terrified



confused



overwhelmed



shocked



panicked



brave



angry





Write about your scary event and/or draw a picture of it below.



*I'm so sad that you had to go through such a hard time. Here's a great big soft llama hug!*





## ABBY ASKS THE HARD QUESTION



Abby: Hi Frankie. Did you see the news report today? My parents had it on when we were eating breakfast. There's so much flooding and homes destroyed.

Frankie: I know...I can't believe it!

Abby: Do you think God wasn't listening to our prayers?

Frankie: Why?

Abby: Because He didn't stop the hurricane.

Frankie: That's a tough one Abby! Maybe our parents can help us. Let's meet back here in an hour and share what answers we find.

Abby: Okay, Frankie. See you soon.



While Abby and Frankie are searching for answers, let's go back and think a little more about the disciples and how they were feeling during the scary storm. Let's read Mark 4:38 again.

*"Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?"*

### QUESTION

#2. How did the disciples feel about Jesus sleeping during the storm?

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Help for Question #2: They may have been frustrated and thought Jesus didn't care that they were in danger. They may have panicked since it seemed like Jesus wasn't helping them.





## ABBY AND FRANKIE FIND SOME ANSWERS



*(Abby and Frankie meet again at the fence to see if either of them had found an answer to Abby's question, "Do you think God wasn't listening to our prayers?")*

**Frankie:** Hey Abby! What did your parents think?

**Abby:** Well, I saw my dad first. He loves when I ask him questions about God! We looked up Jeremiah, chapter 29 verses 12–14 in the Bible. Here's what God said, "'Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you,' declares the LORD..." (NIV). So God IS really listening!

**FRANKIE:** And He wants us to pray and talk to Him.

**ABBY:** Yes, but I still have to wonder why God didn't stop the hurricane?

**FRANKIE:** My mom's answer may help. I found her working in the kitchen and she showed me a picture that was on our wall. It was a painting of Jesus holding a kid's hand, as they were crossing a river together. The scripture at the bottom was from Isaiah chapter 43 verse 2 (NIV).

It said, "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you..."

She told me that in this Scripture, waters and rivers are a symbol for hard times. The verse says that God is with you through the hard times and when you rely on Him for help, the hard times don't have to "sweep over you" or get you frozen in fear.

**ABBY:** So God is listening to our prayers and while He may not take the scary situation away, He will help us through it.

**FRANKIE:** Yes, and we can count on that!

*(Abby's dad came out and started grilling some hotdogs for lunch. Abby and Frankie decided to take a break from the hard stuff and play catch. After lunch, both families enjoyed a game of softball together.)*



*Just like Abby and Frankie took a break from the hard stuff, you can too. There may be times when you get too many thoughts in your mind. You may feel overwhelmed. Take a break and go outside with your family. Do some active play together and exercise the stress away!*



Draw or list your favorite outdoor, active things you did as a family or would like to do together.





So Abby and Frankie learned some good Bible Truths about God and prayer. God wants us to talk to Him (pray) when we need help and He will be with us through the hard times. Jesus said, "...In this world you will have trouble. But take heart! I have overcome the world" (John 16:33, NIV). While we will have hard times throughout our lives, we can have the hope that our good God is in control!

Have fun coloring the picture below!





Let's look back at what Jesus said in our Bible Lesson and read Mark 4:38-41.

<sup>38</sup> Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?"

<sup>39</sup> When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. <sup>40</sup> Then he asked them, "Why are you afraid? Do you still have no faith?"

<sup>41</sup> The disciples were absolutely terrified. "Who is this man?" they asked each other. "Even the wind and waves obey him!"

### QUESTIONS:

#3. What did Jesus do that showed the disciples that He is God and in control?

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4. Why do you think Jesus asked the question, "Why are you afraid? Do you still have no faith?"

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Help for  
Question #3:  
He stopped  
the wind and  
the waves.

Help for  
Question #4:  
He probably  
wanted the  
disciples to  
realize that He  
is in control of  
all things and  
they can trust  
Him to take  
care of them,  
even during  
scary events.



God was also in control during the scary event you went through. Sometimes He takes the scary situation away, like when He calmed the wind and the waves (Mark 4:39). Sometimes He does not, but no matter what, Jesus is with us through the scary situations in life and helps us. "God is our refuge and strength, always ready to help in times of trouble" (Psalm 46:1).



What are some things you need help with? Write a list below and then pray about it and ask God for help.

**Hi God. Will you please help me with...**

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

**In Jesus' name, Amen.**





## ABBY AND FRANKIE UNDERSTAND GOD'S COMFORT



*(After the softball game, Abby and Frankie's parents taught them a little more about God's comfort. Let's see what they learned.)*

**Abby:** Talking to our parents really helped! God does take care of us. He is our comfort when scary things are happening.

**Frankie:** Yes, and He wants us to remember that He is in control, even when things seem to be spinning out of control. He's our refuge!

**Abby:** I forget what that is...

**Frankie:** A refuge is a place of safety, a shelter.

**Abby:** I loved the Scripture that my mom shared, "**...I carried you on eagles' wings and brought you to myself**" (Exodus 19:4). I can imagine myself taking a ride on an eagle, soaring high over my problems, and going to God when I'm struggling.

**Frankie:** Good idea! And we should keep praying and telling Jesus all of our troubles.

**Abby:** Will you pray with me, Frankie? I feel so sorry for our friends who lost so much during the flood.

**Frankie:** Sure.



Draw a picture of the Exodus 19:4 Scripture. You might like to draw yourself on an eagle's wings going to Jesus. After you are done, pray and tell God all your troubles.



*"...I carried you on eagles' wings  
and brought you to myself."  
(Exodus 19:4)*



## ABBY AND FRANKIE'S SPECIAL PROJECT



*Abby and Frankie decided they wanted to do something special to help their friends who went through the hurricane. Frankie came over to Abby's house and sat at her kitchen table surrounded by colorful paper, markers, and stickers.*

**ABBY:** I am so happy that we can make cards for our friends! I am not sure what to say, though.

**FRANKIE:** Last year my basement flooded after a couple days of rain and I had to throw out my entire baseball card collection. I was really sad. I think we should say something to help cheer them up.

**ABBY:** And when my grandpa died, I felt like my heart was broken. I think we should find a Scripture to comfort them. Maybe my mom can help us find one on her Bible App.

*(Abby went over to her mom and asked if they could look up a Scripture together. They prayed and asked God to help them find just the right one. Her mom told her to try typing in "brokenhearted". They scrolled through the Scriptures and found **Psalm 34:18, "The LORD is close to the brokenhearted; He rescues those whose spirits are crushed."**)*

**FRANKIE:** I really like that one! It helps to know that God is close to us when we are sad. We are not alone.

**ABBY:** It's just like Jesus reaching His arms around us and giving us a big hug!

*Abby and Frankie began working on the cards and thanked God for helping them.*



*Just like Abby and Frankie cared about their friends, you have many people who care about you. People you don't even know have prayed for you. Above all, God cares about you and how you are doing. Create an illustration for the Scripture card below and remember that God is especially close to the brokenhearted.*



*“The LORD is close  
to the brokenhearted;  
He rescues those  
whose spirits are crushed”  
Psalm 34:18.*



*A very sad situation: Sometimes something really sad happens during a natural disaster, like someone getting hurt or dying. You may also have lost something that was really important to you like your house, pet, or favorite toy. Death was never a part of God's plan, but because of sin we now have death in this world. You can remember that Jesus cries with you like He did with Mary and Martha when their brother Lazarus died. "Then Jesus wept" (John 11:35).*

*You can treasure the special times you had with your loved one(s) and pet(s), and remember the good times you had in your house and with your toys. It can be painful to think about your losses. You may even feel like shutting the memories out of your mind. Try not to keep things locked up inside of you. God has given you people to talk to. Sharing your special memories can help you not get stuck in sadness. You will probably be sad at first, but over time you will be able to remember the special times with less pain.*

Draw a picture or write the names of the people you can talk to when you are sad.







## MEMORY WALL

Create a memory wall about your loved one(s), pets, and/or things you lost so you can remember them. This is your special wall, so be as creative as you want. (Ideas: Draw pictures with captions, add stickers, color, notes, etc.) Share it with someone. Remember that, ***“The LORD is close to the brokenhearted; He rescues those whose spirits are crushed” Psalm 34:18.***



## ABBY AND FRANKIE LEARN ABOUT GOD'S HELPERS



*(It was youth group night at Abby and Frankie's church. The leader, Josh, is reading a Scripture about angels.)*

**Josh:** Let's read about how God used His angels to protect Elisha and his servant against the opposing troops in the following Bible history (2 Kings 6:15-17).

<sup>15</sup> When the servant of the man of God got up early the next morning and went outside, there were troops, horses, and chariots everywhere. "Oh, sir, what will we do now?" the young man cried to Elisha.

<sup>16</sup> "Don't be afraid!" Elisha told him. "For there are more on our side than on theirs!" <sup>17</sup> Then Elisha prayed, "O Lord, open his eyes and let him see!" The Lord opened the young man's eyes, and when he looked up, he saw that the hillside around Elisha was filled with horses and chariots of fire.

**Josh:** So who do you think the "horses and chariots of fire" belonged to? Yes Abby?

**Abby:** Were they angels?

**Josh:** That's right! Angels are God's helpers and in this Bible history they are protecting Elisha and his servant.

*(A few minutes later, Abby and Frankie were talking together over snack.)*

**Abby:** Hey Frankie! Can you believe that God had an army of angels protecting Elisha and his servant?

**Frankie:** And Elisha's servant couldn't even see them at first! Just think about how many times God has angels protecting us and we don't even know it.

**Abby:** Yes! I like the Scripture card Josh gave us that says, **"For He will command His angels concerning you to guard you in all your ways" (Psalm 91:11, NIV)**. I wonder if there are angels right now helping our friends through the hard stuff.

**Frankie:** Maybe angels and people, too! Remember last time we were at church, we prayed for the first responders: the police, fire fighters, EMTs, National Guard and so many more. God uses people to help too!

**Abby:** Yes and don't forget the team of people from our church who are going down to help clean out people's houses.

**Frankie:** Thank you God for your help!  
It feels good to know You are there.



*It's good to know that God uses His angels and people to help us. How do you see God helping you through your scary situation? Did you pray and know God was listening? Did an adult help you get to safety? Did God send someone to comfort you or give you things you needed?*



Write down the names of people (or draw a picture of them) who were your heroes before, during, and/or after your scary situation. Who are the people you want to remember because of their kindness to you? Maybe you'd like to make them a thank you card or a "Hero Award". Don't forget to pray and thank God for sending these people to take care of you.

## MY HEROES





*The Abby that you've been getting to know throughout this workbook is the main character in my book, *Anxious Abby and the Camp Trust Challenge*. In this story, Abby worried about many things. Her anxiety is pictured throughout the story as Worry characters jumping into the backpack that she drags around. This backpack got very heavy and troublesome. Anxiety can be a heavy load to carry that stops you from moving ahead in life. However, just as we can choose to put the anxiety backpack on, we can also choose to take it off. Abby eventually learned to give her worries to God and trust Him to work in her life. Now it's time for you to be able to move ahead in your life!*



How do you feel now that the scary situation has ended? Sometimes kids worry that it will happen again or they have other worries. Circle any worries that you have below. Create your own Worry character for a fear that you may have that is not pictured. Give it a name. Some kids are afraid to talk about their fears because they think they will come true if they say them. This is not true. Our good God is in control over your future.

### The Worries

-  Panic
-  Fear of the Dark
-  Lonely
-  Bathroom Blues
-  Getting Sick
-  Sleep Over
-  Lost
-  Separation
-  Failure
-  Not Ready
- 



Some kids have trouble with sticky thoughts and/or nightmares about the scary event. These sticky thoughts play like a movie in their minds during the day or they dream about them at night. Draw any sticky thoughts or nightmares you are having about the scary event below. Remember that our good God is in control of your future. Just because you think or dream something, doesn't mean it will happen. *(Parents and Caregivers: This would be a good time to ask your child to tell you about his or her picture and give him/her a comforting hug.)*



Now it's time to pray about your worries, sticky thoughts, and nightmares. Ask God to help you work through them. Give Jesus your backpack of burdens and trust Him to help you.

## DEAR JESUS...

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"Give all your worries  
and cares to God,  
for He cares about you."

(1 PETER 5:7)



Now that you've gotten all of the worries out of your backpack, draw a new picture that shows Jesus holding you up and helping you through. Focus on drawing God's helpers in this picture. Use this thought to replace any sticky thoughts that start to come back.





## I AM GROWING IN MY CHARACTER

*(Check the character traits that describe you.)*

- Brave** (I am learning to move through my fear and trust God.)
- Persevere** (I am not giving up.)
- Loving** (I realize how important my family is to me. I am showing them more love.)
- Hard-working** (Life has been difficult after the scary event and I am working hard for my family.)
- Helpful** (I help others who need something.)
- Patient** (I am learning to wait for things I want or need without getting angry.)
- Compassionate** (I care about my family/friends when they are sad. I can give them a hug.)
- Thankful** (I am thanking the people who are helping me.)
- Open & Honest** (I was honest and willing to share my feelings and thoughts throughout this workbook.)
- Encouraging** (I am encouraging others with the Scriptures I learned and kind words.)
- Cooperative** (My parents are also hurting and I am trying my best to follow their rules.)

# A LETTER FROM YOUR HEAVENLY FATHER

*(Scriptural truths presented as a letter.)*

Dear child,

When I created this world a long time ago, it was a beautiful place without pain and suffering. There were no bad storms, earthquakes, or fires that destroyed things. There was no death. I created people to live with me forever in the Garden of Eden (Genesis 1–2). Then Adam and Eve, the first people I created, made a choice to disobey me. Their sin brought death and suffering into the world (Genesis 3). Hurricanes and other natural disasters are part of this suffering.

So our world is not the way I had intended. Today there's bad news and good news. The bad news is that all people still sin (ignore parents' rules, lie, steal, etc.) (Deuteronomy 5:6–21, Romans 3:23). Sinful people are not allowed in my perfect kingdom of heaven when they die. They instead will be punished in a place called hell (Matthew 25:31–46). The **GOOD NEWS** is that I sent my Son Jesus into the world on a rescue mission. Jesus died on a cross, and took the punishment for everyone's sin (Romans 5:8). After three days, I brought Jesus back to life! I defeated death (Luke 24:5–7, 1 Corinthians 15:3–4).

**Now you can be forgiven of your sin and live with me forever!**

*(John 3:16,36; Romans 6:23)*

**Admit** you have sinned and done wrong (1 John 1:9, Psalm 32:5). **Turn away** from wrong and follow Me (Acts 3:19). **Believe** that Jesus died on the cross for your sin and I brought Him back to life on the third day (Luke 24:5–7, 1 Corinthians 15:3–4). **Receive** Jesus as your Lord (John 1:12, Romans 10:9). You can receive Jesus as your gift from me and enjoy the peace of knowing you will be with Me and all other believers when you die. Jesus is preparing a beautiful place called heaven that is safe and filled with my great love! (John 14:2–3).

While you will have hard times in this world, always remember that I am with you in all situations. (John 16:33). I am in control and have a plan and purpose in everything (Jeremiah 29:11). Nothing can separate you from my love (Romans 8:38–39).

Love,  
Your Heavenly Father

*IDEA FOR PARENTS:*

*Go back and look up the Scripture references  
found throughout this letter.  
Read them to your family as a Bible study.*





THIS CERTIFICATE IS AWARDED TO

name

For completing



Help for the Hard Stuff: Hurricanes and Other Natural Disasters workbook

caregiver's signature



date

God is watching over you. Trust in Him and you'll get through!





I am very sorry  
you went through this!  
Jesus is close to you!



loves  
Abby



The Lord is close to the broken  
and crushed



Jesus



"The Lord is close to the  
broken hearted; he  
rescues those whose spirits  
are crushed."  
Psalm 34:18

you!



loves



Jesus loves you Yes He does

Love Frankie

**ABBY:** What's up Frankie?  
Is everything okay?



**FRANKIE:** Sorry to bother you, but it's  
urgent. Our friends need us.

**ABBY:** Which friends? Need us for what?



**FRANKIE:** Our friends we met  
on the mission trip.  
They have to leave their homes.  
A hurricane is coming...



*Abby and Frankie's Help for the Hard Stuff* is a workbook that helps children process through the devastating effects of hurricanes and other natural disasters. Parents and caregivers are invited to take their children through the sections of the workbook that aid in their family's healing. Abby & Frankie dialogues help children search for answers to the hard stuff. Counselor Clips give caring messages and tips. The Bible Connection explores Scriptures that provide support for scary events. Your Turn writing and art activities help children express their feelings and thoughts.

Children will learn that God is in control, even during the scary times. He is there for them and loves them dearly. The hard times can draw us closer to God and help us learn and grow in our character. God is watching over you, trust in Him and you'll get through!

*"The LORD is close to the brokenhearted;  
He rescues those whose spirits are crushed."  
Psalm 34:18*



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AGES 6-12

ISBN 978-9973741-1-72 \$12.95



BIBLICAL COUNSELING  
Children's Workbook / Natural Disasters