

Children: A Gift from God

Psalm 127:3 says that “Children are a gift from God.” What comes to mind when you think of a gift? A gift brings joy and excitement. It is something special, something of value and worth.

Many of the children I work with don’t feel valued and worthwhile. As a matter of fact, often they have been abused and mistreated.

They are God’s special gifts for sure, but they may be beaten down and feel broken.

When a child comes to therapy it may be difficult for them to express emotions. As adults when we sit down and talk with someone, we have more skills to express what is going on inside. But children do not have those skills developed yet.

Children interact with the world around them

through play.

Through play the child finds his voice to express what is going on inside.

Play Therapy is a directed extension of what children do naturally and it helps a child to find her voice and to express herself.

When a child enters the Play Therapy room, she finds a safe place where she can have control in one area of her life. The play room becomes a haven where she can explore the feelings and pain that are bottled up inside often seeping out in the form of anger, rage, and misbehavior.

The play therapist works on building a relationship where the child feels accepted as special and unique. Through this relationship the child can begin to gain some of what has been lost through his



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painful circumstances. He begins to find his place as the unique and wonderful gift that God made him to be.

Play Therapy provides a great tool that can be used as an agent for healing. I love to watch God show up in the process and do His healing work.

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