



ENGAGING KIDS & YOUTH in SUNDAY WORSHIP

1. MAKE SUNDAYS SPECIAL.

Make Sunday different from other days of the week! Some ideas for setting Sundays apart:

- Do a special clean of the house on Saturday night.
- As much as possible, set aside Sunday as a chore-free day for parents and kids alike.
- Dress up Sunday morning—nice clothes, curled hair! Whatever makes it different for you!
- Prep a special meal/dessert for Sunday.
- Put together a Sunday Box, decorated and filled with musical instruments and art supplies for use on Sunday only.
- Gather as a family in a special way on Sundays: have a tea party in the afternoon or game night in the evening.



2. RECREATE WHAT YOU CAN.

Recreate what you can from church and Sunday school, keeping as many routines and rituals as you find helpful.

- Create an altar as a focal point - place the cross and candle on it and let it be a reminder of the presence of Christ with us.
- Stand and sit and raise your hands through the liturgy like you normally would.
- Join the pre-service “Coffee Hour” as a family, to connect with other folks from church.
- Ask kids what they remember from Sunday mornings and do what you can to replicate it: even eating cheerios out of paper cups like they do in Sunday school can be a great reminder of what it was like (and will someday be like again) to gather with the family of God on Sunday mornings.



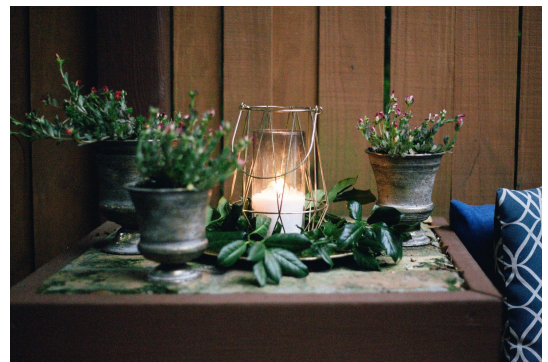
Also keep whatever other Sunday traditions you had formed as a family, outside of the morning service. Did you always have popcorn Sunday evening? Or a special dessert after Sunday lunch? A family walk? These are great and important ways to remind our kids (and ourselves) that it's still Sunday.

ASK KIDS: "What parts of Sunday (at church or beyond church) make it special to you?"

3. INCLUDE EACH FAMILY MEMBER IN SERVING.

Involve kids in preparing for Sunday worship. Give each child a specific task that only they are responsible for, such as:

- Removing any clutter or distractions from the worship space (Saturday night or Sunday morning).
- Setting up the cross in a prominent place.
- Lighting the candle before the service and extinguishing after service.
- Gathering Bibles from around the house for each member of the family.
- Gathering paper and art supplies.



4. GET CREATIVE!

Allow kids to use art supplies or drama to enter into the story with their imagination.

YOUTH/OLDER KIDS: Stories help us understand deep truths about God. Listen for stories in the Scripture reading and sermon (whether from the Bible or other stories that Fr. Aaron tells), and draw a picture or cartoon to retell the story in your own way. You can also act out the story for your parents and younger siblings after the service ends.



YOUNGER KIDS: Stories help us understand deep truths about God. Listen for stories in the Scripture reading and sermon as you color pictures of the story. Try to imagine how you would respond if you were there in the story with Jesus and his disciples. ([You can find some coloring pages here.](#))