Are you wanting all these things for your children Sunday morning? Are you feeling the burden of making all these things happen in the walls of your own home? Remember, you will have a lifetime of showing your children the ways of the Lord. Each day you are planting seeds in your children’s hearts, but just as the farmer does not plant seeds and harvest in the same hour, neither will you. We hope you are all showing yourself grace in this strange season, allowing for bumps in the road, and fixing your eyes on Jesus, the author and perfecter of your faith. (Hebrews 12:2)

That being said we do want to share some ideas about Sundays at Home. This is in response to a parent question, and we thought there may be more of you looking for some ideas.

Just like with so many parenting decisions you need to find what works for your family regarding livestream church. Maybe on Sunday morning your family participates in the singing and worship time together, watches the KidsWorld Sunday School, and then the adults watch the sermon during nap time. Or maybe you all watch the whole service together and save the Sunday School lesson for another day. We will be together again, but until then make the adjustments necessary for your family to get the most out of the service.

A phenomenon of “Shelter in Place” is that all the days seem to run together, but we do want Sunday to be different. The Bible says, “Remember the Sabbath by keeping it holy.” (Exodus 20:8) One way to set this day apart is to commit to not doing certain activities on Sunday such as house or yard work, watching tv, social media. Something that helps everyone know that this day is different.

Sunday dinners used to be a part of many American families’ week. A special meal reserved for Sunday could be something for everyone to look forward to. It doesn’t have to be a roast with all the trimmings. At the Sittons we relax on Sunday evening with cheese ‘n crackers, fruit, and popcorn. Another idea that could work when you don’t have to get everyone “ready” for church is to start the day with a special breakfast together before the service at 10:30am. Maybe you incorporate the special feast with an activity. Such as baking cookies to sit and dip in milk together. Whatever you think might be special (and yummy) for your family, just reserve it for Sundays only.

You can do this with other activities, too. Maybe there is a book you read together only on Sundays. Or a game you play. Maybe you have a time of question and answer about the week. What was your favorite thing that happened this week? Your least favorite? What is something new you learned? When did you most feel God’s love? How did you help someone this week? All these questions are good anytime, but setting aside a little discussion time just for Sunday could be something your children will start to look forward to.

Start a special “Sabbath” journal that you write down your praises from the past week, and requests for the coming week. Pray together over it, and the next week you can see what requests were answered.

Another thing that you could do is play worship music throughout the day. This can help keep the focus on God’s goodness and love.
Your family could set aside time each Sunday to reach out to others. It could be the same thing each week, like making and sending a card to someone on the prayer list, or decide on a different activity each Sunday that will touch someone’s heart. (For more specific ideas see “Missions at Home” email.)

The main way to set aside this day is prayerfully decide on some traditions that won't be part of life the rest of the week. “While uncomfortable, disruption creates a wonderful opportunity for us to establish new spiritual habits in our families.” (Rusty Osborne, “Family Worship Starts Now,” The Gospel Coalition) We hope some of these ideas will help you to get through this time of not being able to bring your children to church, and maybe some will continue even after we are once again worshipping together in the House of God. If you have any ideas to share send them to kids@jamul.org, also let us know specific questions you may have, too. (We’re sure you probably aren’t the only one.)