

FAMILY WORSHIP: MOMENTS OF REFRESHMENT

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This past summer, we had one of those days that makes you long for an ice-cold lemonade. So I removed my work gloves and went inside to stir some lemon juice, sugar, and water together. I poured it into some glasses, added some ice, and sat outside, sipping the lemonade. The cool refreshment during the day's heat made it worth the interruption.



Even though it can feel like a lot of work, taking time to do family worship can be incredibly refreshing. All family worship does not need to look the same, but it should help your family learn more about who God is and what he has done for them. Just like some people like their lemonade a little sweeter and some a little more sour, each family can figure out how to make this a refreshing time. Here are some things that I have found to make times of family worship a little more refreshing:

Sing songs with meaning. Sometimes, it is hard to remember truths from Scripture during tough times, but a song can often be more accessible. What songs would you like your kids to have stuck in their heads as they go through a difficult moment? Teach them a song with lyrics that can remind them of the truths of Scripture. Maybe it has encouraged you in the past and stuck with you since your childhood.

Act out Bible stories. Getting kids to sit and listen to Bible stories can sometimes seem impossible. Try having them act out the story as you read it! Acting and actions help them listen to what they need to be doing ("David picked up five smooth stones") and how they should respond ("David remembered who his God is and said to Goliath ..."). After they finish acting it out, ask your kids to wonder how their character might have felt when facing a giant, trying to sleep in a den of lions, or walking on the water toward Jesus.

Use resources. Children's storybooks help tell Bible stories at an age-appropriate reading level. Also, in today's technological world, there are many great resources to help you establish a Bible-reading routine, so ensure they have an on-screen Bible that is intuitive and easy to access.

Start reading a Bible story from the storybook on **day one** of the week. On **day two**, you could read the Bible story directly from Scripture. On **day three**, check out our Kids Corner ministry, which also has [DIY Activities](#), an [online video Bible study](#), and immersive [audio Bible stories](#) that retell the great stories of the Bible! On **day four**, discuss the new things you learned from each version.

Illustrate Sunday morning. Sometimes, the Sunday service can be overwhelming for kids as they try to figure out what is happening. Help your kids become familiar with some of the regular practices that your church does (The Lord's Prayer, Apostles Creed, Doxology, etc) or songs your church sings often. Combine these prayers and songs with hand gestures and fun actions to accompany them. During the service, draw pictures of what is being said or happening during the different parts of the service. After the worship time and throughout the rest of the week, remind them of the sermon's main point, read through the passage of Scripture again, and talk together about how your family could apply it.

The good news is that God ultimately works in our kids' hearts and minds. God uses the chaotic times of family worship and the times when everything goes as hoped for. Just like a cool glass of lemonade is refreshing on a hot day, may the Holy Spirit use your times of family worship to refresh your soul during the ups and downs of life.

Want to do a deep dive? Check out Family Fire's article [Nourishing Faith through Daily Devotions](#)

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