

Central Families Online: The Resource

We love gathering together and having fun, don't you? Well with Central Families Online and some simple tips we want to equip you to make the most of your Sunday, your sabbath day. A sabbath day was always meant to be fun and restful so let's try and bring back some of that to our Sunday.

We want to share with you some simple top tips to help you and your family have the most fun you can on a Sunday. We want kids to associate Sundays and church as a time of fun and exploration where they got to know Jesus as their own personal friend.... right? So let's stop, slow down, breathe.... and take some time to inject the fun into your Sundays. Because believe me... it makes it easier and more fun for you too.

Before

1. **Breathe.** This morning is going to be fun! Why don't you have a wee read the night before of the activity and see what it says. Means you can have everything ready... less to sort in the morning
2. **Rest.** Remember a Sunday is the day God gave us as to REST.... so make it enjoyable. Plan it out. It's biblical to rest on a Sabbath day. Resting may look slightly different if you have kids but it's importance remains the same (maybe even becomes more valuable).
3. **Invite**.... doing church at home with other people... WOW! It's so much fun. Please pay careful attention to the government guidelines but do meet with other families when possible. Why don't you try inviting over your neighbours.... a family may come into your home to watch a video that may never even THINK of walking into church building.
4. **Let the kids lead**... a wild one I know but a key one. Kids may need led as they do this but ask them questions after or even during. What do they want to do after? What do they want to do before? How do they want to do church? Who would they like to invite round? What ideas do they have? Would they like to do baking and eat it during church (yes please)? Make it special. You get to choose for the first time ever what biscuits you have for tea and coffee time... so do just that. When kids have an ownership of something they are more interested. When kids lead they learn to be leaders. Try taking it in turn each week to lead (parents, I'm sure the kids will let you choose the biscuits one week too).

During

1. **Snack**... it can be used before, during and after. It is a wonderful tool to increase concentration.
2. **Make yourself comfy.** Make a cushion station or a den... whatever it is make it special and make it different. This is joining church not just watching Paw Patrol on tv.
3. **Be Family**.... When possible try to have your whole family together as you join Central Families Online. What you show your kids in this is that you take God, church and their faith seriously. That will mean the world to them.

After

1. **Stop**... When Central Families finished don't just run off... stop for a moment. What do your kids want prayer for? What have been the highlights and the lowlights of their week. Let the kids share and then pray for one another. Let your kids pray too, they may not want to at first, they're just working it out (we all are). They want to learn from you... keep trying!
2. Use **activities** from the Central Families email. Those are there for you to use whether your kids are with friends on alone.
3. **Play**... Let your kids go play with their friends you've invited round to do church. If you want to watch the 11am... PERFECT. The kids can go and play. It's great. They entertain themselves (most of the time).
4. **Go for a walk**. Could you make it a prayer walk. A prayer walk is simply praying for the things you see and the things you pass. Houses of friends, shops, parks, trees... whatever you see.
5. Not comfortable with having other families inside your house, meet in the park or for a walk in the afternoon. Go on a prayer walk together.
6. 8pm.. We have a gathering at 8pm on Zoom. This will use the same talk from the 11am but will have live worship and we can actually see everyones face. This is a great time for you as parents to do church together after your little people are in bed (or on their way to bed).

Suggested Sunday Plan:

10.15- have a family or member(s) from your community round for breakfast

10.30- Central Families Online

10.45 (or when it finishes)- Pray together.

10.50- Snack

11- Kids could play or do the activity or join as you watch the 11am gathering

8pm- OR join the 8pm when your kids are in bed