

FAMILY RESOURCES

In Galatians 5, Paul reminds the early church *to continue to live God's way* so that followers will exhibit the "fruits" of knowing Him: **love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.**

This is as true in these uncertain times as it is in "normal" times or in times of abundance.

INFORMATION

As other organizations provide tips on digital learning, healthcare, food and entertainment, we've compiled a list of ways to invite God into your family's new rhythm and, in many cases, new daily routine.

prayer
& god's
promises

service &
friendship

song, rest
& nature

TOOLS

Want to get even more practical?

We've included some specific tools to get you started. Use what you like and leave the rest.

- [Online Weekend Messages for Kids, Parent Guides, & God Time Cards](#)
- Family Meeting Agenda
- Sample Daily Routine
- Daily Routine Outline.

Stay informed, resourced and encouraged.

Get real time updates, along with more tools at thecrossing.church/kidsresponse & on social media @kidscrossingstl.



just remember...

YOU GOT THIS!

Need reinforcements? We can help.

kidscrossing@thecrossing.church

prayerrequest@thecrossing.church

pastors@thecrossing.church



Everyone connects to God in different ways. Below is a list of ways to invite God into your family's new rhythm and, in many cases, new daily routine. Pick one, a few or try them all.

PRAYER

As a family, at least once a day, give each other a chance to reflect on what's good and name an emotion he/she is feeling.

- Nothing is a surprise to God. He is faithful and can be trusted. [Philippians 4:6](#); [Jeremiah 29:12](#); [1 Thessalonians 5:16-18](#)
- For a jumpstart: Check out sample prayers at [rockthis.org](#) and [crosswalk.com](#).
- Consider starting a prayer journal, referring to it often and adding people you've never met but are playing a key role during these times (e.g. nurses, first responders, leaders, etc.)

GOD'S WORD & PROMISES

Pick a verse for yourself and encourage everyone to do the same. Write them down and post somewhere visible.

- When fear, anxiety, anger or sadness comes, remind each other of His promises. [Psalm 119:105](#); [Proverbs 3:5](#); [Romans 12:2](#)
- For a jumpstart: Check out what God promises us in the verses listed [here](#), use the [God Time cards](#) from the last weekend's message, or get a kid-friendly devotional, like [Jesus Today](#); [Jesus Always](#); [Jesus Calling](#), [One Minute Devotions For Boys](#) or [Girls](#).

REST

Carve out at least 10 minutes (30-45 minutes is better) each day to unplug.

- Play, nap, read (for fun), journal, or relax knowing God is in control. [Psalm 23:1-6](#); [Isaiah 40:31](#); [Proverbs 3:5-6](#)

SING

Turn on your favorite praise and worship music playlist throughout the day.

- Let the words wash over you & create an environment of worship. [Psalm 150:6](#); [Psalm 95:1-6](#); [Isaiah 12:5](#). For a jumpstart: Try 99.1 JoyFM or [online](#), Boost 101.9 or [online](#), "This month at the Crossing" Playlist on Spotify

SERVE ONE ANOTHER

Together, decide how to divvy up responsibilities and, perhaps, help a family in need.

- More time together means more meals, dishes, laundry, clutter, etc. This can become a hardship for some. Let's serve cheerfully. [Matthew 20:28](#); [Galatians 5:13-14](#); [Matthew 5:16](#)

ENJOY NATURE

Grab the family and get outside multiple times a day, if possible.

- Whether you sit, walk, run, stretch, play sports bike ride, hopscotch, puddle-jump, or stargaze, celebrate God's gift to you. [Job 12:7-10](#); [Ecclesiastes 3:1-14](#); [1 Chronicles 29:11](#)

FRIENDSHIP

As a family or individually, reach out to someone you miss seeing or who you know needs encouragement.

- Challenge yourself to call or facetime. We are built to do life together. [Romans 12:4-5](#); [Romans 15:5](#); [Hebrews 10:24-25](#)



Below are some practical examples on how to fold in these God connections into your new rhythm and daily routine. Use what you like and leave the rest.

CHURCH AT HOME

If you plan to stream the weekend service, worship together as a family and then help your child watch the KidsCrossing programming created especially for them while you watch the adult-centered message.

- KidsCrossing content (right) can be found at <https://thecrossing.church/kidsresponse> and will be available on Fridays.
- Follow-up with your child by asking questions on the Parent Guide.
- Print out the God Time Card (elementary) for your child to have additional activities to work on during the week to solidify the content.

FAMILY CONNECTION

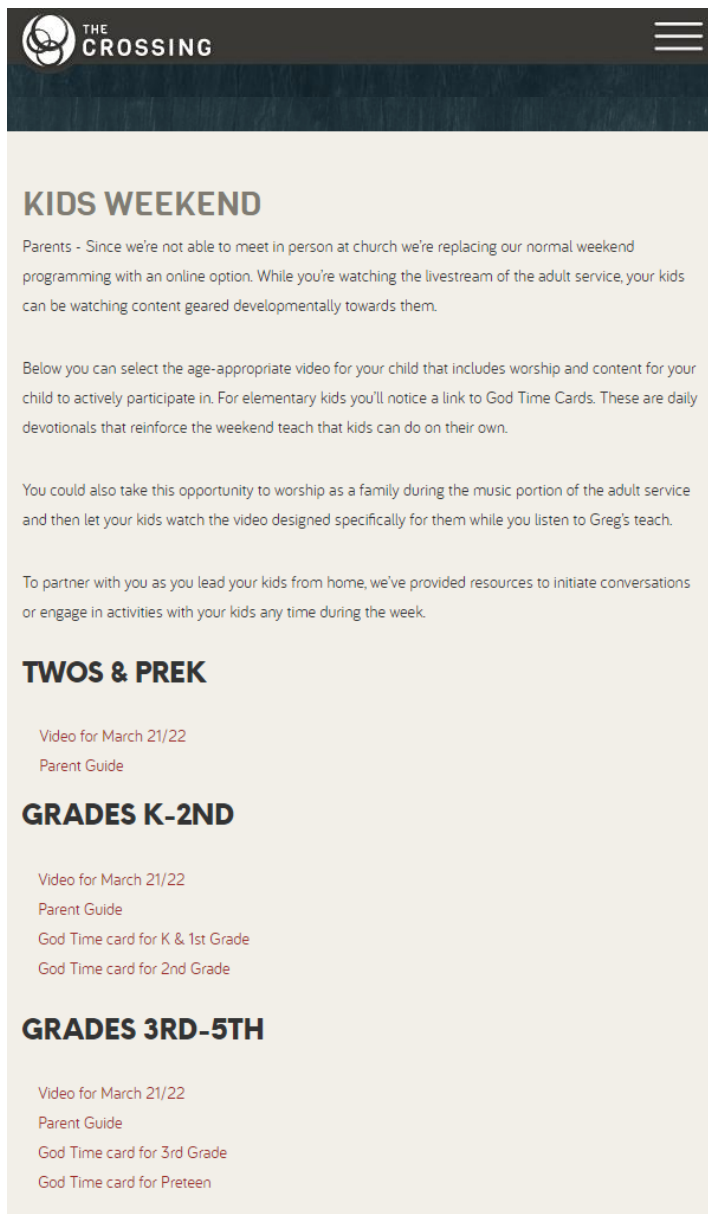
Change is hard. And, as much as kids balk, they crave routine and boundaries. Taking time to gather the family to discuss the future is worth the effort.

- A sample **Family Meeting Agenda** is included. Edit or adapt to meet the needs of your family.

A NEW DAILY ROUTINE

If you recently added child-care or homeschooling to the to-do list, sketching out a routine might help keep anxiety in the home at a minimum.

- A sample **Daily Routine** is included. It takes best practice into consideration and layers in opportunities to deepen your faith and help your family continue in their faith journey.
- A **blank routine template** is also included if you would like to customize one to fit your needs.



The screenshot shows the 'THE CROSSING' website header with a logo and a hamburger menu. The main content area is titled 'KIDS WEEKEND' and includes text about streaming services and age-appropriate content. Below this, there are sections for 'TWOS & PREK', 'GRADES K-2ND', and 'GRADES 3RD-5TH', each with links to videos, parent guides, and God Time cards for specific dates and grade levels.

THE CROSSING

KIDS WEEKEND

Parents - Since we're not able to meet in person at church we're replacing our normal weekend programming with an online option. While you're watching the livestream of the adult service, your kids can be watching content geared developmentally towards them.

Below you can select the age-appropriate video for your child that includes worship and content for your child to actively participate in. For elementary kids you'll notice a link to God Time Cards. These are daily devotionals that reinforce the weekend teach that kids can do on their own.

You could also take this opportunity to worship as a family during the music portion of the adult service and then let your kids watch the video designed specifically for them while you listen to Greg's teach.

To partner with you as you lead your kids from home, we've provided resources to initiate conversations or engage in activities with your kids any time during the week.

TWOS & PREK

Video for March 21/22
Parent Guide

GRADES K-2ND

Video for March 21/22
Parent Guide
God Time card for K & 1st Grade
God Time card for 2nd Grade

GRADES 3RD-5TH

Video for March 21/22
Parent Guide
God Time card for 3rd Grade
God Time card for Preteen



FAMILY MEETING AGENDA

Radical shifts to the normal routine are tough on everyone.

Kudos to you all for carving out time to talk as a family and figure out how to do life well together. God is good and can be trusted to redeem this crisis for His glory.

Here are questions to get you started. General rules: 1) make sure everyone gets a chance to share, 2) be good listeners and 3) feel free to let the answers guide your conversation.

1. What has been the hardest part, so far? And, what has been surprisingly good?
2. Read Galatians 5: 22-26 and Philippians 4:4-9 together as a family.
 - What stood out to you?
 - How can the family pray for you?
 - What can we do, throughout the week, to fill our hearts with peace and be a source of love, joy, peace, forbearance, kindness, goodness and faithfulness to one another?
 - How will we do church on the weekend?
Check out <https://thecrossing.church/kidsresponse> for resources.
3. What could fun look like both individually and as a family - with and without screens?
4. Who do we want/need to stay connected to? How should we do that?
5. What could a new normal day look like?
What did the routine look like at school? For ideas, check out this sample routine. Use it for your own or create a new one.

BONUS QUESTION: Are there people who might be more negatively impacted by this situation than us? If so, how could we show God's love for them during this time?



Be on the lookout for subtle ways to “mark the moment”, as well as encourage and affirm one another. Take a lot of pictures. They'll serve as reminders about how strong your family is and how good our God is.



SAMPLE DAILY ROUTINE

Before 9AM	Wake Up	<u>Don't do this on your own.</u> Take 10 minutes to PRAY and READ a devotion while the kids sleep, eat breakfast, make their bed or get dressed.
9AM	Move	<u>Our bodies are a gift.</u> Grab the family and get ACTIVE . Mix it up with bikes, walking, stretching, hopscotch, dancing, playing a sport, etc.
10AM	Learn	<u>Focus your attention.</u> Work together (or separately) on the challenging ACADEMIC subject(s): math, phonics, spelling, reading, writing, etc.
11AM	Create	<u>Imagination has no limits.</u> Everyone EXPRESS yourself in art, culinary, prose or workshop. Could you use your gift to spread love to someone in need?
Noon	Lunch	<u>Take your time.</u> Reimagine mealtimes. Pull out a kid-friendly DEVOTIONAL or the God Time Card from the weekend. Read and discuss together.
12:45PM	Serve	<u>Many hands...</u> Stay HEALTHY . Wipe down tables/chairs, door handles, switches, bathrooms. Put away toys and items from the morning.
1PM	Quiet	<u>Rest.</u> SLOW down the pace and lower the decibels by reading, praying, napping, practicing mindfulness, putting together a puzzle, coloring, etc.
1:45PM	Connect	<u>Stay connected with family and friends.</u> Call/text someone you miss and try to be agents of peace. Consider sharing a SCRIPTURE that gives you hope.
2PM	Learn	<u>Focus your attention.</u> Grab a snack and work on whatever ACADEMIC subject(s) you didn't get to in the morning.
3:30PM	Move	<u>Enjoy some good, old fashion free play.</u> Let the kids enjoy some indoor and/or outdoor unstructured PLAY . Join in or catch up on laundry.
4:30PM	Screen	<u>Let someone else entertain them.</u> Turn on a parent-approved show(s) and, give yourself PERMISSION to prepare dinner in peace.
5:15PM	Dinner	<u>Take your time.</u> Reimagine mealtimes. Bring out the PRAYER LIST , ask how the routine is going, tell jokes, clean up together, etc.
6:30PM	Family Fun	<u>All they need is you.</u> Race cars, play make believe or a game, read a book, have a dance party... whatever they need to CONNECT with you.
7:30PM-8:30PM	Bedtime	<u>Reassure them they are loved.</u> Amidst the last round of toy pick up, showers, teeth brushing, story telling, prayers or songs REMIND them (and yourself) of our Heavenly Father's promise: <i>"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27</i>

[illegible]