



Strategies for Engaging Children in the Worship Service

by Sally Michael

Suggestions for Helping Your Child Worship

Sometimes the difference for children between enduring Sunday morning services and enjoying Sunday morning services is simply a matter of preparation and training. It is our heartfelt prayer that your child will come as a participant in the service to worship our great God. To that end, we have prepared a few suggestions that might help you lead your child to worship this morning.

1. Be prepared for worship.

Sunday morning starts Saturday night—lay out clothes (find all shoes!), get offerings ready, rehearse memory verses, gather together everything you need to bring with you, etc. before Sunday morning. Keep Sunday simple—Make a simple breakfast and leave the house with time to spare. Remind your child of your expectations of his behavior during the church service.

2. Be a role model for your child.

Start your morning with a positive attitude, a cheerful tone, a spirit of anticipation and enthusiasm, and a heart for worship.

3. Walk your child through the service before the service starts.

Look over the bulletin; point out what will be happening and how your child can participate. This may mean teaching him a refrain of a responsive reading or teaching him a phrase from a song or chorus and asking him to listen for it. You may want to pray with your child before the service starts.

4. Pray for your child.

Pray not only that your child will learn to participate and listen attentively, but pray that his heart would be inclined to the Lord.

5. Encourage your child to participate in the service.

By teaching your child hymns and worship songs at home he will be able to participate in the service. If he cannot learn the whole hymn/song, teach him the refrain and signal to him when it is time to sing the part he knows. Encourage your child to sit and to stand at the appropriate times, to clap when appropriate, etc. If you use hymn books, show him the words in the hymn book, moving your finger along as the hymn is sung. (Even if your child is a non-reader, this will help to focus his attention and encourage him to pay attention to the words.) Have your child bring an offering and place it in the plate.

6. Help your child become an active sermon listener.

Help your child to focus on the sermon by quietly whispering instructions to him—i.e. “Listen to this story”, “Can you draw a picture of...”. This is not a time of long instruction, but just very short statements to focus his attention. It is also not a time for your child to whisper back to you. Encourage a younger child to listen to the sermon and to draw a picture of something from the sermon. (This should not be seen as a time for doodling, but for active listening.) If your child is very young and has a hard time sitting for a long time, after he has listened to the sermon for awhile, you may want to let your child look at small (non-distracting) Bible storybooks. As your child gets older and learns to write, model for him how to take simple notes—Let him copy your notes at first; then encourage him to take his own. Keep a spiral notebook that is specifically for Sunday morning; or purchase one of the church notebooks from Children Desiring God.

7. Stretch your child's ability to sit still and be attentive.

If you have an active child, you may need to take your child out of the service part way through. Keep stretching him until he can sit through the whole service. You may need to be firm. Affirm positive behavior.

8. Talk about the service on the way home.

Speak positively with your child about the service, and ask him if he has any questions. Encourage him to share his drawings or notes.

JANUARY 1, 1995

The Family: Together in God's Presence

Article by John Piper and Noël Piper Topic: Parenting

Desiring God

God-centered worship is supremely important in the life of our church. We approach the Sunday morning worship hour with great seriousness and earnestness and expectancy. We try to banish all that is flippant or trivial or chatty. Not all services are this way. Sunday morning is the Mount of Transfiguration—the awesome place of glory and speechlessness. Sunday or Wednesday evening is the Mount of Olives—the familiar spot for conversation with the Lord and each other.

In this article, we hope to do two things: 1) demonstrate that parents (or some responsible adult) should bring little children to the Sunday morning worship service rather than send them to a “children’s church”; 2) give some practical advice about how to do it. We don’t claim that our way of worshiping is the only valid way. Not all our ideas may fit with the way another church does it. For example, we don’t have a children’s sermon as part of our Sunday morning service. It would be fun for the children, but in the long run would weaken the spiritual intensity of our worship. To everything there is a season. And we believe that, for at least one hour a week, we should sustain a maximum intensity of moving reverence.

The Biggest Stumbling Block

There are several reasons why we urge parents to bring their children to worship. But these arguments will not carry much weight with parents who do not love to worship God. The greatest stumbling block for children in worship is that their parents do not cherish the hour. Children can feel the difference between duty and delight. Therefore, the first and most important job of a parent is to fall in love with the worship of God. You can’t impart what you don’t possess.

Together

Worshiping together counters the contemporary fragmentation of families. Hectic American life leaves little time for significant togetherness. It is hard to overestimate the good influence of families doing valuable things together week in and week out, year in and year out. Worship is the most valuable thing a human can do. The cumulative effect of 650 worship services spent with Mom and Dad between the ages of 4 and 17 is incalculable.

Catch the Spirit

Parents have the responsibility to teach their children by their own example the meaning and value of worship. Therefore, parents should want their children with them in worship so the children can catch the spirit and form of their parents’ worship. Children should see how Mom and Dad bow their heads in earnest prayer during the prelude and other non-directed times. They should see how Mom and Dad sing praise to God with joy in their faces, and how they listen hungrily to His Word. They should catch the spirit of their parents meeting the living God. Something seems wrong when parents want to take their children in the formative years and put them with other children and other adults to form their attitude and behavior in worship. Parents should be jealous to model for their children the tremendous value they put on reverence in the presence of Almighty God.

Not an Excessive Expectation

To sit still and be quiet for an hour or two on Sunday is not an excessive expectation for a healthy 6-year-old who has been taught to obey his parents. It requires a measure of discipline, but that is precisely what we want to encourage parents to impart to their children in the first five years. Thus the desire to have children in the worship service is part of a broader concern that children be reared so that they are “submissive and respectful in every way” (1 Timothy 3:4). Children can be taught in the first five years of life to obey their father and mother when they say, “Sit still and be quiet.” Parents’ helplessness to control their children should not be solved by alternative services but by a renewal of discipline in the home.

Not Everything Goes Over Their Heads

Children absorb a tremendous amount that is of value. And this is true even if they say they are bored.

The Family: Together in God's Presence - Continued

Music and words become familiar. The message of the music starts to sink in. The form of the service comes to feel natural. The choir makes a special impression with a kind of music the children may hear at no other time. Even if most of the sermon goes over their heads, experience shows that children hear and remember remarkable things. The content of the prayers and songs and sermon gives parents unparalleled opportunities to teach their children the great truths of our faith. If parents would only learn to query their children after the service and then explain things, the children's capacity to participate would soar.

Not everything children experience has to be put on their level in order to do them good. Some things must be. But not everything. For example, to learn a new language you can go step by step from alphabet to vocabulary to grammar to syntax. Or you can take a course where you dive in over your head, and all you hear is the language you don't know. Most language teachers would agree that the latter is by far the most effective. Sunday worship service is not useless to children just because much of it goes over their heads. They can and will grow into this new language faster than we think—if positive and happy attitudes are fostered by the parents.

A Sense of Awe

There is a sense of solemnity and awe which children should experience in the presence of God. This is not likely to happen in children's church. Is there such a thing as children's thunder or children's lightning or the crashing of the sea "for children"? A deep sense of the unknown and the mysterious can rise in the soul of a sensitive child in solemn worship—if his parents are going hard after God themselves. A deep moving of the magnificence of God can come to the young, tender heart through certain moments of great hymns or "loud silence" or authoritative preaching. These are of immeasurable value in the cultivation of a heart that fears and loves God.

We do not believe that children who have been in children's church for several years between the ages of 6 and 12 will be more inclined or better trained to enjoy worship than if they had spent those years at the side of their parents. In fact, the opposite is probably the case. It will probably be harder to acclimate a 10- or 12-year-old to a new worship service than a 5- or 6-year-old. The cement is much less wet, and vast possibilities of shaping the impulses of the heart are gone.

Some Practical Suggestions from Noel

When our four sons grew to be young men, we assumed that the worship-training chapter of our life had ended. But God has wonderful surprises. Our youngest son was 12 when we adopted our daughter, who was just a couple of months old. So our experience with young children in the pew started more than twenty years ago and will continue a while longer.

Getting Started Step by Step

We discovered that the very earliest "school" for worship is in the home—when we help a baby be quiet for just a moment while we ask God's blessing on our meal; when a toddler is sitting still to listen to a Bible story book; when a child is learning to pay attention to God's Word and to pray during family devotional times.

At church, even while our children were still nursery-aged, I began to help them take steps toward eventual regular attendance in Sunday morning worship service. I used other gatherings as a training ground—baptisms, choir concerts, missionary videos or other special events that would grab the attention of a 3-year-old. I'd "promote" these to the child as something exciting and grown-up. The occasional special attendance gradually developed into regular evening attendance, while at the same time we were beginning to attempt Sunday mornings more and more regularly.

I've chosen not to use the church's child care as an escape route when the service becomes long or the child gets restless. I don't want to communicate that you go to a service as long as it seems interesting, and then you can go play. And I wanted to avoid a pattern that might reinforce the idea that all of the service is good, up until the preaching of God's Word—then you can leave. Of course, there are times when a child gets restless or noisy, despite a parent's best efforts. I pray for the understanding of the people around me, and try to deal with the problem unobtrusively. But if the child won't be quiet or still, I take him or her out—for the sake of quick discipline and for the sake of the other worshipers. Then I have to decide whether we'll slip back into service or stay in the area reserved for parents with young children. It depends on how responsive the child seems and whether there's an appropriate moment in the flow of the service. If we stay in the "family area" outside the sanctuary, I help my child sit quietly as if we were still in the sanctuary. By the time they are four years old, our children assume that they'll be at all the regular weekly services with us.

Preparation All Week Long

Your anticipation and conversation before and after service and during the week will be important in helping your child learn to love worship and to behave well in service. Help your children become acquainted with your pastor. Let them shake hands with him at the door and be greeted by him. Talk about who the worship leaders are; call them by name. Suggest that your child's Sunday School teacher invite the pastor to spend a few minutes with the children if your church's Sunday morning schedule allows for that.

If you know what the Scripture passage will be for the coming Sunday, read it together several times during the week. A little one's face really lights up when he hears familiar words from the pulpit. Talk about what is "special" this week: a trumpet solo, a friend singing, a missionary speaker from a country you have been praying for.

Sometimes you can take the regular elements of the service and make them part of the anticipation. "We've been reading about Joseph. What do you think the pastor will say about him?" "What might the choir be singing this morning?" "Maybe we can sit next to our handicapped friend and help him with his hymnbook so he can worship better too."

There are two additional and important pre-service preparations for us: a pen and notepad for "Sunday notes" and a trip to the rest room (leaving the service is highly discouraged)

What Happens During Service?

First, I let a child who wants a worship folder have one—it helps a child feel like a participant in the service. And quietly, before service begins, I may point to the different parts of the service listed in the folder. During service, we all sit or stand along with rest of the congregation. I share my Bible or hymnal or worship folder with my little one, because use of these is an important part of the service.

The beginning of the sermon is the signal for "notetaking" to begin. (I want a child's activities to be related to the service. So we don't bring library books to read. I do let a very young child look at pictures in his Bible, if he can do it quietly.) Notetaking doesn't mean just scribbling, but "taking notes" on a special pad used just for service.

"Taking notes" grows up as the child does. At first he draws pictures of what he hears in the sermon. Individual words or names trigger individual pictures. You might pick out a word that will be used frequently in the sermon; have the child listen carefully and make a check mark in his "notes" each time he hears the word.

Later he may want to copy letters or words from the Scripture passage for the morning. When spelling comes easier, he will write words and then phrases he hears in the sermon. Before you might expect it, he will probably be outlining the sermon and noting whole concepts.

Goals and Requirements

My training for worship has three main goals:

- 1 That children learn early and as well as they can to worship God heartily.*
- 2 That parents be able to worship.*
- 3 That families cause no distraction to the people around them.*

So there are certain expectations that I teach the young ones and expect of the older ones:

- Sit or stand or close eyes when the service calls for it.*
- Sit up straight and still—not lounging or fidgeting or crawling around, but respectful toward God and the worshipers around you.*
- Keep bulletin papers and Bible and hymnal pages as quiet as possible.*
- Stay awake. Taking notes helps. (I did allow the smallest ones to sleep, but they usually didn't need to!)*
- Look toward the worship leaders in the front. No people-gazing or clock-watching.*
- If you can read fast enough, sing along with the printed words. At least keep your eyes on the words and try to think them. If you can't read yet, listen very hard.*

The Family: Together in God's Presence - Continued

Creating an Environment in the Pew

For my part, I try to create an environment in our pew that makes worship easier. In past years, I would sit between whichever two were having the most trouble with each other that day. We choose seats where we can see the front better (while seated, not kneeling on the pew; kneeling leads to squirming and blocks the view of others).

Each child has a Bible, offering money and worship folder at hand, so he doesn't have to scramble and dig during the worship time. During the prelude, if I notice in the bulletin something unusual for which we need to be prepared (a responsive reading or congregational prayers, for example), I quietly point it out to a child who is old enough to participate.

Afterward

When the service has ended, my first words are praise to the child who has behaved well. In addition to the praise, I might also mention one or two things that we both hope will be better next time.

But what if there has been disregard of our established expectations and little attempt to behave? The first thing that happens following the service is a silent and immediate trip to the most private place we can find. Then the deserved words are spoken and consequences administered or promised.

Closeness and Warmth

On the rare occasions when my pastor-husband can sit with the rest of us, the youngest one climbs right into his lap—and is more attentive and still than usual. What a wonderful thing for a young mind to closely associate the closeness and warmth of a parent's lap with special God-times.

A child gets almost the same feeling from being next to his parent or from an arm around the shoulder or an affectionate hand on the knee. The setting of the tight family circle focusing toward God will be a nonverbal picture growing richer and richer in the child's mind and heart as he matures in appreciation for his family and in awe at the greatness of God.

