



As our city responds to schools with extended Spring Break, shutdowns, shelter in place, and other city-wide cancellations, we want to encourage you to see God and the opportunities He has for you. These days at home might feel overwhelming or may be just what your family needed. However, you are feeling, extra time with your family is an opportunity to rest in Jesus together. Look for moments to practice family devotions, facilitate conversations, and create safe moments for your children to process any fear or concerns they have, and celebrate family life together! Let's engage deeply, and may we be able to say when we look back on these days, "Look what the Lord has done!!!"

Sunday Mornings

- Gather your family around the TV & worship together with Antioch FW on [YouTube!](#)
- Use our Kids Resources attached to the Sunday Service Guide to keep kiddos minds and bodies engaged during the sermon. All you'll need is crayons and a hard surface-- keep it simple! Consider using puzzles or playdoh for littles :)
- After the sermon, use our Family Discussion Questions to process and pray
- Practice the family memory verse together!
- If you are not receiving the Sunday Morning Service Guide, click [HERE](#)

General

- Kids thrive on structure – consider implementing consistent wake up times, mealtimes, and activity times throughout the day to help them anticipate what's next. Think of it as a liturgy – these are practices that shape your child's heart towards God. If you need help, see our [COVID-19 Family Schedule](#) for an example :)
- Let your kids have a voice when it comes to deciding how to spend your days! Ask them what they want to do or give them a few options to choose from.
- As the world's pace slows down around us, there might be a temptation to isolate yourself, or you might be tempted to escape boredom by frantically planning out every hour ahead of you. Fight to land somewhere in the middle: we are free to both embrace the rest that God has for us as well as diligently pursue community and the lost in the weeks to come.
- It's going to be messy. It's going to be tempting to remove yourself from your community. Keep going and keep asking God for help. If one day doesn't work, God's mercies are new for you and your family the next morning!

Family Devo/Prayer ideas:

- For Lent/Easter:
 - [Lent Week 3, Week 4, & Week 5](#)
 - [Stations of the Cross](#)
 - [Superbook video He is Risen and Family Guide](#)
 - [Sermon Notes for Kids](#)
- Use the Family Devotional Guides from Illustrated Ministry during the week. They include great coloring sheets and puzzles to keep hands and bodies busy! For little bitties, consider letting them play with play-doh, do puzzles, or count goldfish crackers while you talk :)
- With little bitties, read aloud from the Jesus Storybook Bible while they eat a meal or a snack
- We LOVE Long Story Short by Marty Machowski as a Family Devo guide for mixed age families.
 - **If you are in need of a great Devo guide for your family, contact us! We would love to send one your way via Amazon delivery :)**
- Host lots of fun worship dance parties! Turn on Hillsong Kids, Planet Shakers, Bethel Worship on YouTube and dance and sing your hearts out!
- With older kids, read through the Proverbs. These are full of God's wisdom for our children!
 - [The Bible Project: Proverbs](#)
 - [Overview: Proverbs](#)
- Have your child write or color letters to encourage and brighten up the day of your local nursing home or assisted living center. Mail to:

*Community Healthcare of Texas
Attn: Nursing Home Project
6100 Western Place, Ste. 105. Fort Worth, TX 76107*
- [10 Ideas & 10 Tips for Family Devotions](#)
- [5 Tips for Establishing a Devotional Routine with Your Toddler](#)
- [Prayground](#) - A list of ways to make games into fun prayer times.

Meal time ideas:

- Have a rotating prayer calendar where you focus prayers at meals. For example:
 - Monday: Each Other
 - Tuesday: Extended Family or Church Family
 - Wednesday: Neighbors & City
 - Thursday: Government
 - Friday: Pick one of our church plants, a nation, or pray for the lost by name
 - AFW church planters: Duplechins, Engs, Sandy Hennip, Mehanovic, McConnells, Penningtons, & Kathy Warren
 - Consider printing out pictures of who/what to pray for and post them on a wall for kids to see.
- Have themed dinners where you dress up to match the theme. A few ideas are:
 - Monday - Country Night: Cowboy attire, country music, & homestyle cooking
 - Tuesday - Taco Tuesday: listen to salsa music while you dine!
 - Wednesday - Breakfast for dinner and wear your PJs!
 - Thursday - Family Picnic: spread an old blanket on the floor and enjoy finger foods

- Friday - Dinner and Dancing: dress/date clothes, & fancy dinner on the good china!

Family Time Ideas:

- [A Parent Guide to Family Night](#) by Axis
- Game Night
- Movie Night
- Camping out in the yard
- Zoom party with other families
- Themed food night

Pre-school resources:

Things to do at home:

Get moving:

- [Cosmic Kids Yoga](#)
- [GoNoodle](#)

Get creative:

- [Lunch Doodles with Mo Willems](#)
- [Art for Kids Hub](#)
- [Doodles Academy](#)

Podcasts/Read Alouds:

- [Storyline](#) (Storytelling for kids)
- Spotify Podcasts:
 - [Ear Snacks](#) (music, science, art, and culture for kids)
 - [Wow in the World](#) (NPR science for kids)
 - [Planet Storytime](#) (10-15 min. storytelling)
 - [The Music Box](#) (music education for kids)
 - [Jesus is Better](#) (Bible stories for kids)

Learn through play:

- [Busy Toddler](#)
- [Days with Grey](#)
- [Happy Toddler Play Time](#)
- [Little Ones Learn](#)

Time to Read

- Books for Toddlers
 - [Jesus Heals: An Anatomy Primer](#)
 - [Holy Week: An Emotions Primer](#)
 - [Psalms of Praise: A Movement Primer](#)
- Books for Preschoolers
 - [Jesus Rose for Me](#)
 - [The Beginner's Gospel Story Bible](#)
 - [The Jesus Storybook Bible](#)
- Books for Elementary & Older
 - [Heroes of the Faith series](#)
 - [The Ology: Ancient Truths. Ever True](#)

- [The Wingfeather Saga](#)
- [Chronicles of Narnia](#)

For Parenting Teens

- Axis Parent Guides to...
 - [Discipling Teens](#)
 - [Depression & Anxiety](#)
 - [Shame-Free Parenting](#)
 - [Teen FOMO](#) (*fear of missing out*)
 - [YouTube](#), [Tik Tok](#), and [Social Media](#)
- For Parent-Teen Quality Time...
 - [14 Things to do with Teens if You're Quarantined for COVID-19](#)
 - [Question to Ask Your Children](#) by Todd Wagner
 - [Free Enneagram Test](#) & [Parent Guide to the Enneagram](#)

For Mom or Dad

- [How to Talk to Children about the Coronavirus](#)
- [Parenting](#) by Paul David Tripp
- [Give Them Grace](#) by Elyse M. Fitzpatrick & Jessica Thompson
- [Treasuring Christ When Your Hands are Full](#) by Gloria Furman
- [The Whole-Brain Child](#) by Daniel J. Siegel & Tina Payne Bryson
- [The Gospel Comes with a House Key](#) by Rosaria Butterfield
- [Nurturing the Heart of a Child Podcast](#)
- [Lent for Everyone Bible Reading Plan](#) by N.T. Wright (It's not too late to start!)

Teachings from our Wisdom in the Journey gatherings:

- [September 2019](#) - Julia Ekpo
- [October 2019](#) - Kim Miller
- [November 2019](#) - Lyndy Pinkston
- [February 2020](#) - Tiffany Guild
- [March 2020](#) - Marriage Panel

[Parenting Class Night 1](#) - Lyndy Pinkston (Creating a culture of Honor in your home)
 Laura Albright (Creating a Healthy Emotional Family)

Where do I find community online?

- Follow us on [Instagram](#) or [Facebook](#).
 - Join the new Facebook [Church-Wide Group](#) & [Kids Ministry Group](#)!
 - AFW Instagram page for moms coming soon
- Join a LifeGroup! Click this [link](#) :)
- Contact us at lyndy@antiochfortworth.com, julia@antiochfortworth.com, or erin@antiochfortworth.com