

## FAMILY ACTIVITY

# The Weekly Challenge: Morning and Evening Worship



15 minutes



As a Family



This devotional

We invite your household to join a special spiritual discipline this week. The challenge is to establish a Morning and Evening Worship.

This week's challenge is to establish a routine with a morning and evening worship every day. Set a reminder if needed, and if you miss one worship, don't get discouraged. Try again!



**In the morning:** Start the day by dedicating your plans to the Lord. A short scripture reading and a prayer for protection and guidance can change the entire atmosphere of your day.



**In the evening:** Before the day ends, gather to read this week's devotionals and thank God for His mercies during the day. It is the best way to ensure a peaceful heart before sleep.

\*Once this week's devotional ends, you can continue evening worships by gathering to study your Sabbath Bible Lessons.

Consistency is the hardest part of any spiritual habit. To help you stay on track, we have designed a Daily Devotional Checklist.

# Activity: Morning and Evening Worship

Keep track of every worship your family has together this week. Leave a pen or pencil with this booklet in the place you designate for family worship.

Check off each morning and evening session as a family.

Don't worry about making it "perfect"; the goal is consistency over perfection. Let this be the week your home becomes a sanctuary.

| Day       | Morning Family Worship | Evening Family Worship |
|-----------|------------------------|------------------------|
| Sunday    |                        |                        |
| Monday    |                        |                        |
| Tuesday   |                        |                        |
| Wednesday |                        |                        |
| Thursday  |                        |                        |
| Friday    |                        |                        |
| Sabbath   |                        |                        |

## Suggested worship plan:

Read the Family Week Devotional reading

Perform the day's activity

Sing a song

Pray together