

# Children's Sabbath



## What is Children's Sabbath?

Children's Sabbath engages communities of all faiths to engage in prayer, worship, education programs, and action on learning more about the urgent problems facing our nation's children. Children's Sabbath is not the same as Children's Sunday/Youth Sunday which is planned mainly by children and youth. Children's Sabbath is an opportunity to become aware of and advocate for children who are facing challenges.

(learn more here: <https://www.childrensdefense.org/programs/faith-based/childrens-sabbath-celebration/>)

## Resources for Children's Sabbath

[Planning for Children's Sabbath \(All Faiths\)](#)

[Christian Worship Resources for the Children's Sabbath](#)

## Involve Children and Youth

Should you decide to celebrate Children's Sabbath as part or all of a worship service, children and youth can participate in the following ways:

- Draw pictures for the bulletin cover
- Greet people as they arrive for worship
- Read prayers and scripture
- Write a prayer to be used in worship
- These and additional ideas may be found here: [Children's Sabbath Resources](#)
- Present a short drama or liturgical dance in worship
- Perform a special anthem, play an instrument, or sing a song

## Empowering our Children

Through the Children's Defense Fund, children can learn about civic engagement and cast their votes for the issues that matter most to them. The challenge is to encourage at least 5 children to cast their vote. You can learn more here: [Children's Vote](#).

## Michigan Conference

Individuals who are champions for children are invited to participate together in the following ways:

1. Pray – commit to praying for children, for an end of poverty in our time, and how you are called to take action to bring an end to poverty, violence, and injustice.
2. Learn – learn more about the problems facing children (one suggestion is [childrensdefense.org](http://childrensdefense.org))
3. Advocate - Support children/youth by donating items to a local school (Ask what they need. Common items are outdoor clothing for winter or visit [www.childrensdefense.org/take-action](http://www.childrensdefense.org/take-action))
4. Take Action – Use your voice to make a difference. Here are two suggestions: [Protect SNAP for Children](#) and [Protect Children, Not Guns](#) (common sense approaches to gun violence prevention)

*For additional resources or more information, contact Rev. Kathy Pittenger, Children's Initiatives Coordinator, Michigan Conference at [kpittenger@michiganumc.org](mailto:kpittenger@michiganumc.org) or 517.897.4483*