The Family Worship and Rest Planner

Prepare simply and share the remaining care.

A rest rhythm must account for real work schedules and essential duties. Preparation should serve the household without placing all the work on one person.

Example: adults confirm worship, choose a simple meal, and divide essential care and cleanup. The family leaves an open period for unhurried time and later checks whether anyone carried an unfair share.

01 Name the conviction and constraints

Use your church's teaching and actual responsibilities.

Church teaching or family conviction

Realistic shared rest window

Work or caregiving constraints

People whose needs must be included

02 Prepare modestly

Make necessary work visible and shared.

Worship plan to confirm

Simple food or preparation plan

Preparation duties and owners

Work we can reasonably simplify

The Family Worship and Rest Planner / Review & follow-through

03 Leave space and provide care

Choose a few suitable activities and essential duties.

Unhurried activity or open time

Essential care and adult owners

Necessary communication to keep available

Shared cleanup or next-day finish

04 Review the actual rest

Check the people as well as the plan.

Where people received room to rest

Workload still too heavy for someone

Practical adjustment for next time

Church or household conversation needed