

CHURCH TOOLKIT • ROCK YOUR SOCKS SUNDAY

Rock Your Socks Sunday Kit

March 21, 2027 is a Sunday!



Everything to celebrate World Down Syndrome Day as a whole church, in just a few minutes of your service or all morning long. It includes announcements, pastor talking points, sermon starters, a bulletin insert, an email and social posts, a responsive reading and prayer guide, a kids' moment, and follow-up ideas. A matching slide deck is a separate file.

WHAT'S INSIDE

- | | |
|----------------------------|--------------------------------|
| 1 Planning timeline | 2 Announcement scripts |
| 3 Pastor's 3-minute moment | 4 Sermon starters (4 passages) |
| 5 Children's moment | 6 Responsive reading & prayers |
| 7 Bulletin insert (2-up) | 8 Email, social & follow-up |

PLAN IT

Planning timeline

Pick your size, then follow the countdown. The most important step: **plan with people with Down syndrome and their families, not just for them.**

Light: 5 minutes

An announcement, the sock basket, a slide, and one prayer. Perfect for any church.

Medium: 15 minutes

Add the pastor's 3-minute moment, the responsive reading, and the kids' moment.

Full: the whole service

A full sermon, families sharing, people with Down syndrome serving, and a fellowship celebration.

COUNTDOWN

1

4 weeks out

Pick your approach: a 3-minute moment, a full sermon, or both. Put it on the calendar. Invite families of people with Down syndrome to help plan, and ask if anyone would like to share or serve.

2

3 weeks out

Run the Welcome Audit (or at least the quick wins). Order or print window signs. Tell kids' and youth leaders (see the Kids Ministry Guides).

3

2 weeks out

First announcement + email. Post on social. Print bulletin inserts.

4

1 week out

Second announcement. Collect spare socks for a sock basket at the doors. Set up the photo spot.

5

Rock Your Socks Sunday

Sock basket at the entrance. Slides before service. Pastor's moment, prayer, and kids' moment. Feet photo after service.

6

The week after

Thank-you email with photos, share #Celebrate321, and announce one next step (a buddy program, a sensory room, the Proud Church pledge).

INVITE PEOPLE TO SERVE ON 3.21

- Greeting at the door
- Handing out socks from the sock basket
- Reading Scripture or the responsive reading
- Praying, singing, or playing on the worship team
- Taking photos, or helping with slides
- Sharing a short story (only if they'd like to)

Ask early, offer practice time, and let each person choose how much they want to do.

SUPPLIES

- ☐ Sock basket + 20–40 pairs of fun spare socks
- ☐ Slides (separate file)
- ☐ Bulletin inserts (this kit)
- ☐ "We Rock Our Socks" photo sign
- ☐ Proud Celebrate 3.21 Church window sign

SAY IT

Announcement scripts

Read these as-is or make them your own. Each one takes 30–60 seconds.

TWO WEEKS OUT · ABOUT 45 SECONDS

“On Sunday, March 21, churches, schools, and businesses all over our community, and all over the world, will celebrate **World Down Syndrome Day**. Why March 21? Because people with Down syndrome have three copies of the 21st chromosome: 3/21!

Here at [church name], we’re going to celebrate with **Rock Your Socks Sunday**. Wear your brightest, silliest, most mismatched socks. It’s a simple way to say that every person is fearfully and wonderfully made, and that everyone belongs in God’s family.”

ONE WEEK OUT · ABOUT 30 SECONDS

“Next Sunday is Rock Your Socks Sunday! Dig out your wildest socks. No fun socks? No problem. We’ll have a sock basket at the door. We’ll take a church-wide feet photo after service, so come ready to show off your toes. And if you’d like to help, talk to [name].”

ROCK YOUR SOCKS SUNDAY · ABOUT 60 SECONDS

“Good morning! Look down at your feet. Look at your neighbor’s feet. What do you see? No two pairs alike, and it looks amazing.

Today is World Down Syndrome Day. People with Down syndrome have an extra copy of chromosome 21, which is why we celebrate on 3/21. Today we celebrate the people with Down syndrome in our church, in our community, and around the world.

Scripture says, ‘I praise You, for I am fearfully and wonderfully made’ (Psalm 139:14). That’s true of every person in this room. Different looks good here, because God made each one of us on purpose. After the service, meet us [location] for a feet photo!”

FOR PASTORS

The pastor's 3-minute moment

A short, warm reflection before or after the sermon. Use the outline in your own words, or read the sample.

OUTLINE

- 1 Notice the socks (30 sec)**
Invite people to look at the mix of socks in the room. Smile. Enjoy it.
- 2 Name the day (30 sec)**
World Down Syndrome Day is March 21: three copies of chromosome 21. Down syndrome happens naturally, in every kind of family.
- 3 One Scripture (60 sec)**
Psalm 139:14 or 1 Corinthians 12:27. Every person is made in God's image and has a place in His body.
- 4 One commitment (45 sec)**
Name one thing your church is doing to make room for everyone.
- 5 Pray (15 sec)**
A short prayer, from the prayer guide.

SAMPLE REFLECTION

"Take a look around. Stripes, polka dots, dinosaurs, maybe some socks that have never seen each other before today. None of them match. And somehow it's beautiful.

Today is World Down Syndrome Day. Some of the people we love most, in this church and in our community, have Down syndrome. And today we want to say clearly: **you are valued, you belong here, and we celebrate you.**

Paul wrote, 'Now you are the body of Christ, and each of you is a member of it.' Each of you. Not some of you. The body of Christ isn't complete when anyone is missing.

So this year, we're committing to [one next step]. Because we don't just want everyone to be welcome here. We want everyone to know they *belong* here."

WORDS THAT WORK FROM THE PULPIT

- "People with Down syndrome," not "Down's people"
- "Has Down syndrome," not "suffers from"
- "Celebrate" and "belong," not "pity" or "burden"
- Avoid "angels" or "forever children." People with Down syndrome are full people who grow up.

IF A FAMILY IS SHARING A STORY

Meet ahead of time. Let them decide what to share, and whether their loved one wants to be named or on stage. Keep it short (2-3 minutes), and make sure it isn't framed as an "inspiration" story. The person is the main character.

FOR PASTORS

Sermon starters

Four passages with a big idea, three movements, and an application. The same passages are used in the Kids Ministry Guides, so families hear one message at every age.

Fearfully & Wonderfully

Psalm 139:13–16

Made

Big idea: Every person is God's intentional, image-bearing workmanship.

1. God is the maker. He “knit me together” (v.13). Every life begins in His hands.
2. We are made in His image. Genesis 1:27: worth comes from the Maker, not from ability.
3. “Very good.” Genesis 1:31: God’s verdict over humanity. How does our church echo it?

Apply it: Where do we, even quietly, measure people by what they can do? How would we treat each other if we believed Psalm 139 about everyone?

The Body Needs Every

1 Corinthians 12:12–27

Part

Big idea: God arranged the body on purpose. No member is extra, and none can be told “I don’t need you.”

1. One body, many parts (v.12–14). Diversity is God’s design, not a problem to fix.
2. “I do not need you” is never allowed (v.21). What unspoken messages say that?
3. Mutual care (v.25–26). We suffer together, and we celebrate together.

Apply it: Who is missing from our body? What would it take for every member, including people with disabilities, to serve, lead, and be known?

A Seat at the King’s Table

2 Samuel 9

Big idea: David sought out Mephibosheth to show him “the kindness of God” and gave him a permanent place at the table.

1. Kindness that goes looking (v.1–3). David didn’t wait to be asked.
2. Welcome that restores (v.7). Not charity, but identity and inheritance.
3. “Like one of the king’s own sons” (v.11). Belonging, for good. This is what grace does for us.

Apply it: Where are people waiting for someone to come looking? Who needs a seat at our table, not just a spot in the room?

Friends Who Make a Way

Mark 2:1–12

Big idea: Four friends refused to let a crowd keep their friend from Jesus.

1. The crowd was the barrier (v.2–4). Not hostile, just not making room.
2. Friends who get creative (v.4). They removed what stood in the way.
3. Jesus saw their faith (v.5). Our faith is seen in how we make room for others.

Apply it: What “crowds” in our church, like stairs, noise, assumptions, or not knowing what to say, keep people from Jesus? What roof could we open?

Handle healing texts with care. When preaching Mark 2 or other healing stories, keep the focus on Jesus’ welcome and the friends’ faith. Avoid suggesting that disability shows a lack of faith, or that people with disabilities must be healed to be whole or fully belong. Topics like prenatal testing may come up in conversations. Lead with compassion and the dignity of every person, and meet privately with anyone who is hurting.

Scripture quotations are from the Berean Standard Bible (BSB), public domain.

FOR THE CHILDREN'S MOMENT

Children's moment: The Sock Basket

A 5-minute object lesson up front, before kids go to their classes. You'll need a basket of mismatched socks, with one set of three matching socks hidden inside.

1 Invite kids up

Sit on the steps together. Show the basket.

SAY

I brought a basket of socks today. Let's find some pairs!

2 Find pairs

Kids pull out socks and look for matches. Almost none match!

SAY

Hmm, these are all different! Is that okay?

3 The three

Someone finds the set of three.

SAY

Whoa, THREE socks that match! Some people have a little something extra too. People with Down syndrome have three copies of chromosome 21. That's why today, 3/21, is World Down Syndrome Day.

4 God made us all

Hold up a Bible.

SAY

The Bible says God made each of us fearfully and wonderfully. Every sock is a good sock. Every person is wonderfully made, and everyone belongs in God's family!

5 Pray

Short prayer, then send kids to class with a sock high-five.

SAY

Thank You, God, for making each of us wonderful. Amen!

MAKE IT WORK FOR EVERY CHILD

- Let kids stay with parents if coming up front is hard.
- Invite a child to be your "sock helper," but check with families first, and never single out a child with Down syndrome as the example.
- Keep the mic volume low and let kids move around.

CONNECT TO KIDS' CLASSES

Each class can pick up the same message with its age-group Kids Ministry Guide (ages 3–5 through 13+), and the Adapted Editions for kids who need extra support.

SUPPLIES

- ☐ Basket with 8–10 mismatched socks
- ☐ One set of three matching socks
- ☐ A Bible

WORSHIP TOGETHER

Responsive reading & prayers

Project the responsive reading, or print it in the bulletin. Invite a person with Down syndrome, or a family, to lead it if they'd like to.

RESPONSIVE READING

LEADER God, You made the heavens and the earth, and everything in them.

ALL **And You said it was very good.**

LEADER You made every person in Your image: every face, every body, every mind.

ALL **We are fearfully and wonderfully made.**

LEADER You made us one body, with many parts.

ALL **The eye cannot say to the hand, "I do not need you."**

LEADER Open our eyes to anyone who is waiting outside, or sitting alone.

ALL **Help us make a way, and save a seat.**

LEADER Today we celebrate our brothers and sisters with Down syndrome.

ALL **You are valued. You belong here. We celebrate you.**

LEADER Accept one another, just as Christ accepted you.

ALL **To bring glory to God. Amen.**

Draws on Genesis 1, Psalm 139:14, 1 Corinthians 12, and Romans 15:7.

PRAYERS OF THE PEOPLE

FOR PEOPLE WITH DOWN SYNDROME

Lord, thank You for the people with Down syndrome in our church and community. Bless them with joy, friendship, good health, and opportunity. Let them always know how deeply they are loved, by You and by us.

FOR FAMILIES & CAREGIVERS

Father, strengthen the parents, siblings, and caregivers who love so well. Give them rest, community, and hope. Surround them with a church that shows up.

FOR OUR CHURCH

Jesus, make us a church where everyone belongs. Show us the barriers we can't see, and give us the courage and creativity to remove them.

FOR OUR COMMUNITY

God, bless our schools, businesses, and neighbors as they celebrate 3.21. Let our town be known as a place where every person is welcomed and celebrated.

PRINTABLE

Bulletin insert (2 per page)

Print on colored paper and cut in half. Fits inside a standard folded bulletin.



Happy World Down Syndrome Day!

Today we're rocking our socks to celebrate people with Down syndrome, in our church, our community, and around the world.

WHY 3/21?

People with Down syndrome have **three** copies of chromosome **21**. Mismatched socks are a fun way to say: different looks good here.

Questions, or want to help make our church more welcoming?
Contact _____

3 THINGS TO DO TODAY

- Snap a feet photo after service and share it with **#Celebrate321**
- Say hello to someone new
- Pray the prayer below this week

"I praise You, for I am fearfully and wonderfully made."

Psalm 139:14

Lord, make us a church where everyone belongs. Amen.



Happy World Down Syndrome Day!

Today we're rocking our socks to celebrate people with Down syndrome, in our church, our community, and around the world.

WHY 3/21?

People with Down syndrome have **three** copies of chromosome **21**. Mismatched socks are a fun way to say: different looks good here.

Questions, or want to help make our church more welcoming?
Contact _____

3 THINGS TO DO TODAY

- Snap a feet photo after service and share it with **#Celebrate321**
- Say hello to someone new
- Pray the prayer below this week

"I praise You, for I am fearfully and wonderfully made."

Psalm 139:14

Lord, make us a church where everyone belongs. Amen.

SPREAD THE WORD

Email, social posts & follow-up

Copy, paste, and personalize.

CONGREGATION EMAIL · SEND 2 WEEKS OUT

Subject: Rock your socks with us on March 21!

Hi [church family],

On Sunday, March 21, we're joining churches, schools, and businesses around the world to celebrate **World Down Syndrome Day**. The date is 3/21 because people with Down syndrome have three copies of chromosome 21.

We're celebrating with **Rock Your Socks**

Sunday. Wear fun, mismatched socks (or grab a pair from our sock basket), and join us for a church-wide feet photo after service. Kids will have a special lesson in every class.

Every person is fearfully and wonderfully made, and every person belongs in God's family. We can't wait to celebrate with you!

[Pastor's name]

SOCIAL CAPTIONS
2 WEEKS OUT

Save the date! On Sunday, March 21, we're celebrating World Down Syndrome Day with Rock Your Socks Sunday. Why 3/21? Three copies of chromosome 21! Dig out your wildest socks. #Celebrate321

DAY BEFORE

Tomorrow we rock our socks! Every person is fearfully and wonderfully made (Psalm 139:14), and everyone belongs here. See you Sunday, socks and all. #Celebrate321

ROCK YOUR SOCKS SUNDAY

Look at all these socks! Today our church celebrated World Down Syndrome Day, and the people with Down syndrome we love. You are valued. You belong here. We celebrate you. #Celebrate321

THE WEEK AFTER

Thank you for showing up for 3.21! This year we're taking our next step toward being a church where everyone belongs: [next step]. Want to help? Message us. #Celebrate321

PHOTO TIPS

- Feet photos are easy and keep faces private.
- Get permission before posting photos of anyone, especially kids.
- Tag #Celebrate321 so the whole community can see.

DON'T STOP AT SUNDAY

- Send a thank-you email with photos.
- Announce one next step (buddy program, sensory room, Welcome Audit).
- Sign the Proud Celebrate 3.21 Church pledge.
- Put next year's 3.21 on the calendar!

PICK YOUR CHURCH'S NEXT STEP (ALL IN THE CHURCH TOOLKIT)
Welcome Audit

See your church through a visiting family's eyes.

Volunteer training

30 minutes to equip every volunteer.

Buddy program

Pair kids and adults with a trained friend.

Sensory room

A calm space at three budget levels.

Greeter pack

"We saved you a seat" cards and a greeter guide.

Proud Church pledge

Make it official, and hang the window sign.



CELEBRATE **3.21**

Forgot your fun socks?

**Grab a pair! They're yours to
keep.**

Today is Rock Your Socks Sunday, and we're celebrating World Down Syndrome Day. Wear them over your shoes, on your hands, or just carry them!

Different Looks Good Here • #Celebrate321

