

The Seven Socks

Wonderfully made • warmly welcomed



A 7-day family devotional for 3.21 Week (March 15–21). Each day has a short Bible reading, a big idea, questions for little kids, big kids, and grown-ups, a prayer, and a simple activity. And each day, your family colors a sock and hangs it on a clothesline, until by World Down Syndrome Day you have seven socks that tell God’s story of every person: made, wonderful, seen, needed, carried, welcomed, and celebrated.

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5 Day 4: Needed

7 Day 6: Welcomed

2 Day 1: Made

4 Day 3: Seen

6 Day 5: Carried (Rock Your Socks Day)

8 Day 7: Celebrated (3.21!!)

START HERE

How the Seven Socks work

About 10 minutes a day: at breakfast, dinner, or bedtime. There's no wrong way to do it.

THE SEVEN SOCKS CLOTHESLINE



Hang a string or ribbon across a window, doorway, or mantel. Each day, color one sock from the cut-out pages, write the day's word on it, and clip it on with a clothespin. By Sunday, March 21, your clothesline tells the whole story.

EACH DAY

- 1 Read (1 min)**
One short Bible passage. Read it twice.
- 2 Big idea (1 min)**
Read the short explanation aloud.
- 3 Talk (4 min)**
Pick one or two questions for your family's ages.
- 4 Pray (1 min)**
Pray the short prayer, or your own.
- 5 Do & hang (3 min)**
Try the activity and hang the day's sock.

YOU'LL NEED

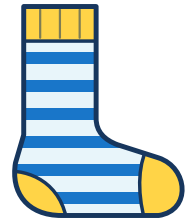
- ☐ String or ribbon and 7 clothespins
- ☐ The sock cut-out pages (printed, or draw your own)
- ☐ Crayons or markers
- ☐ A Bible (or use the printed verses)
- ☐ Optional: the verse cards for your fridge

FOR EVERY FAMILY

If someone in your family has Down syndrome or another disability, invite them to lead a day: read the word, choose the sock colors, or lead the prayer. Use pictures, keep it short, and let movement and wiggles happen. God delights in how every person worships.

DAY 1 · MONDAY

Made on Purpose

MADE**READ · GENESIS 1:27, 31**

“So God created man in His own image; in the image of God He created him; male and female He created them.” ...“And God looked upon all that He had made, and indeed, it was very good.”

BIG IDEA

God made every person on purpose, in His own image. When God looked at people, He didn't say “OK” or “almost.” He said **very good**. That's true of you, and it's true of every person with Down syndrome.

TALK ABOUT IT**LITTLE KIDS**

What's something God made that you think is very good?

BIG KIDS

What does it mean to be made in God's image?

GROWN-UPS

Where do we sometimes act like some people are “less good” than others? What does God say?

DO IT TOGETHER

Go on a “very good” walk. Point out five things God made and say “Very good!” together. End by pointing at each other.

PRAY

God, thank You for making each of us on purpose. Help us see what You see: very good. Amen.



Hang your sock: color the **MADE** sock and clip it on your clothesline.

SAY IT TOGETHER (WITH MOTIONS)

“God made me very good!”

Point up, then to yourself, then two thumbs up.

GO DEEPER (OLDER KIDS & GROWN-UPS)

Read all of Genesis 1 and notice every time God says “good.”

DAY 2 · TUESDAY

Wonderfully Made

WONDERFUL**READ · PSALM 139:13-14**

“For You formed my inmost being; You knit me together in my mother’s womb. I praise You, for I am fearfully and wonderfully made. Marvelous are Your works, and I know this very well.”

BIG IDEA

God knit each of us together, every stitch, like the most careful sock maker. That includes every chromosome. A person with Down syndrome isn’t a mistake or a surprise to God. They’re His marvelous work.

TALK ABOUT IT**LITTLE KIDS**

If God knit you like a sock, what colors would He use?

BIG KIDS

What does “wonderfully made” mean to you?

GROWN-UPS

How can our family help others know they’re wonderfully made?

DO IT TOGETHER

Look at baby pictures (or a family photo). Take turns finishing the sentence: “God made you wonderful because...”

PRAY

God, You knit us together. Thank You that we are wonderfully made, and that You know us very well. Amen.



Hang your sock: color the **WONDERFUL** sock and clip it on your clothesline.

SAY IT TOGETHER (WITH MOTIONS)

“I am wonderfully made!”

Pretend to knit, then spread your arms wide.

GO DEEPER (OLDER KIDS & GROWN-UPS)

Read Psalm 139:1-18. Which verse surprises you most?

DAY 3 · WEDNESDAY

God Sees the Heart

SEEN



READ · 1 SAMUEL 16:7

“Man sees the outward appearance, but the LORD sees the heart.”

BIG IDEA

Samuel thought the new king would be the tallest, strongest brother. But God chose David, the youngest, the one nobody expected. People often look at the outside first. God always looks at the heart.

TALK ABOUT IT

LITTLE KIDS

What’s something about your heart that people can’t see from the outside?

BIG KIDS

Have you ever judged someone before you knew them? What happened?

GROWN-UPS

What might people miss about someone with Down syndrome if they only look at the outside?

DO IT TOGETHER

Heart detectives: at dinner, each person names one “heart thing” they noticed in someone else today (kindness, bravery, humor, patience).

PRAY

God, thank You for seeing our hearts. Help us look past the outside and see people the way You do. Amen.



Hang your sock: color the SEEN sock and clip it on your clothesline.

SAY IT TOGETHER (WITH MOTIONS)

“God sees my heart.”

Make binoculars with your hands, then a heart on your chest.

GO DEEPER (OLDER KIDS & GROWN-UPS)

Read the whole story in 1 Samuel 16:1-13.

DAY 4 · THURSDAY

Every Part Is Needed

NEEDED**READ · 1 CORINTHIANS 12:21-22, 27**

“The eye cannot say to the hand, ‘I do not need you.’ ... On the contrary, the parts of the body that seem to be weaker are indispensable... Now you are the body of Christ, and each of you is a member of it.”

BIG IDEA

God’s family is like a body. No part gets to say “I don’t need you.” In fact, the parts that seem weaker are the ones we can’t do without. Every person, every ability, belongs.

TALK ABOUT IT**LITTLE KIDS**

Try to pick up a sock without using your thumb. Why does every part matter?

BIG KIDS

What part do you play in our family? At church? At school?

GROWN-UPS

Who in our community might feel “not needed”? How can we change that?

DO IT TOGETHER

Try a “body” challenge: build a tower of socks or blocks where each person can only use one hand, so you have to work together.

PRAY

God, thank You that everyone in Your family is needed. Help us make room for every person. Amen.



Hang your sock: color the **NEEDED** sock and clip it on your clothesline.

SAY IT TOGETHER (WITH MOTIONS)

“Everyone is needed!”

Point to your eye, hand, and foot, then hug.

GO DEEPER (OLDER KIDS & GROWN-UPS)

Read 1 Corinthians 12:12-27. Which body part are you like?

DAY 5 · FRIDAY

Friends Who Make a Way

CARRIED**READ · MARK 2:3-5**

“Then a paralytic was brought to Him, carried by four men. Since they were unable to get to Jesus through the crowd, they uncovered the roof above Him, made an opening, and lowered the paralytic on his mat. When Jesus saw their faith...”

BIG IDEA

Four friends wouldn't let a crowd keep their friend from Jesus, so they made a way. It's Rock Your Socks Day! Our socks are a way of saying: we'll make room, we'll make a way, and nobody gets left outside.

TALK ABOUT IT**LITTLE KIDS**

What did the four friends do when they got stuck?

BIG KIDS

What are some “crowds” that keep people out today (stairs, noise, not knowing what to say)?

GROWN-UPS

Who could our family “carry” or include this week?

DO IT TOGETHER

Wear your wildest socks! Take a family feet photo, and do one thing today to include someone: sit with a new kid, invite a friend, or send a kind message.

PRAY

Jesus, make us friends who make a way. Show us who needs to be included, and give us courage. Amen.



Hang your sock: color the **CARRIED** sock and clip it on your clothesline.

SAY IT TOGETHER (WITH MOTIONS)

“We make a way!”

Pretend to lift a mat together, then cheer.

GO DEEPER (OLDER KIDS & GROWN-UPS)

Read Mark 2:1-12 and act it out with a blanket and four helpers.

DAY 6 · SATURDAY

A Seat at the Table

WELCOMED**READ · 2 SAMUEL 9:7**

“Do not be afraid,” said David, “for surely I will show you kindness for the sake of your father Jonathan... and you will always eat at my table.”

BIG IDEA

King David went looking for Mephibosheth, who couldn’t walk, and gave him a seat at the king’s table, forever. That’s what God’s kindness looks like: not just being allowed in the room, but being welcomed at the table.

TALK ABOUT IT**LITTLE KIDS**

How does it feel when someone saves you a seat?

BIG KIDS

What’s the difference between being *allowed* and being *welcomed*?

GROWN-UPS

Who could we invite to our table?

DO IT TOGETHER

Have a special family meal. Set one extra place and talk about who you could invite next time. Make place cards for everyone.

PRAY

God, thank You for inviting us to Your table. Help us welcome others the way You welcome us. Amen.



Hang your sock: color the **WELCOMED** sock and clip it on your clothesline.

SAY IT TOGETHER (WITH MOTIONS)

“There’s a seat for you!”

Pat the seat next to you and wave someone in.

GO DEEPER (OLDER KIDS & GROWN-UPS)

Read all of 2 Samuel 9, and Luke 14:12-23.

DAY 7 · SUNDAY, MARCH 21

God Sings Over You

CELEBRATED**READ · ZEPHANIAH 3:17**

“The LORD your God is among you; He is mighty to save. He will rejoice over you with gladness; He will quiet you with His love; He will rejoice over you with singing.”

BIG IDEA

Happy World Down Syndrome Day! God doesn't just put up with us. He **rejoices** over us, He **sings** over us! Today we celebrate people with Down syndrome the way God celebrates every one of His children.

TALK ABOUT IT**LITTLE KIDS**

What song do you think God would sing over you?

BIG KIDS

How do you feel knowing God rejoices over you?

GROWN-UPS

How can our family celebrate people the way God does, not just today, but all year?

DO IT TOGETHER

Sing a favorite song together, then take turns “celebrating” each family member out loud: one thing you love about them. Hang the last sock!

PRAY

God, thank You that You rejoice over us with singing. Help us celebrate every person, today and every day. Amen.



Hang your sock: color the **CELEBRATED** sock and clip it on your clothesline.

SAY IT TOGETHER (WITH MOTIONS)

“God sings over me!”

Cup your ears, then sway like you're singing.

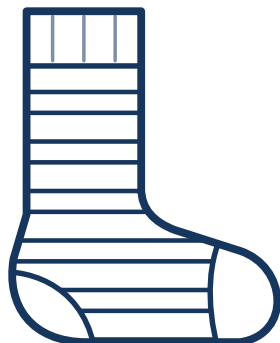
GO DEEPER (OLDER KIDS & GROWN-UPS)

Read Zephaniah 3:14-17 and write your own song of praise.

PRINTABLE

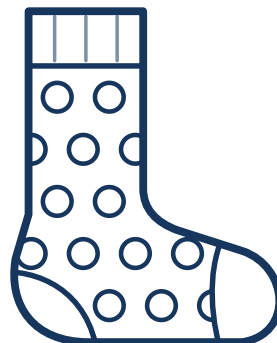
Clothesline sock cut-outs (1 of 2)

Print on cardstock. Color, cut out, and hang one each day.



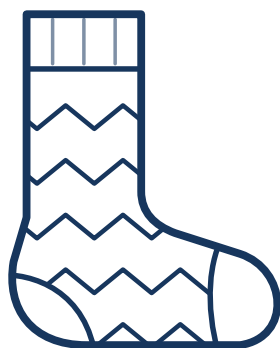
MADE

Day 1 · Genesis 1:27, 31



WONDERFUL

Day 2 · Psalm 139:13-14



SEEN

Day 3 · 1 Samuel 16:7



NEEDED

Day 4 · 1 Corinthians 12:21-22, 27

PRINTABLE

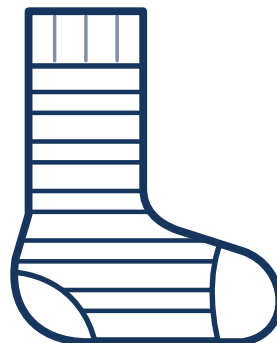
Clothesline sock cut-outs (2 of 2)

The last one is blank. Design a sock for someone you want to celebrate!



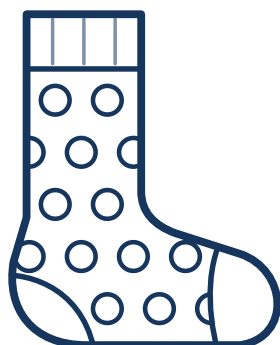
CARRIED

Day 5 · Mark 2:3-5



WELCOMED

Day 6 · 2 Samuel 9:7



CELEBRATED

Day 7 · Zephaniah 3:17



BONUS

A sock for someone I celebrate

PRINTABLE

Verse cards for the fridge

Cut apart. Put one on the fridge each day, or tuck one in a lunchbox.



MADE



"So God created man in His own image; in the image of God He created him; male and female He created them."
... "And God looked upon all that He had made, and indeed, it was very good."

Genesis 1:27, 31

WONDERFUL



"For You formed my inmost being; You knit me together in my mother's womb. I praise You, for I am fearfully and wonderfully made. Marvelous are Your works, and I know this very well."

Psalms 139:13-14

SEEN



"Man sees the outward appearance, but the LORD sees the heart."

1 Samuel 16:7

NEEDED



"The eye cannot say to the hand, 'I do not need you.'... On the contrary, the parts of the body that seem to be weaker are indispensable... Now you are the body of Christ, and each of you is a member of it."

1 Corinthians 12:21-22, 27

CARRIED



"Then a paralytic was brought to Him, carried by four men. Since they were unable to get to Jesus through the crowd, they uncovered the roof above Him, made an opening, and lowered the paralytic on his mat. When Jesus saw their faith..."

Mark 2:3-5

WELCOMED



"Do not be afraid," said David, "for surely I will show you kindness for the sake of your father Jonathan... and you will always eat at my table."

2 Samuel 9:7

CELEBRATED



"The LORD your God is among you; He is mighty to save. He will rejoice over you with gladness; He will quiet you with His love; He will rejoice over you with singing."

Zephaniah 3:17

CELEBRATE 3.21

The Seven Socks

Made · Wonderful · Seen · Needed · Carried · Welcomed · Celebrated

AFTER 3.21

Keep the socks going

The week is over, but the story isn't. A few ways to keep it alive.

OUR SEVEN SOCKS



MADE



WONDERFUL



SEEN



NEEDED



CARRIED



WELCOMED



CELEBRATED

KEEP THE CLOTHESLINE UP

Leave it up through March. Each night, point to a sock and ask: "Who did we see this in today?"

SHARE IT

Post a photo of your clothesline with **#Celebrate321** and **#WorldDownSyndromeDay** (no faces needed!).

DO IT WITH OTHERS

Try the Seven Socks with your small group, grandparents over video, or your kids' ministry class.

OUR FAMILY'S REFLECTION

What did God show us this week?

Who will we keep including?

A FAMILY BLESSING

May you know you were made on purpose, wonderfully knit together, seen by God's eyes, needed in His family, carried by friends, welcomed at His table, and celebrated with His song. Amen.

For churches: The Seven Socks pairs with the Church Toolkit's Rock Your Socks Sunday Kit and Kids Ministry Guides, which use the same passages, so families hear one message at church and at home. Scripture quotations are from the Berean Standard Bible (BSB), public domain.