

# The Importance of Sunday School

By Kelly T. Dixon

**Scripture Reading:** Proverbs 22:6

It's Sunday morning, mom and dad are running around the house frantically trying to get the children ready to go. Sunday School starts at 9:30 a.m. - it's already 8:30 a.m. and no one has their clothes on - including mom. "How is it," mom thinks, "that no matter how early we get up we are still running late." Dad starts telling everyone "Get your clothes on; it's 8:30 a.m. we've got to go." or is that mom saying that . . . It all turns into the same scene and regardless of who makes the statement it is one that is made every Sunday morning (and probably EVERY morning). Why is it that these parents are putting so much effort into making sure their children get to Sunday School? Why do they even try - when they themselves get so worked up that by the time they get to their class they aren't in a "Sunday Morning" mood? The reason - to educate their child in the most important part of life - the salvation of Jesus Christ. Yet the extra benefits are unbelievable and can only be from the hand of God.

Well researched studies by Duke University; Indiana University; The University of Michigan, The Center for Disease Control, Barna Research Group, and the National Institute for Healthcare Research show that children who "actively participate" in a "faith community" will be more likely to:

- increase their average life expectancy by 8 years
- significantly reduce their use and risk from Alcohol, Tobacco and Drugs
- dramatically lower their risk of suicide
- help them rebound from depression 70% faster
- dramatically reduce their risk for committing a crime
- improve their attitude at school and increase their school participation
- reduce their risk for rebelliousness
- reduce the likelihood that they would binge drink in college
- improve their odds for a "very happy" life
- provide them with a life-long moral compass
- and get them to wear their seatbelts more often

In study, after study, after study, children who actively engage in a faith community on a regular basis are rewarded with **SIGNIFICANTLY** reduced likelihood of problems and risks, and significantly improved odds of a happier, healthier, longer life. These studies show the same results for adults as well.

According to a Barna Research Group study, adults who attended church regularly as children are nearly three times as likely to be attending a church today as their peers who avoided church during childhood (61% to 22%, respectively). In other words, parents who truly want the best for their children should get their children involved at church now and regularly.