

### **I Love Sundays – Part 1**

**Icebreaker:** What were Sundays like for you and your family growing up? (Or what was a highlight from this week's sermon that you'd like to share?)

**Discuss:**

1. What do you think of when you hear the word "church"?
2. Romans 12:5 says, *"so in Christ we who are many form one body, and each member belongs to all the others."* 1 Corinthians 12:27 states, *"Now you are the body of Christ, and each one of you is a part of it."* What do you think it means for a church to function as a body?
3. Read Hebrews 10:24-25. How have you experienced the truth found in these verses? How are you challenged by these verses?
4. Church growth researcher, Win Arn found, in a study, that 'satisfied church-goers' shared six common characteristics:
  1. They attend church regularly.
  2. They volunteer to serve somewhere at church.
  3. They develop friendships at church.
  4. They call it "my church"
  5. They give consistently.
  6. They invite others to church.

Which of these do you think God might want you to improve in? How might your joy or satisfaction in life increase, if you take that step?

5. Read Isaiah 58:13-14. How do you think your attitude or mindset about Sunday worship services impacts your life?

**Pray:**

Share one request based on questions #4 or #5. Take turns praying for each other, based on your answers. Sample prayer:

*"Dear Lord, thank you for creating the church. I lift up (person's name) 's request of \_\_\_\_\_ . In Jesus' name, Amen.*



### **I Love Sundays – Part 2**

**Icebreaker:** Describe a memorable Sunday experience you've had in the past.

**Discuss:**

1. What refreshes your spirit and your soul?
2. Read Genesis 2:2-3. Why do you think God "took a break"? In what ways do you see rhythms of release built into creation and into the world around us?
3. Read Psalm 127:1-2. How might this passage relate to the importance of prioritizing God in your life? How have you experienced this personally?
4. What are the snags that usually derail a worshipful church experience for you on a Sunday? How can you avoid them?
5. Psalm 122:1 says, *"I was glad when they said to me, 'Let us go to the house of the LORD!'"* What steps can you take to prepare for Sundays to be more refreshing and restful to your soul?
6. How do you think church can help to give you (or has helped to give you) a better life all seven days of the week?

**Prayer:** Pray for each other based on your answers to #4 or #5.

Sample Prayer: *"Dear Lord, please help \_\_\_\_\_ (Name) \_\_\_\_\_, to experience more of what you desire for them on Sundays by taking the step of \_\_\_\_\_.* In Jesus' name, Amen."



### **I Love Sundays – Part 3**

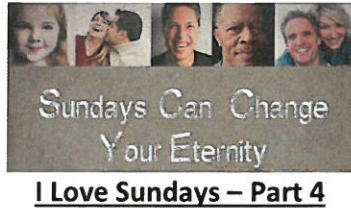
**Icebreaker:** Describe a memorable “Family Day” you had in the past (not counting vacations).

**Discuss:**

1. Proverbs 22:6 says, *“Train a child in the way he should go, and when he is old he will not turn from it.”* How do you think you could apply this to what your family does on Sundays?
2. Luke 6:40 says, *“A student is not above his teacher, but everyone who is fully trained will be like his teacher.”* How does this apply to parenting and families? How does this challenge you personally?
3. Matthew 6:33 says, *“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”* How could seeking God’s priorities first, including with Sundays, but going far beyond that, affect your kids?
4. Read Deuteronomy 6:6-9. Share some ways that you have tried to apply this in your home. What are some other ideas that you think might be helpful, that you’d like to try?
5. If you could, what stress would you automatically erase from your family?
6. How might incorporating the concept of a family Sabbath bring freedom to your family?

**Prayer:** Pray for each other based on your answers to #5 & #6.

Sample Prayer: *“Dear Lord, please help \_\_\_\_\_ (Name) \_\_\_\_\_, to experience more peace, rest and freedom from the stress of \_\_\_\_\_. Help \_\_\_\_\_ (Name) \_\_\_\_\_ to experience more of the blessing and freedom that You designed the Sabbath to bring. In Jesus’ name, Amen.”*



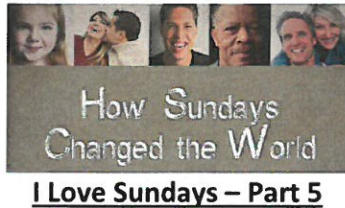
**Icebreaker:** Share briefly how you came to believe in Jesus & put your faith in Christ as Savior.

**Discuss:**

1. Jesus said this in John 10:10: *"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."* Is your relationship with Jesus a slog or an adventure? Why?
2. Read 2 Corinthians 5:17. In what ways are you a new creation because of Jesus?
3. What is the latest chapter in your spiritual story? What do you want it to be?
4. Read Hebrews 12:1-2. Who is part of your cloud of witnesses? How have they encouraged you and helped you in your faith journey?
5. Read Luke 15:10. How can you make Sundays a regular celebration of your new and eternal life in Christ?
6. John 1:12 says, *"Yet to all who receive Him, to those who believe in His name, He gave the right to become children of God."* Who is someone you know that has yet to believe and receive Jesus? What steps can you take to help that person believe and receive Christ?

**Prayer:** Pray for each other based on your answers to #6.

Sample Prayer: *"Dear Lord, please help \_\_\_\_\_ (Name of friend in #6) \_\_\_\_\_, to believe and to receive Jesus' as their Savior. Please help \_\_\_\_\_ (Name) \_\_\_\_\_ to take the step of \_\_\_\_\_ to help their friend find saving faith in Christ. In Jesus' name, Amen."*



**Icebreaker:** What was your favorite subject in High School?

**Discuss:**

1. How do you think most people would react to this statement: "The church has changed the history of the world more than any other entity on earth."? What are some common perceptions of the Church today? Are they fair? Why or why not?
2. John 13:35 says, *"By this everyone will know that you are my disciples, if you love one another."* Describe something good you've seen your church do.
3. In Matthew 16:18 Jesus said, *"On this rock I will build my church, and the gates of Hades will not overcome it."* What would you like to see your church accomplish? How can you help it to do so?
4. Galatians 3:28 says, *"There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus."* Martin Luther King Jr. is credited with saying that Sunday morning is "the most segregated hour" in America. And recent research by Lifeway has found that 8 in 10 (86%) have congregations with one predominant racial group. How can American churches overcome their traditional racial separations? How can your church?
5. Read Acts 2:42-47. What is the purpose of the Church?
6. How can you love Sundays and love the Church better?

**Prayer:** Pray for each other based on your answers to #3 or #6.

Sample Prayer: "Dear Lord, please help \_\_\_\_\_ (Name) \_\_\_\_\_, to take the step of \_\_\_\_\_ for Your glory. In Jesus' name, Amen."