



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.”