



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.”*