

1. **Treat Sunday Like a Priority Appointment**  
Block it out like you would a doctor's visit or important meeting—because it is! Worship is time with God and your spiritual family.
2. **Prep on Saturday Night**  
Lay out clothes, pack diaper bags, or prep breakfast early to avoid the Sunday scramble.
3. **Find a Church Buddy**  
Having someone who checks in or saves you a seat can make showing up more joyful—and more accountable.
4. **Join a Team or Ministry**  
Serving gives you purpose beyond just attending and makes you feel *needed*, not just *present*.
5. **Set a Reminder or Alarm with a Personal Note**  
Try something like: "God is waiting to meet with you. Don't miss it!"—just a little soul nudge.
6. **Keep a Church Streak Journal**  
Track your Sundays like a gym streak—challenge yourself to 4, then 8, then 12 weeks. Make it a joyful habit!
7. **Talk About the Service During the Week**  
Share a takeaway with a friend or on social media. It keeps Sunday fresh and meaningful beyond just the hour.
8. **Visualize the Impact**  
Remind yourself: *"My presence encourages others. My worship matters. My consistency grows my faith."*
9. **Plan Around Church, Not Over It**  
Whenever possible, don't let brunch, errands, or sports crowd it out. Build the week around the *main thing*.
10. **Leave For Vacation a Little Later and Return a Day Earlier**  
The beach will still be there waiting on you, and you'll start the new work week energized instead of exhausted.
11. **Ask God for the Desire to Go**  
Faithfulness isn't just willpower—it's grace-powered. Pray: "Lord, give me a heart that longs to be with You and Your people."
12. **Schedule a Weekly "Why I Go" Reflection**  
Remind yourself regularly of the deeper *why* behind your commitment. Personal growth? Worship? Community? Revisit it often.

**13. Set a “No-Excuse” Threshold**

Decide ahead of time what *actually* counts as a valid reason to miss—then hold yourself to it.

**14. Make It a Family Thing**

Create routines around church: post-service lunch, family prayers, or even church outfit selfies—it builds unity and memories.

**15. Create a Pre-Church Playlist**

Get in the zone with uplifting music while getting ready. A little praise beats the Sunday blues.

**16. Volunteer to Give Rides**

Offering a ride helps others AND gives you one more reason to show up—because someone’s counting on you.

**17. Celebrate Milestones**

Mark special Sundays: 10 weeks in a row? 1 year of no skipping? Celebrate it with brunch, journaling, or a small treat.

**18. Connect With a Small Group**

When you do life with people during the week, showing up on Sunday becomes the natural next step.

**19. Use Your Church’s App or Social Media**

Staying looped in through posts, events, or messages keeps church top of mind—not just a once-a-week thought.

**20. Speak Life Over Your Sundays**

Replace “I *have* to go to church” with “I *get* to go to church.” The shift in mindset can spark deeper joy and consistency.

**21. Help Each Other**

Notice who is missing from your Community group or from “your section” in Worship and reach out to tell them they were missed!