

- 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!