



PRAY

for one another's
highs and lows



BLESS

one another

4. Pray about what you have shared together

- Praise and thank God for your highs.
- Ask God to be with you in your lows.

Other ways to pray together..

PTA prayer:

- Praising prayer
- Thanking prayer
- Asking prayer

JOY prayer:

- Thanking Jesus
- Praying for Others
- Praying for Yourself

5. Bless one another

Place your hand on your child/spouse's head or shoulder. Make the sign of the cross on their forehead. Kiss your little finger and trace a cross on their forehead. Give them a special hug, and then speak a word of blessing like:

"The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord turn his face toward you and give you peace" (Numbers 6:24-26).

"The Lord bless and keep you."

"Jesus loves you and so do I!"

"May God's angels protect you this night."

"You are a baptized, blessed & beloved child of God."

"Go with God."

...or make up your own!

Blessings can be used at any coming or going (bus stop, bedtime, leaving for college, or anytime!).

The Faith 5

SHARE ■ READ ■ TALK ■ PRAY ■ BLESS

Daily faith habits for your home

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INTRO

Faith Acts In The Home

The Faith 5

Gather your family every night to share in caring conversation and devotions. It only takes 5 minutes but could make a big difference in your family.

Most families get into the habit of using "The Faith Five" as a bedtime routine.

Typically, when the first person in the family is ready for bed, the family gathers in a pre-determined place (a bedroom, lounge, etc.).



SHARE

your highs and lows

1. Share your highs and lows from the day

Highs

Good things from the day. What brought you joy? Where did you see God at work in your day?

Lows

Tough, difficult, challenging or hard things from your day. When were you misguided or lose hope in your day? What



READ

a Bible verse or story

2. Read God's Word

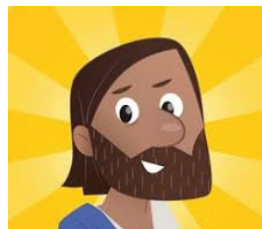
You may choose to:

a) Read from a Bible like:

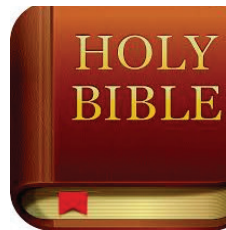
- The Beginner's Bible (Ages 2-5)
- Spark Story Bible (Ages 4-10)
- Your child's 3rd grade Bible
- Your child's 7th grade Confirmation Bible
- Your family Bible
- A paraphrase like *The Message*

b) When on the go, in the car or traveling you may choose to use:

- YouVersion Bible App for Kids (Icon below)
- YouVersion Bible App (Icon below)
- www.biblegateway.com (dozens of translations available)



YouVersion Bible App for Kids



YouVersion Bible App



TALK

about how the Bible reading might relate to your highs and lows

3. Talk about how the Bible reading relates to your highs & lows

Reflect on how you hear God speaking in the Bible reading and how that applies to your highs and lows (joys and pain) of the day.

You may choose to read & discuss a children's, family or adult devotional like:

- The Beginner's Bible (Pre-K & first reader)
- The One Year Devotions for Pre-schoolers
- Little Visits for Toddlers
- Little Visits with God
- Total Devotion (Teen devotional)
- The Upper Room (free devotional for adults)

You may choose to respond to the following:

- One thing I learned today...
- One thing I already knew, but it's worth repeating...
- One thing I would like to know more about...