



PRAY
for one another's
highs and lows

4. Pray about what you have shared together

Praise and thank God for your highs.

Ask God to be with you in your lows.

You may choose to use a PTA prayer:

- Praising prayer
- Thanking prayer
- Asking prayer

You may choose to use a JOY prayer:

- Thanking Jesus
- Praying for Others
- Praying for Yourself



BLESS
one another

5. Bless one another

Conclude your devotional time with a time of blessing.
You could:

Gather in a circle holding hands and recite one of the following:

Almighty God, Father, Son and Holy Spirit, bless you now and forever. Amen.

The Lord bless you and keep you.
The Lord's face shine on you with grace and mercy.
The Lord look upon you with favor and give you peace.
Amen

The God of all grace bless you now and forever.

God in peace. Serve the Lord. Thanks be to God.



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The Faith 5

SHARE ■ READ ■ TALK ■ PRAY ■ BLESS

For Faith Groups



Immanuel
LUTHERAN CHURCH



INTRO

The Faith 5

This is a simple way to do a devotion or lead a faith talk discussion during your Faith Group. The outline is easy to remember and any leader can follow the 5 steps.

The Faith 5 is developed by Rich Melheim of Faith Incubators. For more information go to: www.faith5.org



SHARE

your highs and lows

1. Share your Highs and Lows from the past week

Highs:

Good things from the week. What brought you joy?
Where did you see God at work during the week?

Lows:

Tough, difficult or hard things from your week.
When were you misguided or did you lose hope during the day?
What caused you stress or discomfort?



READ

a Bible verse or story

2. Read God's Word

You may choose to:

- Read the verses assigned for the day (from Taking Faith Home). The daily readings are available in your worship bulletin each Sunday, in your Monday morning e-news from Immanuel, or online at www.immanuel.us/adults/taking-faith-home
- Share a favorite Bible verse or story
- Decide on a theme of study for the year from the following list:

The Basics

Sin – Romans 1:18-31
Redemption – Romans 3:21-31
Law – Romans 4
Grace – Romans 6:1-14
Atonement – Ephesians 2:11-22
Lordship – Colossians 1:15-23

Facing the Issues

Money Matters – Mark 13:1-11; 2 Cor 9:6-15
Success vs Service – John 13:1-17; Gal 5:13-26
Social Concern – Luke 10:25-37; Galatians 6:1-10
Corruption/Abuse – Mark 11:12-19; James 2:1-13
Tough Decisions – Matt 27:11-26; Romans 13:1-7
Spiritual Renewal - Mark 1:1-8; Romans 8:1-17

Catching a World Vision

Worldwide Purpose - Luke 4:14-30
World of Possibilities – John 1:1-18
World of People – John 4:1-26
World of People – John 3:2-12
World-Sized 1 – Luke 5:1-11
World Sized 2 – John 21:15-25



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 this applies to your joys and pain of the week.

You may choose to respond to the following prompts:

- One thing I have been learning this week...
- One things I already knew, but it's worth repeating...
- One thing I would like to know more about...
- You may choose to read a related devotion from a resource you have at home, or from one of the resources available outside of the Coordinator of Inreach and Outreach's office, or from resources in the church library.