



PRAY
for one another's
highs and lows

4. Pray about what you have shared together

Praising and thanking God for your highs.

Asking 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

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.



Immanuel
LUTHERAN CHURCH

Immanuel Lutheran Church
16515 Luther Way
Eden Prairie, Minnesota 55346
952-937-8123
www.immanuel.us



Immanuel
LUTHERAN CHURCH



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 bed time 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.).

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



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 caused you stress or discomfort?



2. Read God's Word

You may choose to:

a) 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

b) Read from a children's Bible like:

- The Beginner's Bible (Ages 2-5)
- Spark Story Bible (Ages 4-10)

Note: both of these Bibles are available in the Church office.

c) Daily read a small portion of a book of the Bible.

You may choose to use:

- your child's 3rd grade Bible
- your child's Confirmation Bible
- your family Bible
- a paraphrase like *The Message*
- a favorite translation or version



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 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)

Note: all of these resources are available in the church office.

You may choose to use the Taking Faith Home handout (as it has ideas for discussion).

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...