



## BRINGING FAITH FORMATION HOME

# FAITH 5

## A Daily Devotional Ritual

The **FAITH 5** is a daily ritual that connects church to home, faith to life, and families together in a powerful way. All you need is 5 to 15 minutes! Gather your family together any time that works best for you, but the ideal time is just before going to bed since while sleeping we tend to focus on our last waking thoughts. Use the scripture readings listed above for the week as you enjoy this special family time for faith formation.

# FAITH 5

EVERY NIGHT  
IN EVERY HOME



1  
share



2  
read



3  
talk



4  
pray



5  
bless

### FAITH 5 Steps:

1. **SHARE** your highs and lows. Name something good and bad you experienced today. If you can't think of a personal one, check out the headlines from the day's news and teach empathy and compassion for the broader world.

2. **READ** your bible lesson for the day. Focus on the lectionary for the coming Sunday listed above. It may make sense to divide the lesson into chunks and focus on parts of it at a time.

3. **TALK** about how the reading relates to your highs and lows. Unpack the lesson a bit. What does it mean in your own words? How might it relate to where you are today in your highs and lows?

4. **PRAY** for one another, including thanksgiving for the highs and intercession (help) for the lows. Pray for your family, community, and the world. Simply talk to God, thank Jesus for the good, and ask the Holy Spirit for guidance in specific problems.

5. **BLESS** one another. Maybe make the sign of the cross on each other's forehead and bless them in the name of God the Creator, Christ the Redeemer, and God's Spirit the Sustainer. Remember that you belong to God and to one another.

for more information on how to use the FAITH 5 go to: [www.faith5.org](http://www.faith5.org)