



SHARE



READ



TALK



PRAY



BLESS

# FAITH



## SHARE your highs and lows.

*What were the best/hardest parts of the day?  
What brought you joy or smiles today?  
What was sad or disappointing today?*



## READ a Bible verse or story

*Dive into God's Word. Returning to the same scriptures all week develops familiarity and spiritual focus.*



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

*What might God be saying in our highs and lows? The responses may be different each day, as a different day's experience helps us hear God's Word differently.*



## PRAY for one another's highs and lows.

*Light a candle, fold or hold hands, and call on God. Name your highs and lows before God. Ask for God's blessings, comfort, joy, strength, wisdom ... Speak anything else from the day or the week. Conclude with Amen, the Lord's Prayer, or a meal or bedtime prayer.*



## BLESS one another

*Speak words of God's promise to one another:  
"Remember that Jesus loves you very much."  
"The Lord bless you and keep you."  
"You are precious in God's sight"*

## For the week of Sunday, January 31, 2021

*Each time you gather to do Faith 5 read a Bible verse or story. You may use the following readings, or select a story from a children's Bible, or any other Bible passage. If possible, read out of a printed Bible.*

**Spark Story Bible story:** "Teaching & Healing", pg. 254

**Bible verse:** Psalm 111:1

*"Praise the LORD! I thank the LORD with all my heart  
in the company of those who do right, in the congregation."*

**Bible passage:** Mark 1:21-28

*Faith5 works great when reflecting on the same verse throughout the week. If you need some variety, the other readings for the week are:*

*Deuteronomy 18:15-20*

*Psalm 111*

*1 Corinthians 8:1-13*