



# 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, Sept 19, 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:** Who is the Greatest? pg 324

**Bible Verse:** Psalm 54:4

*"God is my helper; my Lord sustains my life."*

**Bible passage:** Mark 9:30-37

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

*Jeremiah 11:18-20*

*Wisdom 1:16--2:1, 12-22 (alternate)*

*Psalms 54*

*James 3:13--4:3, 7-8a*

*Mark 9:30-37*