

FAITH 5 Practice

As we continue to need and desire connection with each other and with God, we invite you to share in the practice of FAITH 5 during this time. People of all ages are invited to gather together in their home as a family or virtually using the phone or a video-call application (Skype, FaceTime, Hangouts/Duo, etc.) to connect with those at a distance. Consider calling your extended family, friends, or other members of the church to do FAITH 5. Follow the simple instructions below:

1. **SHARE** a high and low from your day or week. This should be the best/most joyous and hardest/saddest part of your day.
 - a. Make sure to encourage active listening while other people share. Only the person sharing should be talking. After the person sharing is done speaking, the listeners can offer a simple phrase of comfort or rejoice.
 - i. Young ones may need prompting by simply asking when they felt happy or sad that day.
2. **READ** scripture.
 - a. For little hands or creative spirits, offer paper and pencil to draw what you see while the story is being read. Share your drawings with one another.
 - b. Here are some options for reading:
 - i. Use one of the readings from the upcoming Sunday service. You can find [the common lectionary texts here](#) and look them up in your Bible or online.
 - ii. Share your favorite Bible story. Here are some different ways you can do this:
 1. See if you can tell the story from memory before looking up the text.
 2. Get out your Bible and work as a family to find it. Take turns reading the story out loud.
 3. Do you remember a Bible story or verse that was used at a memorable event in your life or a loved one's life? Or maybe you have a favorite verse that you have used as a mantra, encouragement, or comfort?
3. **TALK**. Ask each other some of these questions about the scripture you read:
 - a. What do you notice about the verses?
 - b. What word or phrase sticks out to you the most?
 - c. What do you think this passage or verse says about God? About us? Our world?
 - d. Does the passage relate to any of the highs and lows that were shared?
 - e. What didn't you understand about the passage?
4. **PRAY** for one another's highs and lows. Here are some helpful hints:
 - a. First, go around and refresh each other on your highs/lows in just a few words.
 - b. Next, decide who will pray for whom (clockwise, counterclockwise, etc.)
 - c. For younger ones, the prayer can be as simple as "Dear God help with (the low) thank you for (the high), in Jesus' name, Amen."
5. **BLESS** one another with words like "God bless you," "God loves you," or "Remember you are a child of God."

- a. Don't worry too much about using flowery language. Instead, focus on looking the person in the eye and meaning the blessing that you are giving.

Scripture Verse Options

Joshua 1:9 Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.

Psalms 23:1 The LORD is my shepherd, I shall not want.

Psalms 23:4 Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff – they comfort me.

Psalms 27:1 The LORD is my light and my salvation whom shall I fear? The LORD is the stronghold of my life of whom shall I be afraid?

Psalms 28:7 The Lord is my strength and my shield; in him my heart trusts; so I am helped, and my heart exults, and with my song I give thanks to him.”

Psalms 46:1 God is our refuge and strength, a very present help in trouble.

Psalms 55:22 Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.

Psalms 100: For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.

Psalms 119:105 Your word is a lamp to my feet and a light for my path.

Proverbs 3: 6 In everything you do, put God first, and he will direct you, and crown your efforts with success.

Proverbs 30:5 Every word of God proves true; he is a shield to those who take refuge in him.

Isaiah 41:10 Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Isaiah 42: 5, 8-9: He who created the heavens and stretched them out, who spread out the earth and all that comes out of it, who gave breath to its people and life to those who walk upon it: 'I am the Lord; that is my name! I will not give my glory to another or my praise to idols. See, the former things have taken place, and new things I declare; before they spring into being I announce them to you.'

Isaiah 43:1 Fear not, for I have redeemed you; I have called you by name, you are mine.

Jeremiah 29:13 When you search for me, you will find me; if you seek me with all your heart.

Matthew 11:25 Come to me, all who labor and are heavy laden, and I will give you rest.

Matthew 16: 16 You are the Messiah, the son of the living God.

Matthew 28:20 Surely I am with you always, to the end of the age.

Luke 9: 43 And all were astonished at the majesty of God.

John 1:1 In the beginning was the Word, and the Word was with God, and the Word was God.

John 3:16 For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

John 10:14-15 I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for the sheep.

John 11:25-26 I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die.

John 14: 1-4 Do not let your hearts be burdened. Believe in God, believe also in me. In my Father's house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.

John 14:27 Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

Acts 2:21 Everyone who calls upon the name of the Lord shall be saved.

Romans 1:16 For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes.

Romans 8:38-39 For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Ephesians 2:8-9 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.

2 Corinthians 5:7 For we walk by faith, not by sight.

Philippians 4:4 Rejoice in the Lord always; again I say, Rejoice.

Hebrews 11: 1 Now faith is the assurance of things hoped for, the conviction of things not yet seen.