



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:
 - A **P**raising prayer
 - A **T**hanking prayer
 - An **A**sking prayer
- ✦ You may choose to use a **JOY** prayer:
 - Thanking **J**esus
 - Praying for **O**thers
 - Praying for **Y**ourself

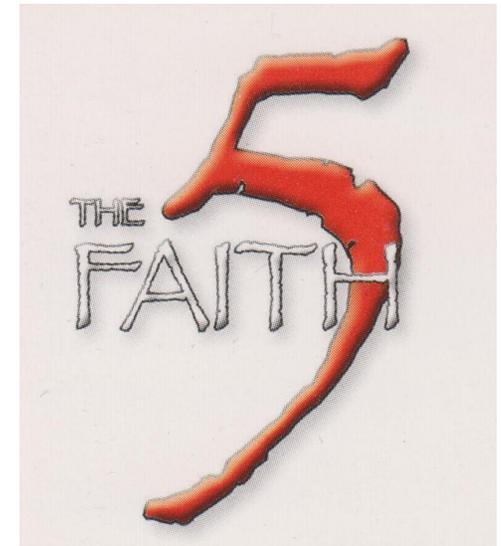


5. Bless one another.

- ✦ Place your hand on your child/spouse's head or shoulder, or
 - Make the sign of the cross on their forehead, or
 - Kiss your little finger and trace a cross on their forehead, or
- ✦ 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!

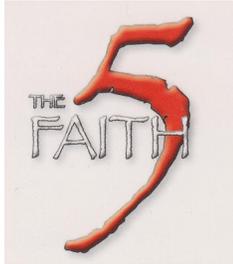
Blessings can be used at any coming or going (bus stop, bedtime, leaving for college, or any-time!).



Turn off the TV, put down the newspaper, set your cell phones on silent and invest 5 minutes in your family with these simple steps.



Every Night in Every Home!



The Faith Five

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, or family room) to share The Faith Five.



1. Share your highs and lows from the day.

- † Highs:
 - good things from the day.
 - Where did you see God at work in your day?
 - What brought you joy?
- † Lows: tough, difficult, challenging or hard things from your day.



2. Read God’s Word.

You may choose to:

- † Read the verses assigned for the day (from *Taking Faith Home*). The daily readings are available:
 - In your worship bulletin each Sunday and you can access it online:
www.immanuel.us/takingfaithhome.asp
- † 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.
- † 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/version



3. Talk about how the Bible reading relates to your highs and 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 or family devotional like:
 - The One Year Devotions for Preschoolers
 - Little Visits for Toddlers
 - Little Visits with God
 - The One Year Devo for Teens
 - 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