

# THE FAITH5

## Faith Acts In The Home

Bringing families closer to one another and closer to God



**FAITH5™ (Faith Acts In The Home)** is a simple, easy-to-implement faith practice that creates sacred space for meaningful conversations. FAITH5 can be used with families of any size and shape, and can even be used with small groups, church committees, confirmation classes, youth groups, prayer circles, and basically ANY gathering of two or more people together! It even works over the phone, Zoom, Skype, or text when people cannot be physically together. When done over time, the FAITH5™ carries the power to enrich communication, deepen understanding, and strengthen mental, emotional, physical and spiritual health. The 5 steps are:

**SHARE** your highs and lows of the day with one another

**READ** aloud a Bible verse or story (Taking Faith Home inserts are great for this!)

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

**PRAY** for one another's highs and lows (easy as saying, “**thank you, God....**” for the person’s highs, and “**help them, God.....**” for the person’s lows, then say “**Amen!**”)

**BLESS** one another! This is so important! (“**God loves you!**”, “**You are a beloved Child of God!**”, “**May God bless you today and always!**”, or any blessing you like)

That’s all there is to it. Simple, yet powerful! ☺



## From the Desk of Deacon Andrew

As disciples of Jesus, taking the time to nurture our own faith and the faith-filled relationships with our family and friends is one of the most important things we can do. Sometimes, however, this important time in conversation and prayer together can get swallowed up by life's many distractions and demands. Like any activity that requires our time and attention, having helpful tools at hand can make things easier. Here are two great faith formation tools that you may find useful. Both of these tools are straightforward, easy to use, and provide a helpful structure & guidance for weaving faith into our daily lives and relationships.



The **FAITHS** and **Taking Faith Home** are wonderful ways to invest your time sharing, listening, learning, praying, growing, and blessing one another. Unless we make a conscious effort to set aside time with those closest to us in meaningful ways, the world will find ways to keep us occupied and demand our attention. By calling a brief “time out” from our other tasks and activities, we are saying to our loved ones and others we care about, “You are important to me. Tending to our relationship with each other and with God is a priority.”

Taking Faith Home is a weekly devotional resource developed by Milestones Ministry. Every Sunday we provide you with a new page for the coming week that follows our lectionary cycle of readings. In addition to the daily Bible readings, Taking Faith Home offers a weekly scripture theme verse, prayers and blessings for the home, suggestions for caring conversations, devotions, service project ideas, and a variety of ways to incorporate faith rituals and traditions into the rhythm of your and your family's life.

As with any resource, feel free to experiment and find what works for you! Even if you live alone, you can reach out to a neighbor, family member, or friend and share in healthy and holy conversation. It is our prayer that you will be strengthened and blessed by these resources, and that they bring beauty and growth in your walk of discipleship and in all your important relationships.