**Faith5**

Keep your family communicating every night and grow together in insight, love and understanding. Use this simple 5-step process just before bed for maximum impact. Learn more about these easy and effective family communication tools at [www.faith5.org](http://www.faith5.org).

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**Share** your highs and lows of the day…

**Read** and highlight these verses in your Bible

1. Deuteronomy 6:4-5

2. 1 Kings 18:21

3. Psalm 85:8-9

4. Proverbs 16:19

5. Ezekiel 36:27

6. Luke 22:26-27

7. Acts 2:42

**Talk** about how the Bible reading might relate to your highs and lows or the sermon this past week…

**Pray** for one another. Praise and thank God for today’s highs. Ask the Holy Spirit for help with today’s lows. Include highs and lows of your family, friends, and world in this prayer. Close in Jesus’ name.

**BLESS** one another with the sign of the cross and these words:

“Lord, bless me and my church family! Amen!”

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