

# 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. Exodus 16:4
2. Deuteronomy 8:3
3. Isaiah 55:1-3
4. Jeremiah 15:16
5. Matthew 4:4
6. Mark 14:22-25
7. Titus 1:2

**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: "Bread of life, grant me a heart hungry for You! Amen!"

Trinity Lutheran Church, Lexington Sermon Report

Date:

Pastor:

Main Verse & Theme

**Words I Don't Know or Want to Look Up**

Main Points I Picked Up from the Message:

Two ways I can apply this text to my life...

- 1.
- 2.