

# FAITH5

## **Step 1: SHARE your highs and lows**

What was the best part of your day? What was the worst? Where did you notice God's presence? Share this with those you love.

## **Step 2: READ a Bible verse or story**

**Select** a passage and read the story or Bible verse out loud.

## **Step 3: TALK about the Bible**

Unpack the story. How does this story or Bible verse relate to your life today. How does it connect with your highs and lows?

## **Step 4: PRAY for your highs and lows**

Take turns offering a simple prayer for each others highs and lows. If you are in a circle pray for the person on your right.

## **Step 5: BLESS one another**

Make the sign of the cross one another's forehead, palm or in the air (if you are on zoom). You can say something like: "Jesus loves you and so do I" or "The Lord bless you and keep you" or "You are a beloved child of God and nothing will change that."

*Use this QR code to explore FAITH  
INKUBATORS the creators of FAITH5*

