

GO AND...

Spiritual Practice: Faith5 (TM)



FAITH5™ is a powerful framework that deeply connects people to God and one another, connects church to home, and connects faith to daily life. FAITH5 carries the power to enrich communication, deepen understanding, and promote mental, and spiritual health.

The five steps are:



STEP 1: SHARE your highs and lows (no judgement!)



STEP 2: READ a Bible verse or story -- This might be the Sunday text, a favorite verse, or even the random page your Bible falls open to!



STEP 3: TALK about how the Bible reading might relate to your highs and lows -- Unpack the verse a bit. What does it mean in your own words? How it might relate to your highs and lows. If you don't know, that is OK - go ahead and say so! Don't be afraid to tell the truth.



STEP 4: PRAY for one another's highs and lows - Offer your hearts and minds in prayer. Feel free to take turns, offer a favorite prayer, or even lift up the Lord's prayer!



STEP 5: BLESS one another - Trace the sign of the cross on one another's forehead or palm as a reminder that you belong to God and to one another.