

The Faith Five

The Faith Five is a tool for families to engage in faith conversations at home. Below are some simple ways to form faith in your home, in the car or anywhere!

1. Share

Share highs and lows. Name something good and bad you experienced today. Can't think of a personal one? Check out the headlines from the news and teach empathy and compassion for the broader world.

2. Read

Read a verse from your Bible.

3. Talk

Talk about how the verse relates to highs and lows. Unpack the verse a bit. What does it mean in your own words? How might it relate to where you are today in your highs and lows?

4. Pray

Pray for one another's highs and lows, for your family, and for the world. Simply talk to God, thank Jesus for the good, and ask the Holy Spirit for guidance in specific problems.

5. Bless

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.