

FAITH

Having time as a family is tough. Having time as a family that encourages one other and builds positive and powerful memories is even tougher.

BUT it is doable!

From the book: *Holding your Family Together* by Dr. Rich Melheim

FAITH5™ (Faith Acts In The Home) is a simple, easy-to-implement faith practice, perfect for incorporating into your bedtime routine for five to fifteen minutes a night. When done over time, the FAITH5™ carries the power to enrich communication, deepen understanding, aid sleep, and promote mental, physical and spiritual health. The five steps are:

1) Share

Highs and Lows: “You got to open the kid before you open the book.”

How to?

Step #1 Do this when it is the youngest bedtime

> Maybe they are the one who calls the huddle

Step # 2 Pick a spot. It can rotate.

> Let it move as needs arise

Step #3 Set a timer. Short answers are fine.

> During the Talk stage you will expound on highs and lows.

Two rules:

#1 No interrupting each other

#2 No judgements

2) Read

A Bible verse or story together

You can use Sunday's scripture, which is the same taught at Footprints and used in worship (lectionary.library.vanderbilt.edu). Using the same story for the whole week is good.

3) Talk

How does the verse relate to our lives or our highs and lows?

This time can help kids transition from technology to connecting with family.

4) Pray

Praying for each other's highs and lows

- › Thanking God for the highs and asking for help with the lows.
- › Keep a prayer journal as a family, so you can look back at what you have been sharing and praying about.

5) Bless

Spoken blessing with a blessing touch

"[Name], God bless you, I love you, good night."

"[Name], Jesus loves you and so do I"

"[Name], child of God, you have been sealed by the Holy Spirit and marked with the cross of Christ forever."

Why nighttime?

- › End your day together.
- › Bring the day to a close with good things as a family
- › Bedtime is usually more constant than mornings.

How to start?

- › Try just doing the highs and lows and the blessings for a few days. Then add prayer for a few more, and lastly scripture and talk.
- › You can get the book.
- › You can ask David Greenlee for help: david@trinitylutheranchurch.com