

## FAITH5

Step 1: SHARE your highs and lows.

Step 2: READ a Bible verse or story.

Step 3: TALK about how the Bible reading might  
Relate to your highs and lows

Step 4: PRAY for one another's highs and lows

Step 5: BLESS one another

### 1. SHARE your highs and lows.

Two rules only are don't *interrupt* and don't *judge* the other person.

Share your highs

*Dr Rich says that*

*"Starting the night out on a high sets the stage for an overall positive experience.... It models healthy communication, engenders caring, fosters acceptance and teaches appreciation..... Sharing the positive triggers more positive ....Starting with a positive high reframes the entire day in a healthy and balanced way."*

*Romans 12:15 <sup>15</sup> When others are happy, be happy with them..*

Share your lows

*In an era of texting, Facebook, e-mail and cell phones, sharing highs and lows is a face to face, incarnational embodiment of God's love and care. People feel loved when they feel heard. We can 'love them through' their problems.*

- Tim Seitz-Brown

### 2. READ a bible verse or story

*Psalm 119:105*

*<sup>105</sup> Your word is a lamp*

*that gives light*

*wherever I walk.*

### 3. TALK about how the Bible reading might relate to your highs and lows

*Deuteronomy 6:6-7*

*<sup>6</sup> Memorize his laws <sup>7</sup> and tell them to your children over and over again. Talk about them all the time, whether you're at home or walking along the road or going to bed at night, or getting up in the morning.*

#### **4. PRAY for one another's highs and lows**

***James 5:16***

***Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.***

***Anger is hate on steroids, but prayer is love on wings***

***'Bringing highs and lows to God in prayer builds trust and bonding into the core of the family. It models healthy communication, which leads to insight, understanding and release. It teaches children that it's OK to have lows, express them, and actually be vulnerable in the contest of family grace and loving space.'***

**- Dr Rich Melheim**

***Philippians 4:6***

***<sup>6</sup>Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God.***

#### **5. BLESS one another**

***Genesis 1:28***

***<sup>28</sup>God gave them his blessing and said:***

***Have a lot of children! Fill the earth with people and bring it under your control. Rule over the fish in the ocean, the birds in the sky, and every animal on the earth***

***Genesis 12:2***

***<sup>2</sup>I will bless you and make your descendants into a great nation. You will become famous and be a blessing to others.***

FAITH5.ORG For further info, ideas and video demonstrations

#### **FOR FURTHER STUDY IN SMALL GROUPS**

Mixer: What were your first memories of childhood? What do you remember about your room? Your bedtime routine? Your parents? Who and what made you feel safe, loved and secure?

1. What routines/ traditions have you established in your family to help keep them close together and close to God?
2. What do you think about the faith5 as a tool to strengthen families?
3. When is it too late? I.e. when are the kids too old to do faith5 or something similar?
4. In what ways would this daily routine build resilience into our young people?
5. **Romans 12:15 (CEV)**  
<sup>15</sup> ***When others are happy, be happy with them, and when they are sad, be sad.*** Do your kids/ were you as a kid free to share your lows with the family?
6. If psychologists and sociologists see a link between TV, multimedia etc and depression, suicide, low self-esteem etc. What is the answer?
7. Choose one of these scriptures on prayer before the group time and come prepared to share why it is significant to you;  
1 Thess 5:16-18; 1 Peter 5:7; Phil 4:6; Luke 11:9; John 15:7; Matt 6:7; Jas 5:13
8. Pray for each other that we might have the boldness of God in us to start new traditions in our families so that they will experience the reality and the power of God personally. Specifically pray for children and grandchildren etc that group members have on their hearts right now.