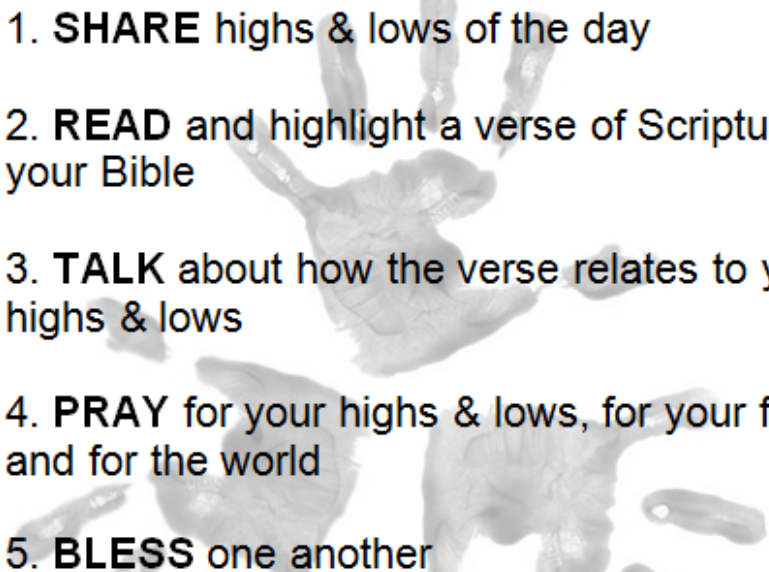


Faith 5

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1. **SHARE** highs & lows of the day
 2. **READ** and highlight a verse of Scripture in your Bible
 3. **TALK** about how the verse relates to your highs & lows
 4. **PRAY** for your highs & lows, for your family, | and for the world
 5. **BLESS** one another

Take 5!

1. **SHARE:** All of our lives include highs and lows. Share them both.
2. **READ:** See the other side of this bulletin for verse(s).
3. **TALK:** How does this scripture relate to your day? To your life? There is no right answer here.
4. **PRAY:** No fancy words necessary.
5. **BLESS:** Yes, you can bless! Mark the sign of the cross on your or another's forehead. Simple words of "You are loved" to "You are God's favorite child" to something more specific to you or your family. You can even bless yourself.