

# home huddles

## every night in every home



*The family has been, is, and always will be the church's primary school of faith. To help families keep the promises made to God at their child's baptism, and to build a stronger spiritual bond between parent and teen, we offer the following one-a-day check-in exercises for you to do together six days or nights each week. Daily bible readings are available from the Daily Lectionary sheet from Holy Trinity. You can also go to <http://www.elca.org/en/Faith/DailyBible>.*



### 1) Check-in:

How are things going? Find out by sharing Highs & Lows for the day.

### 2) Open the Bible:

Read and highlight the verse for each day in your Bible, reflecting on how it applies to today's Highs & Lows and asking God, "What does this mean for our family today?"

### 3) Think:

Read and reflect on one of the quotations, questions, or terms from this handout, or use the expanded family devotions on this theme available from Holy Trinity's church office.

### 4) Pray:

Lift up a PTA prayer. **Praise** and **thank** God for the highs your parent or teen experienced this day and **ask** God to care for the lows. Ask God for specific answers to your prayers within God's will. Close in Jesus' name.

### 5) Bless:

Close by making one another with the sign of the cross on the forehead or back of the hand and recite this or a similar blessing: "(Name), may God bless you this day and every day. Amen."