**Faith 5**

**Scripture** Genesis 1:31 God say everything that he had made, and indeed, it was very good.

SHARE – your highs and lows, your joys and sorrows

READ – the verses above together

TALK – about how the Bible reading might relate to

 your highs and lows. You might think about

 the goodness of God’s creation. What are the

 parts of creation that make you pray “Wow!” or

 “Thank you, God!”? What are some ways

 that you take care of God’s creation?

PRAY – for each other’s highs and lows

BLESS – one another

**Sample prayer** O God, how wonderful is our world, the earth and all that is in it. You give breath and living to every living being. Thank you, thank you, thank you. And may my care for your good creation act as an offering of joy. Amen.

**Sample blessing**  God created you and blessed you!

More resources are available at [www.faith5.org](http://www.faith5.org)

**Faith 5**

**Scripture** Matthew 28: 20 And remember, I am with you always, to the end of the age.

SHARE – your highs and lows, your joys and sorrows

READ – the verses above together

TALK – about how the Bible reading might relate to

 your highs and lows. You might think about

PRAY – for each other’s highs and lows

BLESS – one another

**Sample prayer** Sometimes, Lord, it is hard to feel you near me. In the dark, when I am sad or angry, when I am confused, you seem far away. Help me remember your promise to be with me always, and help me trust that you always keep your promises. Amen.

**Sample blessing** God is with you, right here, right now.

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