

FAITH 5 AT HOME

GOAL: *To establish simple faith practices as part of everyday life and to teach families how to use the Faith 5: sharing highs and lows, reading Scripture, discussing how Scripture relates to the highs and lows, praying for highs and lows for each other and blessing each other on a daily basis.*

Preparation:

Order Faith 5 bookmarks for each family from childrensministry@baptist.org.nz

The following resources are available in the extra resources section on the website:

- Print out or have a copy of Deuteronomy 6:5-9 in colour projected on screen.
- Print out one 'Little Family Liturgies' page for each family and pens.
- Print Faith 5 Scriptures for each family.
- Print Faith 5 guide for parents to take home if they want to.
- Optional: Faith Five cube as an activity to make (*needs scissors and glue*).

Explain it:

Begin by reading together Deut. 6:5-9 Divide the group into four and assign a colour to each group. Read the Scripture through first with each group just reading their coloured words and then put it altogether at least twice with leader reading the words in white.

ASK: When were families instructed to teach their children about God in this Scripture? (when they lie down, get up, walk along the road, and when they sit). Faith at Home is not about adding a lot of extra things into your lives as families but about turning the ordinary things you are already doing into spiritual moments! This is the 'liturgy' of your family. Get together in your family groups and list the everyday things that your family does in these four moments. (*Maybe walk becomes when we drive along the road instead?*)

Now choose one of the things you do in each of these 'moments' and pray/ask God to help you see how you can make this a spiritual moment for your family.

One example is a mum who felt God saying "Brushing teeth can be spiritual. Put a post-it note on the bathroom mirror for your kids to read while they brush." She wrote "God loves you" with a smiley-face and when she came back later in the day one of her kids had put another one next to it which said, "God loves you too!"

Give families 5-10 minutes to write their moments, then ask them to choose one moment in each area to make part of their 'spiritual practice'. (This may need another 5 minutes). Some families may like to share their ideas?

It is so important that what we do as families is do-able and simple and part of every day life.

Now we are going to learn a tool which is a simple way of making devotions part of your family life. It also includes caring conversation and can be built into a special family tradition.

It is called 'Faith 5' and it will look different for each person, family and stage of life. It grows and morphs as families change and can be used by households of any size and with people of any age. The younger your child is when you begin the practice, the easier it will be to establish and the longer you and your child will benefit. A couple can use Faith 5 before they have children or after children have left home.

Finding the right time of day

Often the best time for Faith 5 is bedtime. Studies show that a bedtime routine helps people to sleep more easily and the family can reflect on the events of the day. They bring into the open and deal with issues that might cause sleeplessness if not discussed. Parents commit their children to God's care through the night and children go to sleep secure in the love of God and of their parents.

Some families have found first thing in the morning or around the dinner table work better for them. Skype can allow grandparents to have faith 5 sessions with their grandchildren.

How to start the routine and keep it going

It generally takes a month to establish a habit. This is something important for your whole family. Children can be the person responsible for calling out the time when everyone will do faith 5 and one child can tick off on a calendar when Faith 5 has been done.

Inspire them:

Watch the video clip of a family doing Faith 5 from the website: <https://youtu.be/549v6AkPXal>

Model it:

Begin with sharing highs and lows. Give an example of your high and low of the past week.
(Give families 5-10 minutes to do this.)

Practice it:

Read Deut. 6:4-5 then share how that relates to your high or low. Explain that in your group you can then pray by thanking God for the highs and asking Him for help with the lows. Then end with a blessing. Ask for a volunteer to have a blessing prayed over them then (asking their permission) place your hand on their head or shoulder and pray the Numbers 6:24-26 blessing over them.

Distribute the bookmarks with the outlines of the Faith 5 and then ask families in their small groups to continue through each of the five steps. When families have finished you could give them a faith five cube to put together to take home which can sit on their dining room table or coffee table in the lounge to remind them.

Take it home:

Offer the pages with Scripture readings for Faith 5.

Also offer the Faith 5 guide with encouragement for families.