



Faith 5 Family Favourites Bible Verses



Faith 5 a simple way to bring your family closer together and closer to God.

The faith 5 steps:

- 1 talk about the highs and lows of your day
- 2 read a passage from the Bible
- 3 talk about how the Bible passage relates to your day
- 4 pray for one another
- 5 bless one another.

This resource has been created to help families with step 2.

To find out more about **Faith 5** and how to establish a **Faith 5** routine in your home see pages 5-8.

Why establish a Faith 5 routine?

Faith 5 is a way of nurturing and passing on faith

When parents bring their children to baptism or dedication, they are acting on a desire for their child to have faith in Jesus Christ.

Four keys for passing on faith in families are

- Caring conversation
- Family devotions (worship)
- Family traditions and
- Service to one another and to others.

Used regularly, **Faith 5** incorporates caring conversation and devotions, it becomes a tradition and encourages service.

Used regularly in a family, **Faith 5** provides opportunity for young people to develop the assets* needed for making positive life decisions.

These assets include:

- Family support
- Positive family communication
- Adult role models
- Boundaries
- Expectations
- Caring
- Equality and Social Justice
- Integrity
- Honesty
- Responsibility
- Restraint
- Interpersonal skills
- Cultural competence
- Resistance skills
- Peaceful conflict Resolution skills.

* search-institute.org/content/40-developmental-assets

Many studies show that children — despite what they may say at times — crave and value time spent with parents and honest conversation.

Parents also crave and value opportunities to listen to and talk with their children. **Faith 5** is an easy way of structuring your family life to include some dedicated quality time and caring conversation with your children.

Family Favourite - Bible Verses

When you look at a single Bible verse, it is helpful to check the context:

- Who is speaking or writing?
- Who are they speaking or writing to?
- What is the situation?

Also find out what kind of verse it is: a law or advice, a promise, a story or a historical event, a prayer or another form of writing.

You can find this information in surrounding verses and in notes at the beginning of chapters and books in your Bible.

The Old Testament

The first part of the Bible written and dealing with events before the earthly life of Jesus

Beginnings

Genesis

Stories about the beginning of the world

- Genesis 1:1
- Genesis 1:27
- Genesis 1:31
- Genesis 2:15

Exodus

God rescues his people from slavery

- Exodus 20:2,3
- Exodus 20:6
- Exodus 20:7
- Exodus 20:8
- Exodus 20:12
- Exodus 20:13
- Exodus 20:14
- Exodus 20:15
- Exodus 20:16
- Exodus 20:17

Leviticus

special laws for God's rescued people

- Leviticus 19:18

Numbers

more about God's rescue

- Numbers 6:24-26

Deuteronomy

Moses' farewell sermon

- Deuteronomy 6:4,5
- Deuteronomy 31:8

History

Joshua

Joshua leads God's people

- Joshua 1:9
- Joshua 24:15

Judges

leaders of God's people

- Judges 6:12

Ruth

one of Jesus' ancestors

- Ruth 1:16

1 & 2 Samuel

God's priest leads God's people

- 1 Samuel 16:7b
- 2 Samuel 22:2-4

1 & 2 Kings

Kings lead God's people

- 1 Kings 3:7-9
- 2 Kings 18:5-6

1 & 2 Chronicles

more about Kings

- 1 Chronicles 16:11
- 2 Chronicles 16:9a

Ezra & Nehemiah

God's twice-rescued people

- Ezra 3:11
- Nehemiah 8:10

Esther

a brave girl

- Esther 4:14b

Poetry

Job

conversations about God

- Job 19:25

Psalms

songs and prayers of God's people

- Psalm 19:14
- Psalm 23:4
- Psalm 27:1
- Psalm 33:11
- Psalm 37:4,5
- Psalm 46:10
- Psalm 51:10-11
- Psalm 105:4
- Psalm 119:105

Proverbs & Ecclesiastes

wise sayings

- Proverbs 1:7
- Proverbs 3:5
- Proverbs 11:24
- Proverbs 19:21
- Proverbs 24:14
- Ecclesiastes 3:1
- Ecclesiastes 12:1a

Song of Songs

a love song

- Song of Songs 6:3

The New Testament

The second part of the Bible written and dealing with events during and after the earthly life of Jesus

Life and prophecies of

Major Prophets

Isaiah

- Isaiah 9:6
- Isaiah 12:2
- Isaiah 40:28
- Isaiah 40: 31
- Isaiah 55:6

Jeremiah & Lamentations

- Jeremiah 29:11-13
- Lamentations 3:22-24

Ezekiel

- Ezekiel 36:26

Daniel

- Daniel 12:3

Life and prophecies of

Minor Prophets

- Hosea 8:7
- Joel 2:26
- Amos 5:24
- Obadiah 15
- Jonah 2:2
- Micah 6:8
- Nahum 1:15
- Habakkuk 2:4
- Zephaniah 3:16,17
- Haggai 1:2-5
- Zechariah 4: 6
- Malachi 3:17,18

Gospels

accounts of the life of Jesus by four different authors

Matthew

- Matthew 5:4
- Matthew 5:16
- Matthew 5:43,44
- Matthew 6:34
- Matthew 7:1-5
- Matthew 7:12
- Matthew 11:28-30
- Matthew 16:24,25
- Matthew 25:37-40

Mark

- Mark 9:23
- Mark 10:15
- Mark 10:45
- Mark 8:34
- Mark 12:30

Luke

- Luke 5:31,32
- Luke 6:36
- Luke 11:9,10
- Luke 12:7
- Luke 16:13

John

- John 1:1
- John 3:16-17
- John 4:13,14
- John 10:11
- John 14:26
- John 14:27
- John 16:33
- John 20:29
- John 20:31

History

Acts

the Holy Spirit establishes the Christian Church

- Acts 1:8
- Acts 10:43

Letters

written by Paul to churches and individuals

Romans

to Christians at Rome

- Romans 3:23
- Romans 5:8
- Romans 6:23
- Romans 8:38-39

1 & 2 Corinthians

to Christians at Corinth

- 1 Corinthians 10:13
- 1 Corinthians 10:31
- 1 Corinthians 15:57-58
- 2 Corinthians 1:3-4
- 2 Corinthians 5:17,18
- 2 Corinthians 12:9,10

Galatians

to Christians in Galatia

- Galatians 3:28
- Galatians 5:22-23
- Galatians 6:7-8

Ephesians

to Christians at Ephesus

- Ephesians 2:8,9
- Ephesians 2:10
- Ephesians 3:19
- Ephesians 4:15
- Ephesians 6:1-3
- Ephesians 6:4

Philippians

to Christians at Philippi

- Philippians 1:9-11
- Philippians 3:13,14
- Philippians 4:4-8
- Philippians 4:13

Colossians

to Christians at Colossae

- Colossians 3:12-14
- Colossians 3:23

Letters by Paul cont...

1 & 2 Thessalonians

to Christians at Thessalonica

- 1 Thessalonians 5:12,13
- 2 Thessalonians 2:16,17

1 & 2 Timothy

to a young co-worker

- 1 Timothy 4:12
- 2 Timothy 1:7
- 2 Timothy 3:16

Titus

to a young co-worker

- Titus 2:13
- Titus 3:5

Philemon

to a believer

- Philemon 6

Hebrews

to Jewish believers

- Hebrews 4:16
- Hebrews 10:23-25
- Hebrews 11:1
- Hebrews 12:1-2
- Hebrews 12:10-11
- Hebrews 13:5-6

Letters

Written by other church leaders

James

- James 1:12
- James 4:13-16
- James 5:16

1 & 2 Peter

- 1 Peter 3:15
- 1 Peter 5:7
- 2 Peter 3:9

1,2,3 John

- 1 John 1:9
- 1 John 3:16
- 1 John 4:7,8
- 2 John 5,6
- 3 John 4

Jude

- Jude 21

Prophetic Letter

Revelation

the Apostle John's vision of the future

- Revelation 3:20
- Revelation 4:11
- Revelation 14:13

Our Family Favourite Verses

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... these are written down so that you may believe
that Jesus is the Christ, the Son of God.
If you believe this, you will have life because you belong to him.
(John 20:31 NIRV)

***Our prayer is for young people to become life-long disciples of Christ within
missional families and faith communities***

Resource provided by the Intergen team

intergen@sa.uca.org.au
08 8236 4239
sa.uca.org.au/intergen
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Mission Resourcing

How to establish a Faith 5 routine

In the lifetime of your family it's never too early to start Faith 5, and never too late.

Faith 5 will look different for each person, family and stage of life...

- The Faith 5 structure 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 from it.
- A couple can use Faith 5 before they have children or after children have left home.
- When the first child is an infant, you may begin with just the nightly blessing. When the child develops language, add prayers and Bible stories. When the child starts school, focus on highs and lows. When the child begins reading, add Bible reading and discussion of the Bible reading.
- Subsequent children join in, as they are able, with the family's pattern.

Finding the right time of day

In the daily life of families, often the best time for Faith 5 is bedtime. Studies show that a bedtime routine helps people get to sleep more easily. At bedtime 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 child 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 other times of day work for them: first thing in the morning, after school, or after dinner.

Skype and other electronic communication has allowed grandparents to have Faith 5 sessions with grandchildren. It can also allow a family member who is not physically in the house to participate at Faith 5 time.

Suggestions on how to start the routine & keep it going

- It may be good to start doing Faith 5 formally at a particular milestone of the family: a birth, birthday or anniversary, the start of the year or a school term.
- It generally takes a month to establish a habit, so the first month is critical. With older children, talk about what is going to happen and why it is important. Encourage them to create a calendar or tick list to record each time you do Faith 5.
- Give it a try for a week and then have an evaluation. Consider any changes that could make it more effective, eg brush teeth before Faith 5, use a simpler Bible translation, have someone give a 5-minute warning signal, keep one person from dominating the conversation . . .
- Expect some hurdles - there may be a family member who refuses to participate. Respect their decision and ask that they respect what the rest of the family is doing.
- It may be (actually it will be) hard to get everyone together every night. Keep the practice going with whoever is available — even if you sometimes do it alone.
- You may have guests. Tell them about your practice and either invite them to participate or to excuse you for a few minutes.
- Sometimes you may simply forget. Forgive yourselves and start again.

Have support

- Starting Faith 5 in a family usually begins with an adult who sees how it could benefit the family / household.
- It helps if that one person has support from outside the family, perhaps friends who have already established the practice or who are also keen to start it.
- Go to your outside support group to keep you accountable, to give you encouragement and suggestions, and to pray with you about what is happening.

Step 1 - Share Highs and Lows

Take turns sharing the highs and lows of your day. Highs are the good things that happen; lows are the bad things.

The practice of identifying high and low moments and events:

- teaches the skills of reflection and evaluation
- can 'halve the pain and double the joy'
- builds trust and strengthens relationships.

Sometimes the high and the low are the same thing. Bad things and good things may be things that you do, or things that happen to you. As children become more aware of the impact of their behaviour on others, this sharing may lead to confession and forgiving one another.

Everyone in the family should have a chance to share, rather than one person monopolising the conversation. Youngest children may need some prompting about what has happened during the day. Accept each person's story as a true report and a gift to the rest of you. You can respond with caring comments to one another's stories.

Step 2 - Read the Bible

God speaks to us through the Bible. When you read from the Bible as part of Faith 5, you are inviting God into your family's conversation in a way that is appropriate to the age of your children.

For young children you could use:

- a Bible story
- a Bible song
- a single Bible phrase.

For older children as they learn to read:

- they may read the verse from their own Bible and highlight it
- take turns reading and/or selecting Bible readings.
- you may read the passage twice for clarity and understanding.

For Faith 5 it's better to dig deeply into a single Bible verse or thought than to study large blocks of Bible text. The Bible component of Faith 5 can be from any Bible reading scheme, or from readings used in church or a children's ministry program.

Faith 5 Family Favourites

The Family Favourite Bible verses and Bible stories resources are verses and stories provide a useful starting point for getting into the Bible as a family. These resources list verses and stories that people through the generations have found helpful and encouraging.

Family Favourites - Bible Verses

These passages are not Bible stories, but an overview of teachings for life from the Bible. The passages are listed in the order in which they appear in the Bible, but you can use them in any sequence you choose. The selection includes at least one verse from each book of the Bible.

Family Favourites - Bible Stories

The Family Favourite Bible Stories resource is based on the selection of stories found in *The Family Story Bible*, written by Ralph Milton. We highly recommend this book for families with children between the ages of 5 and 10.

These resources are available for free at sa.uca.org.au/intergen

Step 3 - Relate Bible reading to your day

The key question after reading from God's word is 'What does this mean for us?' Adults can reflect on 'what it means for me' and sometimes 'what I think it means for our family', but be cautious about telling the child 'what it should mean for you'.

The ability to relate ideas from one situation (the Bible) to another situation (daily life) requires maturity and practice.

Young children will not make the same connections that adults make. That's OK. Give your children the opportunity to find for themselves in the Bible passage the Good News about God's love and/or the caution or guidance for living that God provides.

This step involves active listening. People concentrate on what they hear one another saying as well as what they hear God saying. It also teaches the skill of reflection as they find intersections between what God says and the stories of their own lives.

Step 4 - Pray

Discussing the highs and lows of your day, and hearing what God has said to you, prepares your hearts and minds to talk to God about these things. You speak directly to God, and place in God's hands all the concerns you have discussed.

- Thank God for your highs, for his love and for his guidance.
- Ask God for continued guidance, help, strength, patience and courage in the face of the lows.
- Children pray as they are able to put their thoughts into words.

Different ways you could pray:

- Go around a family circle and each person pray for the person to their left.
- Name a person (or use a game to identify people) and let each person say something they pray for that person.
- Let each person pray for themselves.
- If you are unsure what to pray, you may simply say 'Lord Jesus, we pray for (name)'.
- Sing a Gospel song inserting the person's name, for example: 'Jesus loves Kelly; this I know; for the Bible tells me so'.
- Leader says 'Thank you, God, for . . .' and each person adds something from their own highs. Leader says, 'Please help us . . .' and each person adds something from their own low.
- Say God's family prayer (the Lord's Prayer). Pause after each line to think of the highs and lows you have discussed (see example on next page).

Jesus' Family Prayer

Our Father in heaven: hallowed be your name.

Your kingdom come.

(What good things have helped you know God is in charge of your life and the world?)

Your will be done on earth as in heaven.

(Where do you need help to understand what God wants for you and the world?)

Give us today our daily bread.

(What good things has God given you? What are the practical things you need?)

Forgive us our sins

(What do you need to confess and ask God's forgiveness about?)

as we forgive those who sin against us.

(Who has hurt you and needs you to forgive them?)

Save us from the time of trial

(What trials and temptations are you facing that you need God to help you handle?)

and deliver us from evil.

(What bad things do you need God to help you through?)

For the kingdom and the power and the glory are yours, now and forever. Amen.

This prayer is found in the Bible in Matthew 5:9-13. Your family may use a slightly different version of this prayer.

Step 5 - Bless

To bless someone is to link the person with God's good promises.

A blessing and assurance of love includes a physical touch: hand on head, hug, kiss, or making the sign of the cross.

You can use your own words, words from Bible benedictions or simply: 'Jesus loves you, and so do I' or 'Sleep, my child, for God is with you, all through the night'.

Here are some blessings from the Bible

Numbers 6:24-26

Psalms 121:7,8

Romans 15:13

Philippians 4:7

Philippians 4:19,20

1 Thessalonians 5:28

1 Peter 1:2b

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