



## Using The FAITH5™ CROSS

**FAITH5™ (Faith Acts In The Home)** is a simple, easy-to-implement set of faith practices, perfect for your bedtime routine or another time of the day for five to fifteen minutes. When done over time, the FAITH5™ has power to enrich communication, deepen understanding, aid sleep, and promote mental, physical and spiritual health.

**The FAITH5™ Cross** is a wonderful tool for families, couples, or friends to engage in the five faith practices. The three base sections are circular. A circle has no end. You can approach a circle from any direction and still end up at the center. In the same way, our Lord Jesus invites people to come who are of all ages, all backgrounds.

*Begin with a disassembled cross. As you put each piece in place, do the corresponding faith practice for that piece.*

- 1) **SHARE** your highs and lows (*the largest circle*)
  - a) The base of our understanding is our experience.
  - b) Our first piece invites us to share our highs and lows, and to remember in the sharing that Christ is with us always, every moment of every day. God rejoices in celebrating our highs. God's presence makes our lows bearable.
- 2) **READ** a Bible verse or story (*the medium circle*)
  - a) God uses our language, human language to carry the story of his love for us. Reading the Bible is the main way that God uses human language to communicate Divine love.
  - b) The second circle piece encourages us to listen to God speak in his special way to each of our lives, and to hear together God's word for all of us.
- 3) **TALK** about how the Bible reading might relate to your highs and lows (*the smallest circle*)
  - a) The beauty of Christian community is the opportunity to share with another the special manner that God has communicated his love in our lives.
  - b) Our third circle piece helps to deepen our trust of God by recognizing the way that God is at work in the lives of those of our household. As we listen to others as they filter their highs and lows through the promises of God, we deepen our personal understanding of God.
- 4) **PRAY** for one another's highs and lows (*the large "post"*)
  - a) The power of prayer, both personal and together with others, is both healing and empowering.
  - b) The vertical portion of the cross invites us to take the highs and lows of the day to God in prayer. We thank and praise Jesus for the highs. We ask the Holy Spirit's help with the lows. We close the prayer "...in Jesus' name. Amen."
- 5) **BLESS** one another (*the small "cross beam"*)
  - a) The greatest blessing of all time is the gift of the life of Jesus for the sake of the whole world.
  - b) The small cross beam invites us to make the sign of the cross on others as we verbally name the blessings God grants and guarantees us through divine love. The change made when a child goes to sleep every night knowing they are loved and secure, and when that same blessing is passed on to the parent or from adult to adult is incalculable. It changes our world, and the world God made and loves so much...