

# 5 Minutes for Faith



Try this plan to hold your family together by creating a healthy, happy, secure and God-centered family one night at a time. Use these simple steps to turn your home into a place where your child will experience fun, security, support, love, wisdom, and deep peace. You can find more information at [faith5.org](http://faith5.org) or in the book, *Holding Your Family Together* by Dr. Rich Melheim.

After a little exercise and physical fun to pump oxygen and lower stress and anxiety, designate a special place to meet together. Remove all tech and other distractions.



Share

**Step 1:** Share your highs and lows—something good and something challenging—from the day. You might want to call them “shining stars” and “silver linings.” Repeat whatever your child says to make sure you have heard them correctly. Can’t think of a personal low? Take a look at the news and challenge your child to look outside themselves.



Read

**Step 2:** Read a key verse or story from God’s Word.



Talk

**Step 3:** Pause and ask, “What is God trying to say to us tonight with these words?” or “How does this verse connect to our highs and lows?” or “What do we learn about God in this verse?”



Pray

**Step 4:** Pray for one another’s highs and lows by name, thanking God for the highs and asking for help with the lows.



Bless

**Step 5:** Bless each other with words and a blessing touch. You might kiss a finger and make the sign of the cross on each other’s forehead with the words, “You belong to God, to Mom and Dad, forever and ever.” or “Nothing you can say or do will ever make us stop loving you.” or “God loves you, and we love you.”

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