



The Bible and My Life

Keep your family communicating every night and grow together in insight, love and understanding. Use the Youth Handout and this simple 5-step process just before bed for maximum impact. Learn more about these easy and effective family communication tools at www.faith5.org.



SHARE your highs and lows of the day.



READ and highlight these verses—one a day—in your Bible.

- Day 1 2 Timothy 3:16-17
- Day 2 Deuteronomy 6:6-7
- Day 3 Jeremiah 1:9
- Day 4 Ezekiel 3:3
- Day 5 Psalm 119:105
- Day 6 Isaiah 40:8
- Day 7 Review 2 Timothy 3:16-17



TALK about how the Bible reading might relate to your highs and lows.



PRAY for one another. Praise and thank God for today's highs. Ask the Holy Spirit for help with today's lows. Include highs and lows of your family, friends and world in this prayer. Close in Jesus' name.



BLESS one another with the sign of the cross and these words:

(Name), child of God, may the power and truth of the Word live in your head, heart and home this week to bring you peace. Amen.



Play this online game using FINKlink
NT10 @ www.faithink.com

ONLINE RESOURCES

Use the code (left) to access interactive games, Bible songs, and additional devotions on this theme.