

Parents FAITH5



SHARE

Highs and Lows



READ – Isaiah 40: 28-31

Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not be faint.



TALK

- ▶ Where have you seen hope in the midst of this crisis?
- ▶ How does your faith give you hope?
- ▶ Who do you have to talk to right now for support and encouragement?
- ▶ We can't always DO things to help others right now, but we can offer hope. What can you do this next week to offer someone else hope?



PRAY

With and for one another – lift up highs and lows, and anything else you want to say to God!



BLESS

Trace a cross on a forehead for yourself or someone else in the air with words like, "You are a precious and loved child of God."