

## SHARE

If we don't know each other's highs and we don't know each other's lows then we don't really know each other. Have each person share one new or good thing from the day (or past week) and one challenge or difficult thing from the day (or past week). If you are the only person in your household, you can journal your highs and lows.

## READ

Lament is a prayer to God expressing our grief or deep sadness in times of trouble. When we lament we let God know how we feel and the hope we have in our hearts. In our scripture readings for FAITH5 in Lent we will discover Psalms of Lament.

Adults and kids Read Psalm 28 from your preferred Bible translation. Then read the following version from "Psalms for Young Children" by Marie-Helene Delval:

*God, can you hear me calling out? Listen to me, I'm crying for you! I know that you are not deaf; I know you can hear me. Already in my heart, I'm saying thank you for listening.*

## TALK

A lament psalm has 5 ingredients: Calling out to God, Complaint (what is wrong), Claim (what do you want God to do), Confidence (hope in God), and Cheer (giving God praise). This week our focus is on calling out to God.

1. When have you called out to God?
2. How do you know when someone is listening to you?
3. Does God listen to us? How do we know?

## PRAY

Holy God, please show us what we need to let go of this Lent so we can put our focus on you. Help us to feel your Spirit and your loving presence, even when we mess up! Show us the right path and help us to follow you. Amen

## BLESS

Trace the sign of the cross each other's forehead or palm as a reminder that you belong to God and to one another. Make eye and heart contact as you share words of blessing such as "God loves you and so do I" or "The Lord bless and keep you" or "You are a beloved child of God".

## ACTIVITY | HOME ALTAR

Martin Luther said that home is the little church. Home is perhaps the most intimate setting where we live out our faith and worship God. If you don't already have a home altar, find a space that is close enough to the daily flow of life in your home and yet out of the way enough to create a space for quiet reflection, prayer, and worship.

Keep it simple. Find a small table, cabinet, or bench. Cover it with a cloth if you like. Add items that bring you comfort, joy and help you to focus your thoughts and prayers. Some items you might want to include are a cross, candles, photos, a bible, paper or journal (to write), pens, colored pencils (to draw), flowers or plant, and a water bowl. Place a small rug or pillows on the floor.