

FEBRUARY 8, 2015  
FIFTH SUNDAY  
AFTER EPIPHANY

# taking+ faith home

Jesus brings God's healing to us.

## DAILY BIBLE READINGS

These readings are related to the Lectionary readings for this Sunday. We invite you to take time each day to read the assigned Bible passages.

Sunday	Mark 1:29-39	Jesus heals many people
Monday	Isaiah 35:3-7	God is coming to heal you
Tuesday	Matthew 8:5-17	Jesus heals in Capernaum
Wednesday	Mark 6:7-13	Jesus' followers heal the sick
Thursday	Luke 6:12-19	Jesus spends a night in prayer
Friday	Luke 9:28-35	Jesus goes up a mountain to pray
Saturday	Psalms 102:1-17	Prayer for healing
Sunday	Mark 9:2-9	The transfiguration of Jesus

## SCRIPTURE VERSE FOR THIS WEEK

Those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. Isaiah 40:31 (NLT)

### SAY, PRAY AND BLESS:

#### A Prayer for the Week:

Lord, give us strength when we are weak, and lift us up when we are weary. Amen. (Isaiah 40:29-31)

#### Mealtime Prayer:

The Lord sends rain to the earth and makes grass grow on the hills. Thank you, God, for giving us all we need. Amen. (Psalm 147:8)

#### A Blessing to Give:

May the Lord lift you up when you are weak and give you strength when you are tired. Amen. (Isaiah 40:29-31)

FEBRUARY 8, 2015  
FIFTH SUNDAY  
AFTER EPIPHANY

# taking+ faith home

## CARING CONVERSATIONS

Discuss in your household or small group:

- Share about a time when you felt sick or unwell.
- Jesus helped and healed many people. In what ways have you experienced God helping and healing you?
- People came to Jesus with their problems and their worries. What problems or worries can you bring to Jesus today?

## DEVOTIONS

Prayer is sometimes called a "faith practice." We learn how to pray by praying with others - by "practicing" with them. In the home, parents have a special responsibility to teach their children how to pray by praying with and for them. Learn and practice this "five finger prayer" as a household. Put your hands together, palm to palm and pointing upwards. Each finger on the hand represents a topic for prayer.

- **Thumb:** Your thumb is nearest to you. Pray for the people who are closest to you, such as family and friends.
- **Pointer Finger:** Pray for those who point the way - those who lead, teach, guide or heal others, including government leaders, teachers, doctors and pastors.
- **Tallest Finger:** This finger reaches up to the heavens like a church steeple. Give God thanks and praise for all the gifts he has given you and the good things he has done for you.
- **Ring Finger:** This is our weakest finger. Pray for all those who are sick, in trouble or in pain. Pray also for God to forgive you for your weaknesses.
- **Little Finger:** This is the smallest finger and reminds us of where we should place ourselves in relation to God and others. As Jesus says, "The least shall be the greatest among you." So last of all, pray about your own needs and worries.

## SERVICE

Caring for the sick is a special way of showing Jesus' love. Visit or contact a sick friend or relative this next week. Bring their needs to Jesus in prayer throughout the week.

## RITUALS AND TRADITIONS

Christian people are praying people. There are many traditions we can introduce into our homes to remind us to pray and to help make prayer a routine part of our lives. Here are some ideas:

- Have a prayer whiteboard where household members can jot down prayer requests during the week for others to see.
- Make up a photo display of people you wish to pray for regularly.
- Start a household prayer journal in which to record prayer points and answers to prayer.
- Display well known prayers on your walls, such as the Lord's Prayer.



© 2014 Milestones Ministry, LLC. All rights reserved.  
Written by Pr. Greg Priebbenow.



In addition to *Taking Faith Home*, celebrate milestones in your daily life as an effective faith formation tool. Go to: [www.milestonesministry.org](http://www.milestonesministry.org)