



## SHARE

your highs and lows

What was the best thing that happened to you today? What was the worst thing that happened to you today? You can share more than one good thing or bad thing, but this is about connecting with one another and talking about your day.



## READ

a Bible verse or story

Each day, there will be a few verses or a short Bible story to read for the day. What did you hear in the story? What was your favorite part? How does this story show God's love?



## TALK

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

Listen for how God cares for those in the story and how those in the story respond to God and even thank God! How can you respond to God? What are some things you want to say, 'thank you!' to God for entrusting to you?



## PRAY

for one another's highs and lows

Pray with one another and for one another. Pray that each of you learn to listen to God when God is guiding you.



## BLESS

one another

Trace the sign of the cross on one another's foreheads and say, "(Name), you are known and loved by God." Or, "(Name), you are a child of God." Or, you can make up something new each night! What are different ways you can bless one another and remind yourselves that you are protected by God?