

# What is FAITH5™?

FAITH5 (Faith Acts In The Home) is a simple daily faith practice which helps to connect church to home, faith to life, parents to kids, and people to people in a very powerful way. Click on the highlighted steps (below) to watch Rev. Dr. Rich Melheim (originator of Faith5) introduce the five steps of FAITH5:

[Faith5 Overview & Introduction](#), “Why Night Time is the Right” & the “Neurology of Exercise” (and Fun)



**Step One: Share highs and lows.** Name something good and bad you experienced today. Can't think of a personal one? Check out the headlines from the news and teach empathy and compassion for the broader world. (NOTE: Rev. Dr. Rich will discuss the Psychology, the Sociology, the Neurology, and the Theology of Highs & Lows.)

**Step Two: Read a verse from your Bible.** (Each Faith Inkubators curriculum includes suggested verses that kick off at church and go home for families to explore every night. (NOTE: Rev. Dr. Rich will introduce “Read” and discuss “What will God’s Word do?”))

**Step Three: Talk about how the verse relates to highs and lows.** Unpack the verse a bit. What does it mean in your own words? How might it relate to where you are today in your highs and lows? (NOTE: Rev. Dr. Rich will introduce “Talk”, discuss the “Neurology of Talk” and “Highs & Lows for Belles & Beaus.”)

**Step Four: Pray for one another's highs and lows, for your family, and for the world.** Simply talk to God, thank Jesus for the good, and ask the Holy Spirit for guidance in specific problems. (NOTE: Rev. Dr. Rich will introduce “Pray” and dis-

cuss the “Neurology of Praying.”)

**Step Five: Bless one another.** Trace the sign of the cross on one another's forehead or palm as a reminder that you belong to God and to one another. (NOTE: Rev. Dr. Rich will introduce “Bless” and discuss “Grace On Wings” poem and “Building A Dream Team”)

NOTE: Approximate viewing time per video ranges from 2:30 min. to just under 4 min.