

FAITH "How precious is your steadfast love, O God! All people may
Daily Reading take refuge in the shadow of your wings." Psalm 36:7

Looking Back . . .

Sunday	Luke 3:15-17, 21-22	Baptism of Jesus
Monday	Ephesians 6:10-17	Armor of God
Tuesday	Psalm 106:1-12	God's steadfast love
Wednesday	Luke 11:33-36	Let light Shine

Looking Ahead . . .

Thursday	Psalm 36:5-10	Light of God's love
Friday	Romans 12:9-21	Life in Christ
Saturday	Luke 11:14-23	Jesus casts out the dark
Sunday	John 2:1-11	Wedding at Cana

FAITH *Serve* **After Epiphany: Safeguarding the Vulnerable**

Week 2: Abuse is Passed Down

Abuse is not just immediately harmful, it also has great potential to create more abuse in the future. Children who grow up in abusive and violent homes are much more likely to repeat that behavior when they are adults. It is not just children who were directly abused who learn to be violent adults. Children who witness abuse in the home are much more likely to abuse their children or spouses. There are several websites that offer statistics on generational cycles of violence and abuse.

This week, take some time to talk about different ways to deal with anger and hurt feelings. What are some constructive outlets that your household can use to avoid violent reactions to negative feelings? Try counting to 10, going for a walk or run, and working to create safe places to talk about strong and difficult feelings.

Did you miss a week? Download inserts at our website!

Faith on the Go



Talk about your highs and lows for the day!



Baptism of Our Lord - Luke 3:15-17, 21-22

Day 1

Luke 3: 15
 Like the crowds, we have questions in our hearts to ask God. What are some questions you have for God today?

Day 2

Luke 3: 16
 Belonging to God is more than just baptism, it is about God claiming you and calling you God's own. How do you feel God's presence in your life?

Day 3

Luke 3: 17
 These may sound like harsh words but it is good news! God gathers and purifies us to share God's love with everyone. How do you share the importance of God in your life with others?

Day 4

Luke 3: 21-22
 When do you pray during your day? How does prayer strengthen your relationship with God?

Day 5

Luke 3; 21-22
 Jesus was baptized along with a large crowd; this is truly God among us! What if you had been waiting in line with Jesus? How is God among us today?

God, your light shines in the darkest corners of our lives. We give you thanks for calling us your own and loving us. Lead us where we will shine your light of love to all the world. Amen.

May The Lord bless you with peace (from Psalm 29).



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