Meal Prayer
Come Lord Jesus be our guest and let these gifts to us be blessed. Blessed be our God who is our bread, may all the world be clothed and fed. Amen.

The Story
The Faith of Other Israelite Heroes - Hebrews 11:29-12:2
Stories of faith are retold and those who have witnessed to the story of Jesus remembered.

Conversations
Day 1
Hebrews 11:29-31
What do these stories of faith remind you of? How did faith play a role in each of the stories recalled; the red sea, walls of Jericho and Rahab?

Day 2
Hebrews 11:29-31
What is a story of faith that you know, either from the Bible, from your own experience or from someone you know? Tell it!

Day 3
Hebrews 11:32-40
Many people are persecuted or hurt because of their faith; but it doesn’t make their faith less real. How do stories of faith where people face difficult situations help us know God? How do we tell stories about God even when we are hurting?

Day 4
Hebrews 12:1
Who has been in your cloud of witnesses? (Name people who have shared faith/God with you) How can you be a witness to the love of Jesus for others? What does it mean to run a race and persevere (keep on running even when it’s hard)? How do we share our faith in times that we feel sad, lonely, frustrated, or even angry?

Day 5
Hebrews 12:2
What does it mean to look to Jesus? How do we live in joy through Christ?

Blessing
Jesus said, I am the bread of life. You will never be hungry or thirsty in my love.
Meal Prayer

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The Story

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Week 5: How We Feed Each Other

We think about how we feed each other with food that not only sustains us, but makes us healthy and strong. Take time to learn about how we can change our habits to make our bodies more healthy and help others around the world have access to healthy food and clean water.

Find a farm or urban garden near you that allows for people to come and help harvest and then donates the food to local food banks. This is a wonderful way to learn about how food gets from the field to our tables! Include in your family prayers those who grow food for all of us.

Did you miss a week? Download inserts at our website!
faithformationjourneys.blogspot.com

Blessing

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