



# The Teachings of Jesus

Keep your family communicating every night and grow together in insight, love and understanding. Use the Youth Handout and this simple 5-step process just before bed for maximum impact. Learn more about these easy and effective family communication tools at [www.faith5.org](http://www.faith5.org).



**SHARE** your highs and lows of the day.



**READ** and highlight these verses—one a day—in your Bible.

- Day 1 John 4:7-9
- Day 2 John 4:10
- Day 3 John 4:13-14
- Day 4 John 4:15
- Day 5 John 7:37b-38a
- Day 6 John 7:38b
- Day 7 Review John 4:13-14a, 15a, 7:38b



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



**PRAY** for one another. Praise and thank God for today's highs. Ask the Holy Spirit for help with today's lows. Include highs and lows of your family, friends and world in this prayer. Close in Jesus' name.



**BLESS** one another with the sign of the cross and these words:  
(Name), child of God, may Christ's living water refresh your life today. Amen.



Play this online game using FINKlink  
LJ04 [www.faithink.com](http://www.faithink.com)

## ONLINE RESOURCES

Use the code (left) to access interactive games, Bible songs, and additional devotions on this theme.