

Take 5

Every Night, Every Home August 15th

1. **SHARE** highs & lows of the day
2. **READ** passage of Scripture

Psalm 22: 1-4

¹ My God, my God, why have you deserted me?
Why do you seem to be so far away when I need you to save me?
Why do you seem to be so far away that you can't hear my groans?
² My God, I cry out in the daytime. But you don't answer.
I cry out at night. I can't keep quiet.
³ But you rule from your throne as the Holy One.
You are the God Israel praises.
⁴ Our people of long ago put their trust in you.
They trusted in you, and you saved them.

3. **TALK** about how the verses might relate to your highs & lows
4. **PRAY** for your highs & lows, for your family, and for the world.

Father, we thank you for this time together. Thank you that you always hear our prayers; that you always listen to us when we cry out to you. Help us to trust you with our pain, our fear, our doubt. You are worthy to be praised. We love you. Amen.

5. **BLESS** one another using the weekly blessing:

(Name) May you know the presence of the One who loves you, listens to you, and is always by your side. May you walk in confidence of that love knowing that He will never leave you or forsake you.