

5-Minute Home Huddle

A 5-minute, 5-step formula for nurturing your family's faith

- ◆ **Share Highs and Lows.** What is one “thumbs up” and one “thumbs down” experience for the day?
- ◆ **Read God’s Word.** See suggested daily list below.
- ◆ **Talk.** How does today’s scripture relate to your Highs and Lows or this week’s *My Next Spiritual Step* theme — Believe?
- ◆ **Pray** about your family’s discussion. This may include your family, school, workplace, community, nation, world....
- ◆ **Bless** one another.

This Week’s Blessing

(Name), Child of God, may you trust in the Lord with all your heart.

Say with a hug or by tracing a cross on the forehead.

God’s Word for September 23 - 29

Sunday

Proverbs 3:5-6

Monday

John 3:16-17

Tuesday

Romans 10:9-10

Wednesday

John 11:25-27

Thursday

Luke 8:4-15

Friday

John 14:1

Saturday

Psalms 37:3-6

See reverse side for background information.

Does *Your* Home Need a Huddle?

- ◆ In America, we have more TVs than people, and we watch about 28 hours of television per week.
- ◆ Parents and children interact for an average of 37.5 minutes per week, which is just over one day (32 hours) per year.
- ◆ The internet is beginning to surpass television as the primary media for youth
- ◆ Desperate for connection and meaning, 40% of youth have envisioned a plan for suicide.

Home Huddles are an interactive, relevant way to gather as a family to read and discuss scripture and allow each family member to share about his or her day, pray, and receive a blessing — all in minutes a day!

Home Huddles are a great way of doubling your family’s interaction time by providing a simple recipe for meaningful conversation. **Are Home Huddles your family’s Next Spiritual Step?**



Early Childhood and Youth Discussion Groups

Check out each week’s theme.

- Sundays, 10 – 11 a.m.
- September 16 – November 11

- ◆ **Bible Study**
 - for parents of birth to 5-year-old children
 - Room 201
 - Contact Paul & Sarah Newman at 763-561-9781 or sarahnewman712@hotmail.com
- ◆ **Youth Discussion Group** (9-12th grade)
 - in the Student Underground
 - Come for a discussion about life, love, and Calvary’s 7 areas of spiritual growth.
 - Contact Bryan McInnis at 763-231-2958 or bmcinnis@calvary.org