

Lent B Week 1
Challenge



www.heqigallery.com

*"If any want to become
my followers, let them deny
themselves and take up their
cross and follow me."*

– Mark 8:34-36

Monday

Genesis 9:8-10

Tuesday

Psalm 25:1-2

Wednesday

Psalm 25:4-5

Thursday

1 Peter 3:18-21

Friday

Mark 1:14-15



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Every night in every home



SHARE

highs and lows



READ

a Bible verse or story



TALK

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



PRAY

for one another's highs
and lows



BLESS

one another

Invite everyone to bless one another,
following your own tradition, with a
hug, a hand on the shoulder, or the sign
of the cross on the forehead, and say:
“(Name), child of God, you shall
rise from the dust one day in the
power of Christ’s resurrection.”

www.faithink.com/faith5



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PRINT, cut, and distribute a bookmark to each guest for use during their FAITH5 time each night this week.

CHALLENGE all guests to invest a few minutes each night this Lent doing this process with those they love. Use these book marks and their Bibles to aid in the process. For more on FAITH5, visit www.faithink.com/faith5.