



One Lord, One Faith, One Baptism

FOCUS THIS WEEK

We were baptized in the name of the Father, Son and Holy Spirit. We belong to the family of God and are inheritors of eternal life. Remember: In baptism you were adopted into the family of God, named and claimed, and sealed with the mark of Christ forever. This is good news! Will you tell others or keep it to yourself? Will you pass on the faith?



SHARE your highs and lows of the day.



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

- Day 1 Ephesians 4:4-6
- Day 2 Luke 3:16
- Day 3 Matthew 3:13-14
- Day 4 Matthew 3:15
- Day 5 Matthew 3:16
- Day 6 Matthew 3:17
- Day 7 Review Ephesians 4:4-6



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), you have been sealed by the Holy Spirit and marked with the cross of Christ forever.

