



Faith Formation Blessing Bowl



The *Faith Formation Blessing Bowl* set is an outstanding guide to practice faith formation in the congregation and the home every day.

Meaning of the Faith Formation Practice Stones



Mountain High/Valley Low: Talk about a high and/or a low in your life for the day/week to grow trusting relationships. What is your Mountain High? Do you have a Valley low?



Caring Conversations: Have a conversation with questions that provide meaningful reflections on daily life experiences. How are you doing today? What is on your mind? How is God present to you today?



Devotions: Read a Bible passage. Pick out a phrase or a word and talk about it. Close the reflection with prayer.



Service: Our Christian faith motivates us to serve the world in love. What act of service have you done recently? Where do you see a need to help others? How can you help?



Rituals and Traditions: There are many Christian rituals and traditions that are part of our lives. Some options are: prayers in the morning and evening, mealtime prayers, regular Bible reading, lighting a candle, and blessing one another.



Musical Expression: Talk about, sing, or listen to Christian music that inspires you and brings you joy and peace.

These stones represent the fundamental faith practices that articulate a foundational spirituality that shapes the lives of Christians. Through these practices, faith becomes life-long and lived out from generation to generation.