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The Faith Formation Blessing Bowl set is an outstanding guide to practice faith formation in the congregation and the home every day. We would enjoy hearing how you use it as a tool for faith formation.

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Grow the church by growing people in faith

FAITH FORMATION PRACTICES



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?



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?



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?



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.



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



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. The set can be used independently or alongside Milestones Ministry resources: Taking Faith Home bulletin inserts or cards, Milestones Moments, and Milestones Modules.

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