

Take

TAKE 5 and Faith Communities

- Role model for the youth the TAKE 5 concept, pausing before responding.
- When creating groups within your faith community, consider the possibility of integrating faith and mental/emotional fitness and a TAKE 5 attitude.
- Write a note to 5 people in your congregation who need encouragement.
- Have the youth commit to texting 5 positive messages to peers.
- TAKE 5 to read scripture out loud or in silence, being mindful of your breath and the effectiveness of scripture calming your thoughts.
- Share the TAKE 5 concept of pausing and refocusing on what is good, right, true, faithful, honest...with your faith community.
- Create the possibility of weaving the TAKE 5 concept into church services, small groups and Sunday morning groups/Sunday School.
- TAKE 5 and silently pray for/bless 5 people sitting near you during church.
- Thank 5 people for their presence in your church body, not based on what they do but that they are a part of the body.
- Focus on 5 names of God.
- Meditate on a different Beatitude or Fruit of the Spirit for 5 days.
- Consider 5 positive traits of a person before responding to conflict.
- Meditate on a verse and list 5 things you've can draw from that verse.
- Offer your pastor/priest or other church staff a TAKE 5 (gift certificate, yard work, homemade treats)