



He has raised up a mighty savior for us  
in the house of his servant David,

Luke 1:69

### Looking Back . . .

<b>Sunday</b>	Luke 3:15-17, 21-22	Baptism of Jesus
<b>Monday</b>	Ephesians 6:10-17	Armor of God
<b>Tuesday</b>	Psalms 106:1-12	God's steadfast love
<b>Wednesday</b>	Luke 11:33-36	Let light Shine

### Looking Ahead . . .

<b>Thursday</b>	Psalms 36:5-10	Light of God's love
<b>Friday</b>	Romans 12:9-21	Life in Christ
<b>Saturday</b>	Luke 11:14-23	Jesus casts out the dark
<b>Sunday</b>	John 2:1-11	Wedding at Cana



After Epiphany: Safeguarding the Vulnerable

### Week 2: Abuse is Passed Down

Abuse is not just immediately harmful, it also has great potential to create more abuse in the future. Children who grow up in abusive and violent homes are much more likely to repeat that behavior when they are adults. It is not just children who were directly abused who learn to be violent adults. Children who witness abuse in the home are much more likely to abuse their children or spouses. There are several websites that offer statistics on generational cycles of violence and abuse.

This week, take some time to talk about different ways to deal with anger and hurt feelings. What are some constructive outlets that your household can use to avoid violent reactions to negative feelings? Try counting to 10, going for a walk or run, and working to create safe places to talk about strong and difficult feelings.

### Faith on the Go



God of justice and peace, stir up in us your Holy Spirit. You work in our lives in ordinary water, wine and bread. May we hear your extraordinary love and mercy in our everyday lives. We are grateful for all that you have given us, our food, homes, vocations and families. May we seek to ensure that all people are cared for and have what they need to also live out their baptismal lives. In Jesus name. Amen.



Where did you see God today?  
Where do you pray for God's Holy Spirit in your life today?



Luke 3:15-17, 21-22—Baptism of Jesus

#### Day 1

Luke 3: 15  
Like the crowds, we have questions in our hearts to ask God.  
What are some questions you have for God today?

#### Day 2

Luke 3: 16  
Belonging to God is more than just baptism, it is about God claiming you and calling you God's own. How do you feel God's presence in your life?

#### Day 3

Luke 3: 17  
These may sound like harsh words but it is good news! God gathers and purifies us to share God's love with everyone. How do you share the importance of God in your life with others?

#### Day 4

Luke 3: 21-22  
When do you pray during your day? How does prayer strengthen your relationship with God?

#### Day 5

Luke 3; 21-22  
Jesus was baptized along with a large crowd; this is truly God among us! What if you had been waiting in line with Jesus?  
How is God among us today?



**You are God's beloved child now and forever.**