Jesus said: I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." John 8:12

Take a deep breathe in and out and sit quietly and peacefully for a few moments before God watching the flame, thinking about its colours and movement.

Let us think about the candle and its light as we pray:

A candle cannot light itself. It needs to receive light from another.

Father God, thank you for the light that Jesus brings to us and the light we can pass on to others.

A candle when lit can give away its light without losing the light it has. (light a small tea light from the central candle)

Father God, thank you that you give us so much love that we can give away love to others without losing what we already have

The candles light and warmth drives off the darkness

Father God thank you for sending Jesus to die for us on the cross so that we can be forgiven and come to share in your light.

A candle's light is sensitive, reacting to the slightest movement of the air around it.

Father God, thank you that you pick up every little thought and feeling that we have because you know and care about us completely. Give us strength in times of worry and help us to be sensitive and kind to others too.

A candle's flame burns upward while it sheds its light and warmth outward.

Father God, help us to put you first every day and in every situation so the light from our flame grows tall, sending out more light to others and may we see the light of your love and feel its warmth in the lives of the people we meet each day.

As we put out the candles watch the spreading smoke as it spreads out across the room. As we watch this we can think of it as being like the invisible presence of Jesus that goes with us everywhere even when we cannot see a candle burning to remind us he is there.

Father God, thank you that even when we cannot see you, you are still with us. May your invisible light shine brightly in and through us wherever we are in the days ahead.

To our God & Father be glory for ever Amen.

God Bless and keep safe.

This prayer reflection can be found at www.barnabasinschools.org.uk/idea/candle-prayers-reflection