**The Candle – A meditation to use during Holy Week.**

Begin by finding a candle and a place where you won’t be disturbed. You could also do this as a family with a variety of different candles and light them as you go through the meditation. Pause between each section and contemplate your flame.

A candle cannot light itself. It needs light from another. *Light your candle*

*Father God, thank you for the light Jesus brings to us and the light we can pass on to each other.*

A candle when lit can give away its light without losing the light it has.

*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.*

A candle burns as bright when there is only a small amount of candle left as it did when it was new.

*Father God, thank you that whatever age we are, we can still be used by you to be a light for you to others.*

A candle’s light is the same whatever the size, shape or colour of the candle

*Father God, thank you that we all matter to you and are of equal value to you even though we are very different. Help us to see the light of your love burning in everyone we meet.*

A candle’s light is designed to be seen and is best placed high up so that it can give light to all: it is not for hiding away.

*Father God, help us not to hide our light away, keeping it to ourselves. You want us to be lights that bring light to as many as possible.*

A candle’s flame burns upwards while it sheds its light outwards.

*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.*

Unless the candle’s light is passed on, that light dies when the candle itself comes to an end.

*Father God, you want your light to be passed on to others. You are the light of the world and you call us to be lights in the world.*

At heart of the candle’s light there is a death happening, as the wick is burnt up and the wax around it melts and evaporates; just as the light of Christ came only from the death of Jesus on the cross.

*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.*

When the candle is snuffed out, the smoke spreads like incense filling the room reminding us of the invisible presence of Jesus with us everywhere we go even if 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 in the days ahead. Amen.*

*[From the Bible Reading Fellowship.]*