



# Be The Light

- **Equipment**

Candle, matches

- **Set up**

Put the candle in the middle of a table or on a windowsill  
*(please ensure an adult is present)*

- **Instructions**

When life is difficult we often need someone to encourage and help us – to light up our darkness.

Who do you know that needs encouragement or help today? Who needs light in their darkness?

Ask an adult to light the candle. Say a prayer for this person. Perhaps you could 'be the light' by sending them a message today.