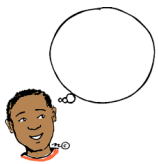


Be the light



Equipment

- Battery-operated candle, fairy lights or similar.



Set up

- Find somewhere dark to sit. Put the candle or lights in front of you.



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?
- Turn the candle or lights on and think of the person. Maybe you would like to say a prayer for them? Perhaps you could 'be the light' by sending them a message today.