

Light prayer & reflection space activities

During your time within the Prayer and Reflection Space the chances are that you will, at some point, have to explain one or more of the prayer and reflection activities. At each activity, there will be a short instruction card which explains the purpose of the activity. The text for these instruction cards has been included below so that you will have an idea of the different activities before you arrive. Please do not feel that you have to learn these, though!

During each session, you will be stationed at a particular prayer and reflection zone. As each group is directed towards you by the Prayer and Reflection Space leader, you will need to welcome them (ask their names) and encourage them to explore the activity. Depending on the age and ability of the students you may need to explain the activity to them again or help them by scribing their response to an activity. We would always encourage the Prayer and Reflection Space volunteers to interact with students as much as they think is necessary. Some students may want to quietly explore the activity by themselves, whilst others may be happy to just chat with you for the whole time, it is important that they are made to feel welcome in doing either. When talking with the students please use the language '**Many Christians believe...**' or '**As a Christian I believe...**'. **Do not** pray with individual students or do any kind of corporate group prayer.

1) Light in the darkness

We often use light and dark as 'pictures' or symbols for good and bad.

Think about places in the world that are in 'darkness'- where bad or upsetting things are happening like war, arguing or stressful situations.

If you would like to, write or draw the situation on a post-it note and stick it around the world map. Pray or reflect about this and add a candle to show light coming into that place.

2) Lit up

Who supports you? Who could you support?

We are all connected with people who support us, people who shine light into our lives and light us up.

Christians believe that God calls them to 'shine like stars' in our world, to help, encourage and support people.

If you would like to, draw or write a name of someone that supports you on the label and add it to the tree of light. Perhaps you could be the light for someone else- add that to the tree as a reminder and as a sign of commitment to them. Be thankful for the people who support you.

3) Bright and light

What makes you happy? How do celebrate happy memories?

There are people, times, places and memories that we can enjoy and be thankful for. Christians believe that all good things come from God.

If you would like to, add your happy memories and thoughts to the light side of the table, to celebrate and remember these.

4) Sad and dark

What makes you sad? Sometimes things in our lives feel dark rather than light.

Christians believe that God wants to help and comfort people when things are hard.

If you feel you can, add your worries to the dark side of the table and leave them there. Perhaps you would like to say a prayer or think about how you can have peace about your worries.

5) Spread the Light

We can all make a positive difference to the people around us. If you're up for a challenge, you too can spread some light in school and at home.

Pick a challenge out of the jar. Read it but keep it a secret. See if you can complete that challenge and spread some light. Keep the slip of paper as a reminder.

You can also write on a coloured slip of paper how you would like someone to treat you and add it to the paper chain.

6) Shining bright

How does it feel when someone is kind to you?

Christians believe that we can choose to be a dark and sad influence or a bright and colourful one to the people around us. It is up to us to make a positive and helpful choice.

Take a piece of black card. Use a scraper to scratch your name in it. As you're scratching, think about how people see you. Keep the card as a reminder to you to be a bright and helpful influence on others.

Are you 'dark' or 'bright' in other people's lives? How do you affect their day?