**Candles**

* Candles have been used by many cultures since ancient times, as a physical/symbolic representation of our prayers
* When we light a candle, we give our prayers to God, knowing that the Creator is listening
* The flame symbolises light, shining in the darkness – like the hope in our prayer, illuminating where there has been worry/despair
* As you light your candle and pray, watch the flame and through your prayer, cover all aspects of the situation you are praying about