

**Candle Moments Reflection**

**Teacher Guidance**

**Context:** Candle moments are one way to explore spiritual concepts that are not tangible – beyond what we can see. This reflection helps us to think about God’s Holy Spirit and how His spirit can be evident in our lives and the world around us.

**You will need:** A candle and the accompanying PowerPoint presentation

**Slide one:** Spend some time exploring these abstract nouns, both positive and negative. How many of us have experienced these feelings? These are all things that we can sense or feel but we cannot see them or touch them. But we can be confident about our experience of them.

**Slide two:** Faith is an abstract noun and similar to these other words in that we cannot see it or touch but those of faith would say that they definitely feel a connection with God (you could explore here that many find it difficult to believe in God because you cannot prove he exists – you cannot see Him).

**Slide three:** Do you know what the symbols of a dove and flames represent? The Holy Spirit (these symbols come from the story of Pentecost when the Holy Spirit was given to Jesus’ followers). Christians believe that they sense God’s presence in their lives through the Holy Spirit that lives in them.

**Slide four:** The fruits of the spirit may be a familiar concept - Christians believe that evidence, or in this case the ‘fruit’, of God’s Holy Spirit can be seen in the way we treat each other. We cannot *prove* it, see it or touch it, but we can feel it and sense it in others. Are these fruits qualities we see in each other?

**Slide five:** Light a candle and take some time to be still and quiet. Invite the children either to close their eyes or focus on the candle. After a time of quiet reflection on what has been discussed, use the prayer from the slide to close.