



Decorate a Family Prayer Candle.

- Purchase a candle
- Talk about symbols of prayer. What symbols speak to your family? {cross, praying hand, Bible, or are there words i.e.: thanks, praise)
- Decorate the candle with your symbols or words.
- Place the candle on your dinner table or wherever your family gathers to pray.
- Light your candle as you pray grace at mealtime to remind you of God's presence at your dinner table.

Remember to light your candle at other times your family or others need your prayers.

The burning candle is a reminder of your prayers rising to God.

About 5 years ago I did this project with my grandchildren. After talking about the importance of prayer, we decided to decorate a pillar candle by having each grandchild choose a colored crayon which they melted over the flame. As each person added their color down the side of the candle they shared a prayer for our family. We decided we would light our candle which we now call the "Grandchildren's Candle" before grace each time we gathered for a family dinner. We also talked about other times we pray: in times of sickness, before tests or auditions, in times of national disasters. Our candle is lit in these times of need also. Every few weeks one of them calls me and asks me to light the Grandchildren's Candle for their special intention. My oldest grandchild who is 19 e-mailed me from college last week and asked me to light the candle and remember in prayer her roommate who was going through a hard time. A few weeks ago our 8 year old grandson called to ask me to light the candle for his friend who had just gone to the hospital for stitches. This little project has helped our family remember the importance of prayer through the years. Hopefully our grandchildren will share this tradition with their own families.