# PRAYING WITH THE CANDLE APP

Do you have some quiet reflective music on your IPod/ IPhone/ I Pad ? You can play a CD or pray in silence. Ideally, either choose music that is as long as you would like to pray for, or set a timer for say 10 minutes, or however long you would like to pray for – ideally somewhere between 10 and 30 minutes.

Find a quiet place to be still and to pray. Sit comfortably. Turn off any notifications on your device.

Choose a candle from the app and your music.

Place these questions next to your IPod/ IPhone/ I Pad .

1. Begin your music if you wish to have music
2. Focus on the candle you have chosen.
3. Take a few slow deep breaths and allow your body to come to rest.
4. If it helps tighten the muscles around any areas of tension

 and slowly release them until you feel comfortable.

1. Ask God to be with you in prayer.

Eg

*I thank you God for always being with me, but especially*

*I am grateful that you are with me right now.*

OR

 *Place yourself in the presence of God; become aware*

*of God’s presence…be at peace…*

OR

*Simply ask God for what you would like from your prayer time. eg to pray*

*for calm, patience, help with a decision, courage for*

*yourself or for a friend…*

1. Move into a time of just being still as you focus on the candle.
2. If distractions come into your mind, just acknowledge them and

let them wash away and re-focus on your candle and your breathing.

1. Stay in your time of prayer and as you finish, you may wish to say a

formal prayer like The Glory Be or The Our Father, or perhaps simply thank

God for this time of prayer and rest.

1. At the completion of this prayer, please spend a couple of minutes

reflecting and journaling on what this prayer time was like for you…

…what was easy or hard…the pros and cons…


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