

# **PRAYER EXERCISE**

## **“You are salt, you are light”**

### **Our Christian Presence in the World**

#### **Aims of the Prayer Service:**

- ✓ To create an awareness of what our Christian presence should be in the world.
- ✓ The characteristics of a Christian life.
- ✓ The role we Christians are to play in the world.

#### **Target Audience:**

- ✓ All Christians
- ✓ Specially youth.

#### **Requirements:**

A candle, matches, a glass of water, some salt, writing material for all  
A chapel or a room that can be darkened.

#### **Introduction:**

- Quiet down.
- awareness or breathing exercises may help
- Singing hymns
- Opening prayers.

### **Gospel Quotes and time for Reflection**

**Read slowly and emphatically these passages:** Mt 5: 13-16; Jn. 3:19-21 "Jesus and Nichodemus." Eph. 5:8-13 "...now you are light."

### **Instruction - Teaching:**

#### **Salt:**

In front of the participants throw a pinch of salt in the glass of water and stir it till it dissolves.

#### **Ask the participants:**

What does the salt do to any substance once it has been dissolved in it?

- It preserves it from corruption.
- It gives taste to it.

#### **But, what happens to the salt?**

- It disappears.
- When it dissolves it dies to itself.
- Salt is self-giving, and self-effacing.

**Light:**

Darken the room. Stay on for while in darkness.

Then, light a candle.

When the candle lightens the room, ask the participants what did the candle do the darkness has happened and what are the properties of the candle light:

- Light dispels the darkness, gives brightness, it helps us to see.
- Light gives heat and warmth and well-being.

But, what happens to the candle?

- It slowly melts and disappears.
- As it scatters light it spends itself and slowly dies to itself.

The candle light is self-giving and self-effacing!

**Personal Reflection**

Christ said to us his disciples "You are to be salt for all mankind and light for the world"

**Put down your answers in writing.**

1. What does Jesus mean by these words?
2. Can you see any connection between the properties of salt and the candle light and what we Christians should be, in the world? What? How?
3. Have you in the past been salt and light to the world? Explain.
4. Give instance when you have given taste, warmth and light to others,- at home, in school or at your place of work, in your neighborhood, in your parish, etc At what cost?
5. How much did you spend yourself for others? Give instances.
6. How can you, from now one, be true salt and bright light in our corrupt and dark world? Give instances. At what cost?
7. In particular, give instances of what do you intend doing to be light and salt to others?

**Write down a prayer to God**

- Ask Him for pardon for not having been in the past salt and light to others, for not spending yourself for the welfare of your brothers and sisters..
- Ask God for courage and generosity to be true light and salt in the future.

**Shared Group Prayer.**

*Hints for the group prayer*

Darken the room.

For a while stay in silence .in the dark

After a while, light a big candle and place it in the middle of the room. Read: Mt 5:13-16.

Lights on.

All present, will read the prayers they wrote.

They will be invited to pray spontaneously.

The moderator – slowly and emphatically - will read the passages here below and pray with them.

Mk 9: 49-50 "Have salt in yourselves".

Lk 14: 34 "Salt is good".

Mt 13:33 "The kingdom of heaven is like the yeast".

Lk 13: 18-19 "The kingdom of God is like a mustard seed".

The participants may make some petitions and requests to God.

Anyone may ask the group to pray for any intention of his, or to be prayed upon.

End with an appropriate hymn, such as: "This Little Light of mine, let it shine".