



# HARVEST

## Preparing

Harvest is a time for thankfulness...

For recognising the gifts of creation that sustain our lives

For acknowledging God as the source of life, growth, fruitfulness...

**Using this Candle Prayer Card**

In a quiet place, where you feel comfortable, place your night-light on a heat resistant surface. Fold this paper, lengthwise and then fold into three, placing it around the candle with the three prayer sections facing you as shown in the diagram to the left.

Light the candle. In the stillness and the silence, let the flame focus your thoughts and attention. Let your heart and mind become still. Rest in God's presence.

Use each of the sections in turn to give focus to your prayer.

## Journeying

Settle yourself in front of the candle...

Let your mind wonder over your experiences over the summer months – asking 'what am I most grateful for?'

When something significant emerges, linger with the memory and the sense of enjoyment and appreciation for a couple of minutes

Let yourself see God as the giver of this experience.

## Arriving

Loving God,

You are the creator and giver of all good things

Thank you for all the ways you sustain life

And for all that has sustained my life

Particularly for the things I have remembered with gratitude today.

In Jesus name I pray.

Amen.

