

# Year A - 5th Sunday in Ordinary Time

## Matthew 5:13-16

### Glow Sticks Prayer



#### Overview

This simple prayer experience invites each of the children to make a simple commitment to shine their light with others.

#### You will need

- Glow sticks (enough for each child)
- Prepare the prayer space by igniting all of the glowsticks and placing them on a cloth or in a jar/basket of some kind.



#### Prayer

- Invite the children to make the Sign of the Cross.
- Remind them about how Jesus loves each one of them so much and how God gave each one of them the light of Jesus when they were baptised.
- Remind them that the light of Jesus shines out of them in all the things they do and say.
- Today we have another chance to say 'yes' we want to shine for Jesus so that others can know that God loves them too.
- Explain to the children that you will ask some questions and they can say 'I do' to answer each question.
  - Children, do you know that Jesus loves you? (I do)
  - Do you know that God gave you the light of Jesus when you were baptised?
  - Do you love Jesus too? (I do)
  - Do you want to shine in all the things you do and say so that others can know about God's love too? (I do)
  - If you said 'I do' to all these questions, come and collect a glowstick when I call your name.
- Invite the children (if they want to), one at a time, to take a glowstick from the prayer space and put it on. Encourage them to help each other do this.
- Once everyone has had a turn, finish your time of prayer with the Our Father.