

# The Flame



This resource can be used by any number of young people but its best to keep the groups small. Up to 7 in one group is fine. If there are between 8 and 13 divide into 2 groups. If there are more than 14 divide into 3 groups and so on.

If possible a leader should be chosen for each group and prepared beforehand.

Arrange the chairs in a circle and light a candle in the centre.

The leader(s) then takes the group through the following steps:-

## SEE.

What characteristics does a flame have? What words would you use to describe it?

What is needed to light it and keep it burning?

Can each person in the group try and think of a moment or time in their life when something happened to make their faith come to life or that somehow strengthened their faith and kept it alive?

(allow some time for everyone to think)

Is anyone willing to share this with the others in the group? (Hopefully with encouragement two or three will be willing to share).

## JUDGE

How easy is it to keep our faith alive and strong? What threatens it or makes it more difficult?

How has taking part in the "Flame" event helped?

Read the following passage from the Gospel of Matthew: "You are the light of the world. A city built on a hill-top cannot be hidden. No-one lights a lamp to put it under a tub; they put it on a lamp stand where it shines for everyone in the house. In the same way your light must shine in peoples' sight, so that seeing your good works, they may give praise to your Father in heaven." (Matthew 5.34-36)

Is it hard to let our faith be known to others? What does this passage encourage us to do?

## ACT

What do you think you could do to let the light of your faith shine more strongly?

Other suggestions for action:-

- Talk to another young person about "Flame".

- Think of how you can follow up the event so it isn't just a one-off.

## REVIEW

Meet up to talk about flame how it went and to share the results of any actions you took.

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