

# Saints - salt and light in a dark world

As the Covid-19 restrictions intensify and winter approaches we've prepared some take-away bags to keep you going in the weeks and months ahead. All Christians are called saints in the Bible and as saints we're called to be salt and light in our dark world. We're hoping the contents of this bag will encourage you to be more salty and shine more brightly! When we can't go out, we can't sing, we can't have our normal activities, we can't invite people in or meet up with friends and we feel helpless - we can still pray. So, don't worry about having the right words to say, just find a time, a place, take your bag and ...

We do have some spare bags at The Vicarage if you would like one.

	ITEM	THEME	BIBLE VERSE	EXPLANATION	PRAYER
1	Scratch card	Light shines the brightest when it is dark	<i>Psalm 18:28 My God turns my darkness into light.</i>	Take the black card and use the stick to scratch off the surface as you write a Bible verse or draw a candle or the sun. As you see the colours break through, think about God's light shining into your life.	Jesus is the light of the world. Thank you Lord, that you shine in my darkness. Help me to focus on you even when times seem dark. Amen.
2	Note book	Look to the light	<i>Psalm 119:105 Your word is a lamp for my feet, a light on my path.</i>	Take time to be still. Think of all that you are grateful for and all that you wish to thank God for. Write everything down in your book - read and add to it each day.	Thank you Lord for being my lamp, for guiding me and being a light for my path. Thank you for your unfailing, everlasting generous love for me. Amen.
3	Candle	By the Holy Spirit	<i>2 Corinthians 3:18 And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.</i>	Look at the candle. It is nothing without the power of the batteries to work it. As the candle needs batteries so we need the power of the Holy Spirit to help us shine.	Holy Spirit as I light this candle, guide and inspire me to become more like Jesus and to reflect your true light. May my life glorify Father, Son and Holy Spirit. Amen.
4	Glo Stick	Glow	<i>Matthew 5:16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.</i>	Bend the glo stick into a circle fastening it with the clip. Watch it as it starts to glow (best in the dark). Sometimes we need to bend too, to truly shine!	Lord, bend us and teach us and help us to glow with love for you. Let our actions and words show your love to others. Amen.

5	Star	Shine	<i>Philippians 2:15-16 so that you may become blameless and pure, 'children of God without fault in a warped and crooked generation.' Then you will shine among them like stars in the sky as you hold firmly to the word of life.</i>	Look at your star, see how it reflects your face dimly. It has a dull layer that you need to peel off. As you peel away the layer, pray that you leave behind all that hinders you and that you will shine more clearly and brightly.	Help me Lord to shine like a star for you and to show your love clearly to my family and friends and to all I meet. Amen.
6	Salt	Flavour and preserve	<i>Matthew 5:13 "You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything.</i>	A small amount of salt can add flavour to bland dishes. Salt is an important natural preservative and has been used for centuries to preserve meat, fish, dairy products and many other foods.	Lord Jesus help me to add flavour to people's difficult lives and to preserve your standards in society by standing up for truth and justice. Amen.
7	Map/ prayer diary	Share	<i>Ephesians 5:8 For you were once darkness, but now you are light in the Lord. Live as children of light.</i>	If you feel up to it, go for a walk around where you live. If not use the map and imagine yourself walking round our parishes. Pray for the people you pass - the homes, the businesses, the schools. Use the prayer diary to pray each day for a street in our parishes and 3 people on our electoral rolls.	May the light of God's presence cast its glow over us. The light of his goodness shine in our hearts and our homes. The light of his spirit burn brightly and guide us in the way of peace. Amen.
8	Booklets	Grow	<i>Luke 11:1 One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." 2 He said to them, "When you pray, say: Father...</i>	Dip into 'TRY PRAYING' booklet and the 'PRAYERS YOU MAY WISH TO PRAY' leaflet. It's ok to use other people's words to pray and make them your own.	Heavenly Father I'm sorry for neglecting prayer by being too busy with other things. Lord, please teach me to pray. When I'm stuck for words, may your Holy Spirit search my heart and translate my sighs and groanings into prayer. Amen.

"The best we can hope for in this life is a knothole peek at the shining realities ahead. Yet a glimpse is enough. It's enough to convince our hearts that whatever sufferings and sorrows currently assail us aren't worthy of comparison to that which waits over the horizon." -Joni Eareckson Tada