

Activity 91

Prayer Candles

Spiritual Development: To support prayer through making and using prayer candles.
Prayer Exploration.

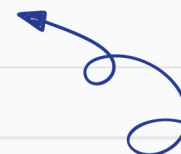


You will need - A medium sized pan, scissors, pre-waxed candle wicks, candle fragrance, candle dye, glue dots, wooden wick centering stick, tin or glass container for your candle, thermometer, metal pouring pot.

Activity - Making your own prayer candle is very special and personal to you. You can buy all the equipment separately or in a kit. This activity **MUST** be carried out with an adult. First put a glue dot on the bottom of the wick and place in the centre inside the tin. Then centre the wick using the wooden centering stick. Fill the medium pan 1/3 full with water and

place on the cooker. Place the wax into the metal jug and then place the jug into the water in the pan. This is known as a double boiler. Monitor the wax as it melts with the thermometer. When all the wax has melted and reached 85 degrees Celsius remove the pouring jug from the water and allow to cool to 80°C, then add the colour dye of your choice. Once the wax has cooled to 75°C add the fragrance of your





choice. The amount of dye and fragrance depends on the intensity of colour and fragrance you like. Mix thoroughly and pour into your candle tin. Allow your candle to cool overnight. Trim the wick and you are ready to use your prayer candle. Sit quietly, enjoying the smells and colour of your candle. Take the time to talk to God about anything that comes into your mind: someone, a situation that is worrying or something to give thanks for. ALWAYS use a candle with an adult and never leave it burning.

