

The Candle of the Day.

- by Irena Huseva, senior staff Ukraine. Based on a daily reflection exercise that she led during their staff week, August 2021.

What is the Candle of the Day? - It is a reflection time at the end of each day at a conference or camp. At our staff week, I always started this time by actually lighting a candle.

The Aim of this Time:

During our events the participants hear a lot. Usually we try to have as much input as possible through different sessions or seminars.

Therefore, the aim of the candle of the day is:

- to pause at the end of the day and reflect on what was going on during the day;
- to gather in the impressions of the day, thoughts that attracted one's attention, important encounters, what one received.

Duration at our Staff Week: 20-30 minutes.

Here is how we used this time:

Day 1. Share with your prayer partner:

With what mood and expectation did you come to this conference?

How was this day for you?

Pray for each other.

(Each day, the prayer partners had a slot to meet together; this was their first meeting on the opening evening.)

Day 2. Share In groups of 4:

What caused positive emotions this day?

What caused negative emotions?

What was most useful?

What was most difficult?

What did you learn about yourself?

What did you take for yourself from the sessions or different conversations?

(Not everyone needs to answer every question – what they feel is relevant for them.)



Day 3. As a Whole Group: Exercise "Juice Squeezer "

The leader hangs up four pictures on the wall:

- 1) Juice Squeezer at the top
- 2) A Basket of oranges
- 3) A glass of orange juice
- 4) The leftovers of squeezed oranges

Each participant receives 2-4 small sheets of paper.

On them, he/she can write the answers to the suggested questions that go with each picture and then stick to the picture it belongs to. It is better to write short answers.

		
		
<p>Which topic is not complete for you? What other topic would you like to clarify more? What topic do you want to think more about or learn more?</p>	<p>What were the "delicious" moments of today? What made you happy today, breathed new energy, strengthened physical and spiritually? What answers did you receive today?</p>	<p>What things you did not like today, were unnecessary, offensive, not relevant, annoying.</p>

Day 4. The whole group (or in small groups): Exercise "My hand"

Draw a contour of the palm of your hand and then write down next to each finger:

- thumb - what did I really like today?
- forefinger - what would I like to hear more about from the speakers or sessions?
- Middle finger - what exactly would I like to apply after today's sessions or seminars?
- Ring finger - what touched me emotionally? Or what emotions did I experience today?
- Little finger – what was lacking today (e.g. time alone, warm fellowship, exercise...)?

Share in the group.

At the end of the conference. Exercise "Backpack." - What is the most important thing you will take with you from this conference?

Each participant briefly writes down on a piece of paper the answer to the question: "What knowledge, insights, encouragement, skills, etc. did you receive at this conference, will you take with you for your life and ministry?" The answers are stuck to the picture of a backpack (on a board). They are then read out by the facilitator.

If you want to know more, you can write to Irena Huseva: irenahuseva@gmail.com.