

"Lord, help us to say 'NO'"

And lead us not into temptation, but deliver us from evil

Create a space to display the wooden cross and tea candle from the purple bag (or more tea candles if you have any so each person can have their own). You will need a lighter (or match).

To begin:

- Gather the family for this meditation.
- Give everyone a reading below (parents and older siblings can help non-readers).
- When it is their turn, the 1st reader sets the tea candle in front of them and carefully lights the candle (or a parent helps light it). Then follow this rhythm.

Read the meditation.

With the ending phrase "Lord help us to say "No." — blow out the candle.

Slide the candle to the cross (carefully so no hot wax spills)

Re-light the candle, saying "Lord help us to say 'yes.'" (then slide the lit candle to next reader)

Meditation #1

When advertising offers us everything, if only we have the money; and you offer everything if only we do without, Lord, help us to say "no"

Meditation #2

When the easier way to succeed means we lose our integrity, but the harder way, means we lose our pride, Lord, help us to say "no"

Meditation #3

When the people want us to conform and be nice, and you want us to rebel and be real, Lord, help us to say "no"

Meditation #4

When our friends don't respect what we count as important, and we feel like giving in, just to save face, Lord, help us to say "no"

Meditation #5

When we feel you have let us down and we want to leave you, but we know we left you behind before we ever started, Lord, help us to say "no"

Meditation #6

When we have come to a crossroads and we don't know where to turn, but we know that to stand still is the greater danger, Lord, help us to say "no"

Meditation #7

Jesus Christ, the Son of God, who has been preached among you is not one who is "yes" and "no." On the contrary, he is God's yes; for it is he who is the "yes" to all God's promises.

Amen (and blow out the candle(s).)

