

BREATHE

A spiritual care resource created by Kaseman's Spiritual Care Department

The Four Candles (Author unknown)

Once upon a time, four candles burned slowly. Their ambiance was so soft you could hear them speak.

The first candle said, "I am peace, but these days, nobody wants to keep me lit." Then peace's flame slowly diminished and went out completely.

The second candle said, "I am faith, but these days I am no longer indispensable. Hardly anyone keeps me lit." Then faith's flame slowly diminished and went out completely.

Sadly, the third candle spoke, "I am love, and I haven't the strength to stay lit any longer. People put me aside and don't understand my importance. They even forget to love those who are nearest to them."

Waiting no longer, love too went out completely.

Suddenly a child entered the room and saw the three candles no longer burning. Tears started to roll from the eyes of the child, "Candle of peace, faith and love, why are you not burning? You are supposed to stay lit until the end!"



Then the fourth candle spoke gently to the little child, "Don't be afraid for I am hope and while I still burn, we can relight the other candles."

With shining eyes the child took the candle of hope and lit the other three candles: the candle of peace, the candle of faith, and the candle of love.

REFLECTION: Reflect on the wondering questions below with a friend by taking turns in answering each question.

WONDERING QUESTIONS with a conversation partner:

- Which part of the story did you find most important? What resonated with you?
- Which part of the story is about you? Where are you in the story?
- Notice moments in your journey when sense of peace, your faith, and love burned out.
- Notice moments when you found hope.

Remember, keep on sharing your stories. Keep on listening to each other's stories.

WHICH PART(S) OF THE STORY IS ABOUT YOU?

The Dark

What caused you to experience darkness in your journey?



The Fire of Hope

What is your source of hope? Who might you reach out to so you can find hope in your darkness?



Relighting Other Candles

What other types of light in your life needs to be relit?

