

A SIMPLE IDEA FOR LENT

Traffic lights world-wide tend to be just RED (Stop) and GREEN (Go).

In Britain the usual format is to have

- RED - Stop
- YELLOW - Caution
- GREEN - Go

A slip of paper with three circles in a column with an adjoining space to write can be a useful Christian item in Lent.

The STOP, or Red Light can be a reminder for the things we ought to

STOP.

The CAUTION, or Yellow Light – things we ought to be

CAREFUL ABOUT.

The GO, or Green Light – prompts us to think of the things we ought to

START.

It can be used with both children and adults, and has the advantage of not being simply negative.

The three concepts of **stopping**, being **careful** about and **starting** are so basic that they can be used by adults at any stage of their Christian life, and applied at any depth, and used within any Christian tradition.

If a talk is given on this theme, the obvious visual aid is either to draw the three lights and show them on an overhead projector, or to have a hand-held black cardboard rectangle with a column of a large red, yellow and green disc on it – about the size of dinner plates.

If the latter is used, a refinement on just the three red, yellow and green discs on black card, is to have - in exactly the same size - a second set of three luminous 'dayglow' discs each on their own black card and hinged down one side of the main cardboard display.

The luminous set are hinged with sticky tape and initially are tucked behind the display.

To apparently switch one/all of the lights 'on', the luminous disc is swung round to the front of the display where – like a door – it swings shut over the visually duller colour disc of the display.

Father God,

By your Holy Spirit

alert me to the things I should STOP,

warn me of what to be CAREFUL,

and prompt me what I should START,

that I may grow more like Jesus, and serve him better. Amen.