

CREATING A PRAYER SPACE AT HOME

Creating a Prayer Space reminds the people in the household that prayer is an important part of everyday life. When you create a Prayer Space in your home, you are reminded of God's presence in your home and can make a connection between home and church.

Create a Prayer Space in your home using the center or an end of the dining table, on an end table or coffee table, on a mantel or shelf. You can also post notes, prayers, sayings, petitions, pictures on the refrigerator, bulletin board, or even the bathroom mirror and invite family members to check it out on daily basis.

Create a Prayer Space simply by placing a candle, cross, Bible or other object on a piece of cloth. Using the colors of the liturgical year are most appropriate: green for Ordinary Time, blue violet for Advent, purple violet for Lent, white or gold for Easter, red for Pentecost or a feast of a martyr. You can use a scarf that is square or oblong. A great find is a plaid or striped scarf in the liturgical colors that can be used all year long. Or you can use a paper or cloth napkin or a placemat.

A special bowl or basket on a table will serve to remind others to pray about a special intention and to place their own petitions or requests on a piece of paper and put it in the bowl or basket. A candle placed in a special spot can also call the family to prayer in the time of need.

For special days and seasons, add other objects to your Prayer Space such as a book, pottery, flowers, fruit, pictures, prayer cards, salt, water, oil, a branch of a tree or bush.

Leaving the Prayer Space intact all the time and changing it with the liturgical or holiday seasons may work for your family. Or you can design a Prayer Space each time you gather to pray with your family by placing the objects reverently and inviting others to join you in creating the space.

Some people may want to create a portable Prayer Space that is brought out just for the family time together. Put together a prayer box out of a gift box or a plastic storage tote filling it with sand, stones, shells or a cloth.

Others might want to arrange a quiet place to sit and reflect: a comfortable chair, books, quiet music. Others might want to place a bench in the garden or backyard where it is conducive to pray and meditate. Children like to create their own Prayer Space in their bedroom or a favorite spot in the house.

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