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Create a Prayer Space in Your Home

Goal: In your home, create a small space that invites the family to pray together.

"The family is called to be the temple, or house of prayer: A simple prayer, full of effort and tenderness. A prayer that makes life so that life becomes prayer."

– St. John Paul II

WHY SHOULD WE CONSIDER HAVING A PRAYER SPACE IN OUR HOMES?

The house that your family lives in is not just a house: it's the home where everyone returns each day, where we eat meals together, hang out, and make memories. It is also the first place that we learn to be Christ-like to others. Just like having a play room or area- a dedicated space for toys and play- having a dedicated prayer space is a simple yet powerful reminder that our family prioritizes prayer time.

WHERE AND WHEN?

A prayer space doesn't need to take up much space. It can be a corner of your house- upstairs near bedrooms, or in a family living room- a wall at the entrance to the house, a bookshelf in the kitchen. Choose a space that is visible and easily accessible to everyone.

Dedicate it to God- hang your family rosaries, the Bible, and/or a cross. Make this a space that everyone can come to for spiritual strength during the day, whether it's to sit down and read scripture or say a quick Hail Mary before work and school.

Consider gathering as a family once your prayer space is established, sprinkling holy water, and asking God to bless those who come to Him in this space. Thank Him for your home, your family, and your ability to pray and worship Him.

PRACTICAL TIPS FOR YOUR SPACE

- ◆ Make it simple! A cross, a Bible, holy water, and a Rosary is a good start.
- ◆ If you can, add statues and/or paintings of your favorite saints. There are many talented Catholic artists; consider supporting them.
- ◆ Involve your kids! Ask your children who their favorite saints are. Print pictures together, take them shopping at a local Catholic store, or create artwork together. Discuss the different artwork and depictions of Jesus, Mary, and the Saints. Ask which ones call them to prayer and reflection.
- ◆ Add Liturgical living items- colors and small changes for different seasons such as rocks for Lent, flowers for Easter/Christmastime, and colored cloth for the Liturgical seasons.
- ◆ Consider asking a local priest over for dinner - and to bless the items and space that you have created.
- ◆ Don't forget to use your prayer space :)
- ◆ Write and submit your family reflection about how you dedicated this space to prayer.

ADDITIONAL RESOURCES

- ◆ [Creating a Prayer Space in Your Home: Ideas and Inspiration](#) by Catholic Sprouts is an excellent and simple 4-page guide to get you started.
- ◆ [The Little Oratory: A Beginner's Guide to Praying in the Home](#), by David Clayton and Leila Marie Lawler (Sophia Institute Press) is a highly-recommended resource for anyone who wants to dive deep into transforming your home into a house of prayer.



Submit your online reflection here.
<https://www.stbarbarachurch.org/explore-4>