



Prayer Space
GUIDE



FAITH + FAMILY
collective

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PURPOSE:

Your home is the most important space where your children are formed. In your home you designate places to eat, cook, sleep, and watch television. You also have the opportunity to create a place to pray and remind yourselves of Jesus' presence. Whenever possible, gather together at your prayer space to talk about family life and to pray for the things happening around you. These prayerful moments won't be perfect, and may even include a few meltdowns, but each time you gather you will be pointing your family toward Jesus. May your prayer space and the special time spent around it bring peace and purpose to your family.

SETTING UP YOUR PRAYER SPACE:

Bring your children into the sacred by creating a special prayer space together. As you create this space, take time to explain the items and what each of them represents. This will provide more meaning for them each time they walk by it.

Things we experience externally inform what we feel internally. Creating a designated space to pray and connect with one another tells each family member that this is important to your family.



ITEMS TO CONSIDER INCLUDING IN YOUR PRAYER SPACE:



+ **SYMBOLS** - Display ordinary items that represent a deeper meaning. For example: eggs, nails, mustard seeds, palms, etc.

+ **SMELLS** - We can pray with our sense of smell by using candles, incense, or flowers. Oftentimes smells associated with special memories bring us to prayer and gratitude. For example, when we smell pine, we think of Christmas.

+ **TOUCH** - Water, sand, clay, or rocks allow for a tactile experience. They can link us to a deeper “felt” experience.

+ **SIGHT** - Use the visual. Arrange items at different heights. Make things visually appealing and engaging. Photos, images of nature, relics, and statues speak to our eyes and lead us to our hearts.

+ **LIGHT** - Light is a strong image for God. He is light in the darkness, the Light of the World. Consider including: a candle, lantern, tea lights, little white Christmas lights, or a large Christ Candle.

+ **FABRIC** - Use some type of table covering. You may even think about layering fabric like a table runner, to display important items. This can change with each liturgical season.

+ **A BLESSING BOWL** - A special bowl filled with holy water that your family can use to bless themselves as prayer begins or ends. Water reminds us of our baptism and that we have been claimed by God. It is also a sign of refreshment and renewal.

+ **ROCKS** - Oh, if the rocks could only speak! Rocks have seen generations come and go around them. They represent a sturdy longevity. Our God is seen as the Rock of all ages. Here yesterday, today, and forever. Consider using rocks in your prayer space, they can be painted as well!

+ **LEAVES OR FLOWERS** - Include something that grows! This reminds us that we, too, are a living part of the earth. Something green reminds us of life.

+ **A BIBLE** - The Word of God. The road map for our lives written down and passed on through generations. It speaks, instructs, supports, challenges, and encourages us.

+ **SAND, DUST, OR CLAY** - Reminds us of how simply we were made. How pliable we are.

+ **LITURGICAL COLORS** - Use linens, flowers, and candles to reinforce the colors of the liturgical season we are celebrating.

+ **STATUES, A CRUCIFIX, OR MEDALS** - All of these items help us tell the story of our faith.

+ **FRAMED SCRIPTURE VERSES OR QUOTES** - What we read and see every day becomes a part of who we are.





SPECIAL CELEBRATIONS:

ALL SOULS:

On November 1st (and throughout the entire month of November) we celebrate All Souls. Those who are a part of our families and have left the faith footprints we now walk in. Place pictures of family members who have passed in your prayer space or write their names on cards. Dia de Los Muertos is the Hispanic celebration for this practice. Families create altars with pictures, food their loved ones enjoyed, and any other special mementos or items that help them remember those who have passed. You can also make luminaries using glass vases. Have your children write names of loved ones with sharpies on them. Add battery operated tea lights to each vase to illuminate.

THANKSGIVING:

Using rope, index cards, and clothespins, create a “Bounty of Blessings.” String rope above your prayer space. Invite family members to draw pictures or write their blessings on index cards. Clip the finished cards to the rope. Add to it all month long. Use these as part of prayer time to remember to thank God for all of your blessings. As the month progresses, family members will have to look deeper to see blessings they might normally miss.

ADVENT:

Add an Advent wreath, candles, or evergreen to complete your space. Use this space as you journey through Advent together as a family.

LENT:

Consider using desert images. For example: sand, succulents, rocks, or dead branches. Use these as a reminder that Jesus spent time in the desert preparing for his ministry. Use a cookie sheet covered with sand and write Lenten words in the sand. Repent, remember, reconcile, renew, etc.... Children can also write things they struggle with (lying, anger, disobedience) and talk about how through reconciliation, Jesus is able to forgive us of our sins (move the sand so the word disappears).

HOLY WEEK:

Use images of Christ’s Passion as you prepare for Holy Week – a crown of thorns, nails, a purple or red cloth, palm branches, and a cross or crucifix. Have children draw images of the Stations of the Cross, or write a reflection for each station and how it challenges them today. Display these on your prayer table.

EASTER:

Use signs of new life! For example: eggs, flowers, an Alleluia sign, or bright ribbons. A crown of thorns can now become a nest filled with grass and eggs.

PENTECOST:

On Pentecost we celebrate the birth of the Church. The color to use is red for fire, an image of the Holy Spirit. Write down the gifts you see in each other. Thank God for these gifts and discuss how you share them with others. Enjoy a birthday cake together if possible!

MARY:

Consider including a rosary, statue, flowers, photo, etc. May is the month we especially celebrate our Mother Mary and all mothers. Make a simple crown of flowers for Mary with your children.

SAINTS:

Decorate your prayer table to celebrate different Saints' feast days. Include printed pictures, quotes they are known for, books, statues, and other items that remind you of the gift that they are to our faith.

BIRTHDAYS:

Birthdays are a great way to pray for those we love! Add photos, affirmations, and any items that remind you of the person you are celebrating.

SEASONAL CHANGES:

Watching the seasons change can be a very prayerful experience. The earth lives, lets go, dies, and blooms again. It repeats the cycle of Christ's life here on earth. Add signs of the seasons (sunflowers, fall leaves, pinecones, and tulips) to your prayer table.

Once you get started decorating and using your prayer table, you will begin to find all kinds of reasons to gather in faith. Allow children to be as involved as possible setting up the space and leading prayer. This is how faith is shared and passed on!



SMALL SHOPS WE RECOMMEND FOR FINDING BEAUTIFUL IMAGES FOR YOUR PRAYER TABLE:

(There are many more, but here are a few favorites!)

Faith + Family Collective: Family Faith Box (everything to create a simple prayer space), Family Activity Kits (Saints, prayers, reflections, and prints to add to your space), and more!
www.faithandfamilycollective.com || @faithandfamilycollective

Be a Heart: Advent Wreath
<https://beaheart.com/> || @beaheartdesign

Corda Candles: Candles
<https://cordacandles.com/> || @cordacandles

Crew + Co.: Scripture Cards
www.crewandco.com || @crewandco

Curated Catholic Antiques: Antiques
@Curatedcatholicantiques

Faith and Family Life Catholic Ministries: Sacred Space Set
<https://www.fflcm.org/pathways> || @pathways.fflcm

Gratia Design Co.: Beautiful Prints
<https://gratiadesignco.com/> || @gratiadesignco

House of Joppa: Cross, Crucifix, Crown of Thorns, Rosary
<https://www.houseofjoppa.com/> || @houseofjoppa

January Jane Shop: Beautiful Prints
<https://www.januaryjaneshop.com/> || @januaryjaneshop

Reliquary Supply: Crucifix, Holy Water Bottle, Advent Wreath
<https://www.reliquarysupply.co/> || @reliquarysupply

Rose Harrington: Beautiful Prints
<https://roseharrington.com/> || @roseharringtonart

Saint Scripts: Beautiful Prints
<https://www.saintscriptshop.com/> || @fearlessali

Small Things Great Love: Felt Rosary
<https://www.etsy.com/shop/smallthingsgr8love> || @smallthingsgr8love

Studio Senn: Beautiful Prints
www.Studiosenn.com || @studio_senn

