CFF At Home Challenge - Create a Prayer Space

Dear Families,

God is always with you. Wherever you are.
And church is so much more than the building where you go for Mass and Children's Faith Formation once a week.
There is no better time to emphasize the presence of God in your shelter and in those whom you are 'sheltered in place' with for the next two weeks. Our CFF team is here to walk with you with daily challenges to help keep the faith in your shelter.
The classrooms and homes where your child attends CFF sessions have a designated prayer space. Today's family challenge is to set up a prayer space at home. If you already have one, get family input on updating some items. Invite family members to check out the space on a daily basis.

Let's get started with Creating a Prayer Space At Home (Sharon Ely Pearson, editor at Church Publishing Incorporated):

Creating a Prayer Space reminds everyone 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 at all times, while also making a connection between church and home.

Sanctifying What Space

Place items on

- the center or an end of the dining table
- an end table
- a coffee table
- a fireplace mantel
- a shelf
- a kitchen desk
- a rug or blanket on the floor

Post notes, prayers, sayings, petitions, pictures on

- the refrigerator
- a bulletin board
- a mirror
- a wall

Use a corner of a room, How to Create a Prayer Corner, or a closet (have you seen the movie War Room?)

Items For Your Prayer Space

- a candle
- a cross
- a Bible
- a rosary
A piece of cloth can designate a special place. Using the colors of the liturgical year are most appropriate: green for Ordinary Time, blue or violet for Advent, white or gold for Christmas and Easter, purple for Lent and red for Holy Week and Pentecost.

- a scarf that is square or oblong
- Paper
- place mats
- napkins

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 for putting into the bowl or basket.

A candle placed in a special spot can also call the family to prayer during time of need.

**Seasons And Feast Days**

For special days and seasons, add other objects

- a book
- pottery
- flowers,
- fruit
- pictures
- prayer cards
- icons
- 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.

**More Ideas For Prayer At Home**

- You 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, and quiet music.
- Or you may want to create an area outdoors where it is conducive to prayer and meditate.
- Your children may like to create their own Prayer Space in their bedroom or a favorite spot in the house.

The ideas can be endless – the challenge is to follow through and set up a space today and send us a photo, [pmccarthy@stjoseph-libertyville.org](mailto:pmccarthy@stjoseph-libertyville.org) of your created space!

Go to the CFF webpage to see your pic along with what other families have created.
Add Your Prayer Requests

I had a "God moment" yesterday when just a few hours after sending out our Create a Prayer Space Challenge we received Cardinal Cupich's video message to families with school age children. He uses the exact phrase from my email to all of you yesterday, "church is so much more than the building".

Take 5 minutes to watch this video message with your family. He speaks directly to the children with stories from his childhood and also provides encouragement and praise for parents.

Video Message from Cardinal Cupich

Then take time for each of you to write or draw a picture of a prayer request, also known as petitions, and add them to your prayer space.

Do you have a basket, bowl, jar or gift box to put them in? Share your pictures with us!

If you have not created a prayer space in your home - start one today with just a special place to put your family's prayer requests.