

Creating a Sacred Space in Your Home

St. Theresa Parish in Austin has created and shared with us this resource for living in and building a domestic church. This information on the importance of establishing a sacred space in your home was originally shared with their parish community in the Spring of 2020. To see how quick and easy it is to set up a prayer table, watch this brief video: <https://www.youtube.com/watch?v=H1lgZP91rtY>

Setting Up a Prayer Table/Corner in the Home (from *Our Sunday Visitor*)



A few sacred tangible items placed in view makes praying more touchable for our kids. A prayer table or prayer corner set up in a gathering area of the home can help to draw our attention to the sacred rather than the secular.

To create this prayer corner, simply place a small table in a room that best suits your needs. A beautiful icon or a crucifix can be hung on the wall above the table. A Bible, prayer books, holy water and basket of rosary beads can be placed on the table. Children's books on saints or Bible stories can fill a basket or bookshelf nearby.

Use different color cloths so your prayer table can reflect the various seasons in the liturgical year. A candle can be lighted with adult supervision. Flowers can be added on holy days or Marian feast days for family prayers, making the occasion of prayer more ceremonious.

Children can sit upon pillows or mats as they gather for morning or evening prayer or while listening to an age appropriate inspirational story. The kids can be encouraged to draw holy pictures to decorate the area. Prayer petitions can be scribbled on paper and placed on the prayer table.



This unique area will grow with your children as you replace the large wooden rosary beads with grown-up beads and swap out the little kid books for more mature ones. With a bit of time, thought and prayer, you will have fashioned a little oratory for holy encounters, a place of refuge. Even when not in use, your prayer corner stands as a reminder of a holy reason for your days within the home.

For more prayer space ideas, visit:

<https://www.catholicicing.com/how-to-set-up-a-home-altar-catholic-home-altar-ideas/>

<https://www.oblatespring.com/oblatespring0651HomeShrines01.htm>

<https://catholicmom.com/2012/12/23/home-altar-ideas/>

