

Make a Prayer Space in Your Home



"A prayer space in your home is a special place to be quiet, to pray, to draw breath, to spend time with God."

We can pray wherever we are, at any time,
and God is with us, wherever we are, ALL the time!

Making a prayer space in our homes is a great reminder that God IS with us,
and it's an encouragement to stop and spend some time with him.

Some ideas for making a prayer space...

Where?

Anywhere that works for you...

In the kitchen where family or friends normally gather

In your garden, or on your balcony

In a quiet room or quiet space in the house

Children or grandchildren might like to make their own special prayer space in their bedroom or playroom

You don't even need to have much space; it could be in the centre, or at the end, of your dining table, on a coffee table, or on the mantelpiece or a shelf. You could convert your kitchen noticeboard or fridge door into a prayer board.

Your prayer space could even be portable – assemble treasures in a box that you can get out, set up, and put away when you need the space.

What could my prayer space look like?

What could I put in it?

Many young people are used to having prayer spaces in school. They are likely to have lots of creative ideas about making a prayer space.

Here are some ideas. Start very simply and you might want to add as you go along. For example:

A candle to light (use a battery candle in a child's room)

Something to focus on – something that inspires you to pray – a cross, a picture or photo, a statue, an icon...

Something to hold – a pebble, a cross, a heart shape

Pictures or symbols of particular people you want to pray for



Inspiring faith, hope, and love, in each generation

A bible or a bible quote or card
Something growing, or another part of the natural world, like a shell
Something that holds precious or inspiring memories
Symbols of people you want to pray for, such as health workers



Using your prayer space...

Your prayer space is a special place to help you spend time with God. There are no rules about how to do that.

- * Some people long simply to be quiet with God
- * Others want something to do or to help them focus, like lighting a candle
- * Try out using your prayer space at a particular time each day, getting into a rhythm of spending time with God – that might be first thing in the morning, before lunch, at the end of the day. Or at a time when you are lonely and long for companionship, or with a worry or joy to share with God
- * You could use your prayer space as a place to pray alongside other Christians - formally or informally. Find a range of resources for daily prayer for all ages on our Digital Church pages at www.rawchurch.org.uk



Lost for words?

God doesn't need words to hear what is in your heart. Just spend time with him. But sometimes some words can help express what you want to thank God for, what you want to share with God, or ask him. You will find some prayer thought starter cards that you can print and use, and other resources for prayer, on our Digital Church pages at www.rawchurch.org.uk



Praying with the seasons and at times of joy or need

As the seasons change, and through the church year, you might want to add colours or other objects that reflect the season, or what is happening in your life or in the world around you. Find prayer resources for times of change, joy, or sorrow on our Digital Church pages as above.

Tell your family and friends about your prayer space

If you are in touch with family and friends on the phone or over the internet, tell them about your prayer space. You could ask if there are things they would like you to pray for, or to pin up in your prayer space. You could also encourage them to make their own prayer space - you might like to send them this sheet to help them get going.



Share pictures your prayer space

If you are on social media, post it! Blog about it! We'd love to see a photo of your prayer space and hear about how you use it, and what is special about it to you. We can encourage and inspire each other! Please email Inspire@rawchurch.org.uk

The parishes of Ross, Walford and Brampton Abbots
Inspiring faith, hope, and love in each generation

www.rawchurch.org.uk/digital-church

Inspire! Resource: SP1.1/2Aa (CEAP)