

Catholic Sprouts



Creating a Prayer Space in your Home

Ideas and Inspiration





Why you need a prayer space?

Prayer is the most important thing your family can do together...so why not make room for it? Create a space that is free of distractions and naturally pulls your minds and hearts to God.

Does it have to take up lots of space?

Nope! In the picture above the "prayer space" is an end-table. Below it is a window ledge.

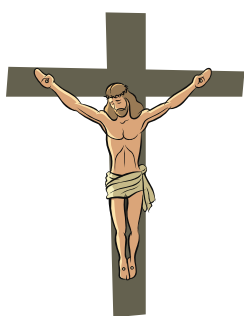


Prayer Space Basics



Make sure your prayer space is **Distraction Free**

We recommend finding a space that is quiet and where all the screens can be turned off.



Add **art of statues** that will pull your minds and hearts to God

We recommend having a crucifix and an image of Mary. Printing pictures works great!



Keep all **religious objects** in the prayer space

This includes Rosaries, Bible, Prayer Books, Devotionals and Holy Cards.



Use the prayer space as a family **every day!**

Even if you only sit down together for 5 minutes of prayer, get into the habit of praying together in this space as often as possible!

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Prayer Space Ideas and Inspiration



Your prayer space is a living thing that will changed with your family.

Add elements now and change with the season, and the season of life.

Here are some example to spark inspiration!





Additional Ideas:

Have our parish priest come and bless your prayer space!

Change the color of your prayer space!

Use the color assigned to each liturgical season to decorate your prayer space!

GREEN



RED



GOLD OR
WHITE



ROSE



PURPLE

