

Sacred Space at Home

For as long as humans have sought the divine, there have been practices of setting space aside in the home to aid in that seeking: places to center us, ground us, inspire us, challenge us. Places to remind us of who and whose we are. For some, this might look like a spare place to enter into contemplative prayer or meditation, for others it might be a more robust home altar, with meaningful things to touch, look upon, interact with, respond to. Whatever your most natural mode of prayer might be, think about how you might transform a bit of your home. Some elements to consider in creating a sacred space at home:

Place:

Think about where you'd like to set this space up. Do you want it near where you spend much of your time, or somewhere more out of the way? It could be one end of your dining room table, a shelf or end table, a mantle, a wide windowsill... even a corner of the floor could work well. If you have children at home, you may want to let them be in charge of choosing the place, and ask them why they are drawn to it!

Content:

Whatever place you choose, try to clear a dedicated spot, taking away other clutter or distractions that may accumulate there. Next, gather elements that may help you to center yourself, reflect, and pray, both on your own and, if you live with others, together. Some possibilities to consider:

- **A cloth** or paper to spread out on your sacred space. (If you don't have cloth, this could be a great thing for kids to create with whatever art supplies you may have lying around!) If you are using one part of a bigger table or surface, the cloth can be especially helpful in setting a portion of it aside to become this sacred space. If you like, you can change the color of the cloth or paper with the liturgical seasons of the church.
- **A cross**- is there one you have hanging up that you could add to your sacred space? Or can you find sticks or pieces of wood that you can use to make one?
- **A Bible and prayer book**
- **A candle** - Any candle will do, though it might be nice to choose a large one that you can keep using for an extended time. If you still have your baptismal candle, you might get it out in preparation for Easter!

- **An icon** - If you don't already have an icon, you could do a Google image search for a favorite saint and print the image out, try your hand at drawing one yourself, or bring photos of loved ones - the saints of your own life - into the space.
- **Elements of nature** - During Lent, it's common to have sacred spaces left bare of flowers, but you might consider adding stones or branches, with flowers to be added at Easter.
- **A bowl** - You could use it to collect prayers for now, and fill it with water during Holy Week in preparation for Maundy Thursday.

Practices:

- **Sitting** - Try just sitting, noticing your breath, feeling what's going on in your body, listening to the sounds of slowed-down life moving near your home, recognizing the ground that is still holding you up.
- **Praying to begin, reorient, or end the day** - This can take as many forms as there are people, and this may also be a time to explore the Daily Office - short prayer services for different times of day found in the Book of Common Prayer. Many folks are familiar with Compline, the end-of-day service, but there are others for earlier times, too! You might try out Daily Devotions for Families and Individuals (Page 136, or [online here](#)).
- **Reading** - Set some time apart to read - whether scripture, poetry, storybooks or other writing that brings your focus towards the Holy.
- **Writing** - You could write your prayers on small slips of paper and gather them here on your sacred space or tape them to the wall day-by-day, journal your prayers and concerns, or write letters to people.
- **Creating** - Even if you don't consider yourself particularly artistic, you might try creating something visual as a way to pray. [Praying in Color](#) is a great resource to spark the imagination.

There is no right or wrong way to create a sacred space at home. Try to pay attention to what speaks to you or ignites your imagination. You can keep experimenting in the coming days. We don't need to recreate the church elsewhere, but with so much time at home, we have an unusual opportunity to connect with holy elements of our faith domestically.