

What is a Family Prayer Space?

(Also called a Family Altar or Prayer Table)

Every family is called to be a place of prayer, service, and love – a “little Church of the home”. To create an atmosphere of prayer in your home you can put together a simple family altar or prayer space. This can be any surface – the top of a shelf, a mantle, a desk, a shelf that hangs on the wall, a section of your china cabinet, a tray in the center of the dining table, the back of your piano... just find something that works for you. Then gather any religious items you already have in your home and place them on the altar. Examples are a cross or crucifix, a bible, a rosary, saint statues or a picture of Jesus. If you already have something like this in your home, update or refresh the space by trading out, rearranging, or adding some items. **Setting up a family prayer space can be as simple or as complicated as you want it to be,** so remember to choose something that is “doable” for you at your current stage of life.

