

# Setting up a Prayer Table or Sacred Space at Home



During this time of social distancing, we cannot gather as one Christian family. However, we can gather as a family in our homes. Here are so simple ways that you can establish a prayer table or sacred space at home:

The prayer table only needs a few items to create a prayerful space.

- **A coloured cloth** which is a reminder of the time in which we are celebrating. At the moment we are celebrating Lent which is the colour purple. Be creative – a purple scarf. Pillow case, a table runner, large napkins, or any cloth that has the appropriate colour. The colours for this week are:
  - **Palm Sunday – Red.** You might to add the word “Hosanna” to the table for Palm Sunday.
  - **Holy Thursday – White.** You might to add the word “Passover” to the table for Holy Thursday.
  - **Good Friday – Red.** You might like to add the words “Jesus died for us” to the table for Good Friday.
  - **Holy Saturday – Black.** You might like to add the words “And they laid him in the tomb” to the table for Holy Saturday.
  - **Easter Sunday and the Easter Season – White and Gold.** You might to add the word “Alleluia” to the table for the Easter Season.

- A Crucifix
- A bible or children's prayer book
- A candle and a snuffer (if you have one)
- A picture of your family
- Small containers/vases for flowers



Invite your children to help you prepare the table for prayer and encourage your children to prepare and decorate a prayer card. The psalms are a great resource for children's prayer inspiration. You may even have prayers from your childhood that you could share with your children. There are also other prayers on our website that you might like to download and place on the table.

### ***Prayer of Blessing for a Prayer Table***

O God of all kindness, bless this table and bless my family. As we light this candle, help us to keep alive the light of faith that glows with us. Protect us from all harm and be kind to all those whom we love, especially (encourage the children to say the names of their family). Watch over everyone, so that soon we may gather again as one family, who have been created in your love. Amen.

## **More prayers:**

### **The Lord's Prayer**

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come; thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.  
Amen.

### **Hail Mary**

Hail, Mary, full of grace, the Lord is with thee.  
Blessed art thou among women, and blessed is the fruit of thy  
womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death.  
Amen.

### **Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit.  
As it was in the beginning, is now, and will be forever.  
Amen.

### **Grace Before Meals**

Bless us, O Lord, and these your  
gifts which we are about to  
receive from your goodness. Bless our families and help us to be  
generous to those in need. Through Christ our Lord.  
Amen.

### Prayer to the Guardian Angel (contemporary)

Angel sent by God to guide me,  
be my light and walk beside me;  
be my guardian and protect me;  
on the paths of life direct me.

### Prayer to the Guardian Angel (traditional)

Angel of God, my Guardian dear,  
to whom his love commits me here,  
ever this day (or night) be at my side,  
to light and guard, to rule and guide. Amen.

### The Angelus (Morning, Midday and Evening)

V. The angel of the Lord declared unto Mary.  
R. And she conceived of the Holy Spirit.

Hail Mary,...

V. Behold the handmaid of the Lord  
R. Let it be done unto me according  
to thy word.

Hail Mary,...

V. And the Word was made flesh  
R. And dwelt among us.

Hail Mary,...

V. Pray for us, O holy Mother of God  
R. That we may be made worthy of the promises of Christ

Let us pray:

Pour forth, we ask you, O Lord, your grace  
into our hearts, That we, to whom the Incarnation of  
Christ thy Son was made known by the message of an angel,  
may, by his Passion and Cross, be brought to the glory of his  
Resurrection through the same Christ, our Lord.  
Amen.