



## DIY - A SPACE FOR FAMILY PRAYER!

An activity to join all the members of your family together is your own unique DIY FAMILY PRAYER SPACE! This will be a corner, or an area free of traffic, an entry hall, or a place in another room that fits in with your family activities. Together you and your family can create a place to gather in faith, to pause, be still and converse with our Loving Father God. Once you agree on where you would like your PRAYER SPACE here are some suggestions on making it happen!

### 1. WHAT DO YOU NEED?

A place set aside, such as a shelf or as simple as a coloured cloth in a corner or on a stool. Whatever space you choose, this will represent your own 'altar of offerings' as PRAYING is how we offer our words, thoughts and actions to our Creator, God. God wants to spend time with each of us – to be in relationship with his people. A special PRAYER SPACE is one way to nurture our own personal relationship with our Heavenly Father.

### 2. WHAT GOES ON MY PRAYER ALTAR?

A candle can be a visible reminder to us of Jesus and his love for us. Choose a candle as the Family Candle which you can decorate with your name or other religious symbols that have special meaning to your family.

Other items which you may choose for your Prayer Space are a BIBLE, CRUCIFIX/CROSS, a RELIGIOUS PICTURE or IMAGE, a ROSARY, a book of prayers or your children may wish to have their weekly GOSPEL WORKSHEETS, to remind them of what story they heard of Jesus during Mass.

### 3. HOW DO I 'DIY' PRAYER TIME WITH MY FAMILY?

Remembering *what* prayer is can help us to begin a Prayer Life – ***PRAYING IS TALKING WITH GOD, LISTENING TO GOD, and DRAWING OURSELVES INTO AWARENESS OF GOD'S LOVING PRESENCE WITHIN US!***

There are some practical ways to becoming familiar with the practice of prayer that assist you with developing 'right practice' for your family dynamic.

1. Allow everyone to settle into your Prayer Space. Some hints to guiding them is to use phrases such as: 'Sit with your feet on the ground, or with your legs crossed and your hands gently place on your lap or knees.' This can help with each member in the Prayer Space mindful of why you are gathering.
2. Once everyone is quiet and ready to begin, light the candle. This can be something you delegate to someone each prayer time.
3. Remind everyone what the candle reminds us of; "We remember Jesus and his example to us on how to love God, each other, and ourselves. Let us think of him as we pray."

#### **4. WHAT ARE SOME PRAYERS WE CAN PRAY AS FAMILY?**

1. Our Catholic Prayer Tradition include a rich variety of prayers that can be prayed silently in our hearts or in communion as one person leads the prayer.
2. [Traditional Catholic Prayers](#) are available on our [website](#)
3. There are also a host of digital resources for Prayer and Reflection which are easily accessible for you to use for your Family Prayer Space. Follow any of the links below for easy access to building your specialized prayer life:

\*Catholic Archdiocese of Melbourne: <https://cam.org.au> – select Guidance for Parishes During COVID-19 – select DIGITAL RESOURCES located on the right hand side panel. From here you will see different links to various approaches to pray and reflection times: BREAD 4 TODAY, SACRED SPACE, PRAY AS YOU GO, and several pod cast links. You may wish to explore one or more to develop you and your families practice of regular pray time.

\*Here are some links for family prayers:

<https://mycatholic.life/catholic-prayers/prayer-for-families>

<https://crosswalk.com/faith/pray/10-ways-to-pray-for-family>

#### **5. HOW MUCH TIME IS NEEDED?**

1. You may wish to start with building a tradition of GRACE BEFORE/AFTER MEALS, BEDTIME PRAYERS, and WELCOMING THE DAY PRAYER. These prayers, especially with young children, can hold their attention and teaches an awareness of being still. A helpful guide would be what time in the life of your family is possible where there will be little interruption and everyone will be more able to focus on your Prayer Time.
2. Be encouraged in the knowledge that when we allow ourselves to take time to be with God be assured – God will use your openness to make it a fruitful and life giving experience for each of you!

Good Luck! Please forward photos of your FAMILY PRAYER SPACE we would welcome the opportunity to post it to our website to encourage others to DIY!

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# SOME IDEAS!

## WE WOULD LOVE TO SEE YOUR FAMILY PRAYER ALTAR HERE!





