

Creating a Prayer Space at Home



This week we celebrate Ascension Day – the time when the risen Jesus left his earthly friends and ascended into heaven to be with his Father. The period between Ascension Day and Pentecost (10 days, – this year 21st-31st May), is to be the focus of a world-wide prayer initiative entitled ‘Thy Kingdom Come’,

www.thykingdomcome.global

whereby we are encouraged to spend a period of time each day praying for God’s Kingdom and healing power to break into our broken world. (A sheet with prayer specifics has been prepared for us to use each day).

As a heading in a magazine article succinctly puts it:

“Churches may be locked, but the Kingdom is open”

I thought it might be useful to consider how we can facilitate this time of prayer by creating a prayer space within our homes:

- This can be a permanent area set aside for meditation and prayer, or a temporary ‘pop up’, set up when we wish to use it. Space is often at a premium in our homes, so this may be a way forward for you. Is there a space you can set aside? Maybe an alcove or somewhere you can set up a table or position a chair or a prayer stool or mat? Do you require a window with a view, or would this be distracting for you? Debby Jones sent me a video of a little fountain in her garden which she uses as a prayer/ quiet time focus. Also, Rev Kyla shared a photo of her prayer space in her reflection (15.5.20). Remember, this should be a space that is personal to you and meets your personal requirements.
- Choose an object, or a number of objects, that hold special significance for you, to use as a focus – a candle, a cross, maybe a ‘hold in the hand’ cross, a picture, an ornament, some flowers..... Some churches and monasteries,

particularly ones in the Eastern Mediterranean, have triptych icons (three paintings – often representing the Holy Trinity - joined to form a shape which can be put on a table to represent a miniature altar) which could be used for this purpose. I have included two photos of suitable objects that I have in my home, but just one object would suffice. The important thing is to feel comfortable and relaxed in your surroundings. You could find a box or container to store your objects in and lay them out each day as you begin your prayer time. This simple ritual can be good spiritual preparation for your prayer time. According to the specifics of the day's prayers, you might decide to have a different representative object for each day.

- If you have a family and wish to involve them in a daily prayer/quiet time, why not involve them in creating this space by asking them for design suggestions and/or asking them to contribute some art work?
- The focus of this prayer initiative, as many of you will be aware, is taken from the Lord's Prayer:

**'Thy Kingdom Come,
Thy will be done, on earth as it is in heaven'.**

Please see the separate sheet for the suggested daily prayer format.



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