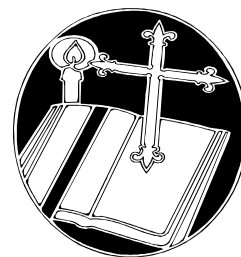




## The Prayer Table at Home



“When two or three are gathered in My name, there am I in midst of them.” (Mt. 18:20)

Whether praying alone or as part of a group, having a special place in your home for private personal prayer, meditation and for family prayer can be inspirational, if for no other reason than to remind us to take time out of our busy schedules to pray. Of course we can pray anywhere, and God is with us everywhere, but a place specifically set aside within our homes invites us to prayer throughout our day.

### **What makes a prayer table?**

The prayer table at home is as individualized as the person or family using it. It can be a formal table or just a stool where you have placed special religious items. These can be items that are appealing to you and/or your family or that have special meaning. Listed below are examples of some things you might consider putting on your prayer table. Using cloths in liturgical colors remind us of the various seasons of the church year.

|                                                       |                    |              |             |
|-------------------------------------------------------|--------------------|--------------|-------------|
| Bible                                                 | Crucifix           | Candle       | Holy Water  |
| Statues                                               | Religious Pictures | Prayer Cards | Prayer Book |
| A small book in which to write your prayer intentions |                    |              |             |

**Where does one put the prayer table?** A prayer table can be anywhere in your home that reminds you and your family to pray regularly: next to a reading chair or in a special corner of the living room or family room. If it is an individual prayer table it could be in that person's bedroom.

### **When does one use the prayer table at home? NOW!!!**

As a family, try to set aside 15 minutes a day to pray.

Parents, spiritual leadership begins at home.

As Father Drew says, “The family that prays together stays together.”

### **Prayers to use at the prayer table.**

Any prayer, formal or informal, can be used at your prayer table.