

Sacred Space at Home

Practicing faith at home is an important gift that families give one another. Bedtime prayers, mealtime blessings, in-the-car and on-the-go prayers, simple songs, and Bible stories are common things to do together. Although they may seem awkward at first, they will grow to become significant points of conversation and reflection for everyone involved.

Getting Started...

- Set a time and place for these sacred conversations: around the breakfast or dinner table, on the way to school, at bedtime. Take 2 minutes. Set a timer so everyone knows the end.
- Put something in the space to remind everyone what you will do there: a cross, a Bible, a hymnal, a flower or leaf or other small piece of the outdoors, or paint or color a picture together.
- Ask family members what they want to include in the time. A scripture verse or story? The same prayer every day (perhaps the Lord's Prayer) or spontaneous prayers that each person can say?

Try one of these models:

Daily Examen

- 1) Remember your day. Remember the people and places you saw, and the things you did.
- 2) Notice the gifts. Notice the moments of love and grace and goodness. Give thanks to God.
- 3) Notice the hard times. What wrong did you do? When did you sin by not doing enough?
- 4) Look to tomorrow. Ask for God's grace tomorrow, and pray for God's help in all that you think and do.

Daily Hi/Lo Prayers

- 1) Share your day's highs (highlights, best, favorite moments) and lows (sad, hard moments).
- 2) Read a Bible verse or story.
- 3) Discuss how the Bible reading relates to your highs and lows. Where was God in the story? Where was God in your day?
- 4) Pray for one another's highs and lows.