

Our homes are sacred spaces. Our homes are already holy. We set aside spaces to share our lives together at home in many of the same ways that we do when we worship together at church. We have a table that we gather around. We share a meal together. We share the same seats when we watch television or talk about our day. The love and safety we share between us is what sanctifies our spaces.

Setting aside an especially sacred space at home can be a helpful way to instill or reinforce good spiritual habits.

When you decide to create or update your sacred space at home, you must first determine for whom you are setting up the sacred space. Is it just for you or is it for your entire family, including children?

Where do the folks for whom you are creating a sacred space most readily experience God at home? Is it on the floor in front of the fireplace? At the kitchen table? In the back yard? In the music room? In a quiet corner, where distractions are few?

What simple objects in your home already resonate with the sacred? A special pitcher and a bowl? Scented candles? A cross? A family Bible? Perhaps live plants speak to you, or maybe cut flowers in a beautiful arrangement inspires awe. Are there any meaningful icons or other images you might choose to include?

Once you have established your sacred space and its elements consider initiating a meditative or prayerful daily routine in your space. For instance, If you choose to sanctify a special place during mealtimes, see if you can all eat together at least once daily. Place a large bowl in the center of the table. Ask everyone to bring something very important to them to the dinner table and place it in the bowl.

If you set aside some outdoor space, perhaps it could be a meditative garden. Even if it's just an evergreen plant or flowers growing in a pot try to gather together in the morning or in the evening and pray near your little garden.

If you set aside some sacred space by the hearth, light a candle each day and remember together that Jesus is the Light that is coming into the world.

If you designate a small table in your room, create a prayer bowl for the table. Place a small bowl on the table. Write the names of friends and strangers on slips of paper and place them in the bowl. Each day read a slip of paper from the bowl and deliberately pray for this person.

I can't tell you what a model sacred space will look like in your home or how you will use it, because each family, indeed each person, worships God differently. What I can tell you is that setting aside both space and time to honor God in the home is transformative.

- Jay LaNunziata, Director of Christian Formation at St. Paul's