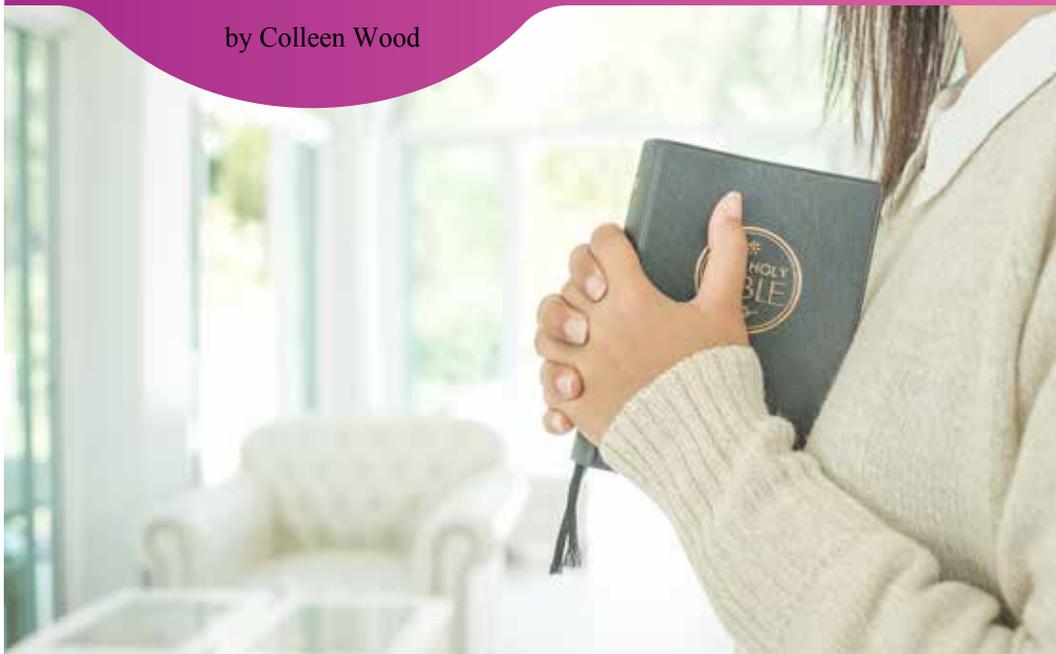


Finding a Space

by Colleen Wood



In my editorial, I spoke about the amazing prayer room that had been created in our church. It left me craving space and quiet in my own home.

So, I am beginning to create my own ‘portable’ prayer space. I haven’t decided if it will be a physical space, but I have seen others make space in a closet, hang things on the back of a door, or just use a tiny corner of their house. For now, I am just gathering my things into a basket as I often sit in my front room to pray, either before the children wake up, or after they leave for school.

Here are some ideas to get you started, but obviously choose what is most meaningful for you and appropriate for your space:

A Map or Globe

In praying for our world, I really like to have a visual of the world. You can buy a map of the world, print one out on your computer, or buy an inexpensive globe.

A Cross

Again, this can be a picture or a physical cross. Mine is a cross I bought many years ago in Nicaragua which is very small, only about three inches high. I like that it fits in my hand. Alternatively, a cross you can hang takes almost no space.

A Candle

I like to light a candle to begin my time, reminding me that Christ, the light of the world is with me. I blow my candle out at the end, but many like to snuff the candle out as it produces a lovely column of smoke that reminds them that Christ goes out from this time and space.

If you prefer, even a battery-powered candle can be meaningful!

A Bible and Journal

Obviously, you need a Bible and I like a journal for writing down my thoughts and prayers. If you are a reader, you might like to include devotional books, inspirational books, and even commentaries.

A Chair or Pillows

I like to kneel to pray at times, so for me, pillows are great. For others, find a comfy chair that will fit the space. I also like blankets in my space as I often get cold when I am sitting in prayer. (One of these days, I will request a prayer shawl from my church!)

Music

I don't generally like music when I pray, but with a busy house, I have found it necessary to drown out other noises.

Inspirational Items

Some of the other things you might want in your space are pictures of friends and families, colouring sheets, rocks, post-it notes, prayer beads, a finger labyrinth, plants, or inspirational pictures.

I understand that perhaps I am making prayer too hard. Truly, God hears us whenever we call, even before that. Yet, for me, time and space set aside strengthen my prayer life. I would love to hear how you keep your prayer life active. Do you pray in the morning or at night? Do you have a special space or format? If you create a space, what are you putting into the space?

