

# LENT 2022

## WALKING THE LENTEN LABYRINTH



## How to Create a Family Prayer Corner

Within our homes, we designate places for cooking, eating, socializing, sleeping, and bathing.

Do we have a special spot for God within our home?  
A place set aside for growing in faith and deepening our relationship with God.

Making a family prayer corner in our home is one way to create a special spot  
for us to spend time with God.  
It is essential for us to retreat in silence and love.

Here are some tips on how to create a family prayer corner:

### 1. Pick the right spot:

Find an attractive and inviting spot in your home, such as a corner nook. You just need it big enough to add a comfortable chair and a small side table. A spot by a window is a good idea, or some other secluded spot in the home. Include two chairs if you have a family. If you are able, try to keep this space special and set apart exclusively for quiet prayer and spiritual reading, and avoid using it for other activities (such as checking email or playing games).

### 2. Choose a focal piece:

This item will serve the purpose of drawing your eye, and therefore your attention, to the space. It should be somewhat large so that you notice it as you walk into the room; for example, your favorite religious statue or holy image featuring Jesus, Mary, or your favorite saint. Choose something that has special meaning to you or your family. Our Blessed Mother is always a great choice!

### 3. Add Catholic items to your nook:

Display your focal piece in the spot you selected, and add a crucifix, a rosary, Catholic prayer and/or meditation books, a bible, and a few prayer cards. You probably have many of these items already scattered throughout the house that you can bring together into one place. If not, you can find a wide selection of Catholic devotional items and spiritual reading online or at local stores like Cathedral Books & Gifts in Green Bay or St. Patrick's Books & Gifts in Appleton.

### 4. Accessorize:

Add a bit of reverence and beauty by adding fresh flowers and candles.