

## Creating a Sacred Prayer Table in our Home

**What is an Altar?** The Christian altar represents Christ. It is the centre and focal point of a church. Our altars are where Christ offers himself for our sins and as the table of the Lord, where Christ gives himself to us as food from heaven. We genuflect or bow in front of the altar. When an altar is dedicated, the Bishop prays:

*Lord, send your Spirit from heaven to make this church an ever-holy place, and this altar a ready table for the sacrifice of Christ.*

*Here may your children, gathered around your altar, celebrate the memorial of the Paschal Lamb, and be fed at the table of Christ's word and Christ's body.* Rt Dedication

### What is a Sacred Prayer Table?

Prepare a sacred space, a prayer table for those in your home bubble to gather, reflect and pray. It reminds us that just as we gather in the church around the altar, in our home we also gather to pray.

We want to be drawn closer to Our Lord each day. Place items of faith on your table that will draw you to pray.

The Church has always venerated holy Scriptures just as she venerates the body of the Lord. God's word to the world is food for our soul. *"For the word of God is living and active (Heb 4:12) and it has power to build you up and give you your heritage among all those who are sanctified".*  
(Dei Verbum 21)

#### What sacred symbols might you place on your prayer table?

- † Crucifix, Cross, or make your family a Cross of the Good Shepherd
- † Bible, Children's Bible Story book, or Prayer book
- † Candle, possibly a Baptismal Candle
- † Pictures of your family's Baptism, First Holy Communion, Confirmation, Marriage
- † Remembrance Booklets from the Christian burial of our family and friends
- † Sacred images or statues
- † Rosary
- † Pictures or a written list of those whom we have promised to pray
- † Choose a coloured cloth to fit the time in the liturgical year. Lent = violet, Holy Thursday = white, Good Friday = red, Easter = white, Pentecost = red, Ordinary Time = green