

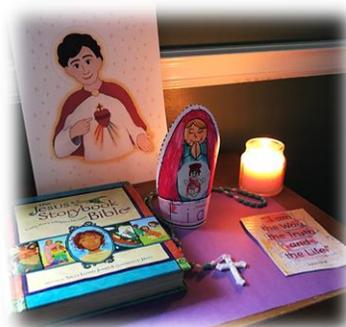
# Prayer Table Starter Guide for Families

1. Start by considering a good spot conducive to prayer. Will it be...

- a small side table in the living room?
- a bedside table in a bedroom?
- something along a wall in the dining room?
- a nook in the hallway or entryway of your home?

2. Choose a table. This could be something you...

- already have out
- find used at a thrift store, estate sale, etc.
- dig up from the basement/attic
- purchase new



3. Choose a table cover to display the color of the current liturgical season (you'll need green, purple, white, and red). You could use...

- scraps of fabric
- construction paper
- cloth napkins
- table runners/tablecloths

4. Set up your table! Try to include a crucifix/image of Jesus and a Bible, then see what else you have that could encourage prayer...

- Candle
- Rosary
- Flowers
- Prayer cards
- Statues of Mary, Jesus, holy family, saints, etc.
- Art and/or icons you could hang on the wall above
- Prayer books (for adults *and* children!)
- \*Encourage the children to do the decorating with materials you provide.



5. PRAY! – Find a time when your family is all home and gather to light your candle, look to Jesus, and talk to Him. Families often find this is first thing in the morning, at dinnertime, or at bedtime... maybe you'll want to do it more than once each day! You might read from the Bible, take petitions, offer gratitude, sing a song, read from a devotional, say a morning offering, or simply give each person a time to share what's on their heart.