

Create a Prayer Space for Holy Week



After the experience of the last few years and with the pandemic still not gone, some are still nervous about returning to large gatherings, but we have learnt that the Church as the people of God continues in our homes. Even if you are planning to participate fully with the services in your local parish it is still a valuable experience to connect this with your own preparations and celebrations at home. With a few everyday items, you can create a special worship/prayer space in your home which can serve as a focus for your Holy Week Journey and remember this is a journey that you don't make alone, we all journey together

If you live on your own, remember that you are 'surrounded by a great cloud of witnesses' (Hebrews 12:1) as you pray, so you never worship alone! Also, in his letters, Paul frequently sends greeting to people and adds the phrase 'and to the church at your house' (see Romans 16:5, 1 Corinthians 16:19 and Colossians 4:15, for example). From the earliest time, worship happened in homes, not in special buildings. This could be an opportunity for us to walk in the shoes of those early followers of Christ.

This guide will help you set up a space to mark the events of Holy Week and Easter in your homes.

Sacred Space

We invite you to create a simple sacred space in your home. This could be in the corner of your bedroom or sitting room. It should be somewhere that you can go for some quiet time each day. Use some symbols in your space – such as a cross, candles, a bible or some significant symbol for you. Try to add to this each day of Holy week that represents the day for you & your family - significant prayers, events, people, symbols, pictures, etc. Be creative, yet keep it simple. Let it be your little oasis, sanctuary, it can also be the a gathering place for your family. It doesn't have to be a big space, but it should be somewhere that you see every day and can spend time – a family room or dining room is good. You could also make it the centerpiece of your table.



Set the space apart by using a tablecloth or other piece of fabric – colours like purple, red and white are good. Use the visual symbol of a cross to show that the space is holy. It could be as simple as two sticks from your garden tied together with string. Add a candle to your space as a symbol of Christ's presence with you as you pray. Make sure that you never leave a candle burning unattended and that the candle is only lit for the duration of your prayer time.

If your house doesn't have much space, perhaps a special chair with a plant or a picture beside it will be enough to set apart that space as you Holy Week worship space. As Holy Week progresses, you can add different symbols to illustrate the story and help you enter into the journey.



Create sacred time, choose a time when you know you won't be distracted by other things. Turn off your computer or TV for a little while. If you are connecting to the Easter Liturgies through the TV, Social media or Parish webcam and disconnect from any social media. You may like to phone a friend and have your worship time together. Or just arrange with others in your parish to be praying at the same time.

Mark the beginning and end of the worship time with a sound – it could be a bell if you have one, a sentence of scripture, a piece of music, or something else you choose. Sit in such a way that you are able to focus on your prayer.

Sacred Conversations

Prayer time doesn't have to be just the liturgy or prayers. When you gather with the you family in your home, or when you phone a friend after your private prayer time, talk about the events of Holy Week and the bible stories which record them. Talk about your response to God's love which is
For children especially, these conversations don't have to be deep or complex. Starting a conversation with "I wonder..." is a great way to have a conversation about Easter. Even if you think you know 'the answer', there is much to be gained by wondering together.
