

Prayer Space

By Courtney Still

Have you ever felt like the chaos of everything around you is getting in the way of having a focused conversation with God? This activity explains how to create a space wherever you live (at home, college dorm, apartment) that you can use to have an intentional time of prayer.



For

Young Adult

Season

Summer

Prepare in Advance

- Set aside a small space dedicated for personal prayer. Ideas include: tent, small table, bookshelf, window sill, backyard/garden
- Decorate as you wish. Think about what will put you at ease and lead you to focus during your intentional time of prayer.
- Fill the space with items important to you and that will help you pray, such as Bible, candles, pillows, personal photos, a cross, favorite painting or other images, stress ball or prayer stone, pen and paper.

Experience

1. Go to your prayer space.
2. Quiet your mind. Quiet your heart. Leave behind everything except what is in front of you. For the moment don't think about that deadline coming up or what's for supper. Silence all electronics. Don't even think of checking your phone.
3. Now, simply pray. Do whatever is best for you to have a conversation with God. Sit perfectly still and silent; or, get up and move, dance, sing, sway, whatever. In this space there are no rules, no expectations.

Consider

- How does it feel to be removed from the chaos and noise of everyday life?
- Are you able to focus better and pray in a new way?
- Can you become comfortable with silence?
- What do you want to keep as a ritual when you pray again in this space?
- Any changes you want to make in your prayer space?

Pray

When you first enter your prayer space, say this prayer:

God, help me to quiet my heart and mind to be with you fully during this time of prayer. Help me come before you humbled and ready to listen. Amen.

Say this prayer before you leave your prayer space:

God, as I leave this conversation with you, help me to carry in my heart what you've revealed to me. Help me to continue to seek you and listen patiently for what you have to share with me. Amen.