

## 3 ways to make your home more holy



You can make your home a more prayerful, peaceful place to be.

Catholic homes are meant to be places where the Faith is experienced and celebrated. It's where you pray, learn and grow as a Catholic every day.

But you know how life gets. You're juggling work, the kids, and chores that demand your time and energy. You feel like there's barely room to fit in your faith.

Fortunately, you can make your home a more prayerful, peaceful place to be. Here are three simple ways to do that.

### Create a designated prayer space

A prayer corner or a home altar anchors your living space in the Faith. Most importantly, it helps you stay prayerful and peaceful when life gets crazy.

There's no right way to set one up. It can be a small table or a shelf, or something bigger. Do what feels right for you. We recommend you start with the basics: a crucifix, a candle to light for prayer, and a book stand to keep your Bible open. Add one or two pictures of Jesus, Mary, or your favorite saints.

No matter how fancy or simple you make it, you'll be glad to sit in a space that's your own "prayer zone."

## **Add Catholic art to your decor**

You've heard the phrase "out of sight, out of mind?" Well, the corollary is true: "In sight, in mind." Seeing Catholic art on your walls helps you stay grounded in your faith throughout the day, especially when you get distracted or stressed.

Catholic decor also gives witness to your faith when people visit. It's a silent but powerful reminder that faith isn't just about private feelings or going to church on Sunday – it's a joyful way of life!

There's a lot of beautiful Catholic art out there, from traditional to contemporary. Whether it's a picture of your favorite saint, a Scripture quote you love, or a modern design based on Catholic symbols, go with what matches your faith...and your style!

## **Pray as a family for 5-10 minutes**

The idea of getting everyone to sit down and pray together sounds daunting... and yes, it feels a little awkward at first. The key is to start small and stick with it.

Here's a daily routine you can try. Everyone takes a turn to share one thing they're grateful for that day, or how they experienced God that day. Then open up the floor for anyone to share a prayer intention. End with a simple prayer from a book or a verse from Scripture.

It only takes 5-10 minutes. As you all get used to family prayer time each day, you can gradually incorporate more into your routine.

## **Conclusion**

When your faith is important to you, it's comforting and inspiring when your own surroundings reflect that.

The best part is that you don't have to do anything elaborate. It's not about achieving a monastic-style atmosphere at your house. (Although sometimes that would feel nice, wouldn't it?) It's truly the little things that make your home a more joyful, grace-filled place.

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By Alex Elfreich Aug 29, 2022