

# Creating a Prayer Corner at Home

## Setting the Stage:

1. Choose a location that is likely to be quiet and as free of distractions as possible when the prayer corner is most likely to be used.
2. Find a comfortable and appropriately-sized chair or stool for each person who would like to be included. It would be lovely to have some parent-child prayer times as well as times of individual use.
3. Add a small table or nearby shelf to hold a book of devotional readings or Bible.
4. A flower in a small vase or a beautiful rock, leaf, or shell can bring the wonder of nature indoors.

## Adding Elements that Mark the Beginning and End:

5. Add a Tibetan Prayer Bowl or a small bell or chime.
6. A votive candle is another nice touch. For children, use one of the battery-operated votives.
7. Include a timer. For young children, use an "hourglass" egg timer that measures a short period of time and gives a visual representation of the passage of time. For older children, youth or adults include a battery-operated kitchen timer.

## Stilling our Bodies; Opening our Hearts

8. Copy or download and print [mandalas](#) to color or a finger labyrinth to trace. These aid the process of centering. Include a smooth and sturdy piece of cardboard to color on or a clip board.

The availability of choices is engaging and empowering. Friends of any age are drawn into a more active role in their spirituality and worship by this engagement in choosing what discipline to try next.

Pay attention to the feeling of calming down, settling into stillness, maybe even the sensation of the Divine Presence seeming to draw near.

9. Include a picture journal for younger children or a words-and-images journal for older Friends. Don't forget the crayons or colored pencils.