
CREATING A PRAYERFUL SPACE



Things to consider

- Space
- Stillness
- Silence
- Transitions
- Thresholds

Space

- Physical space
 - Chairs
 - Focal point
 - Light



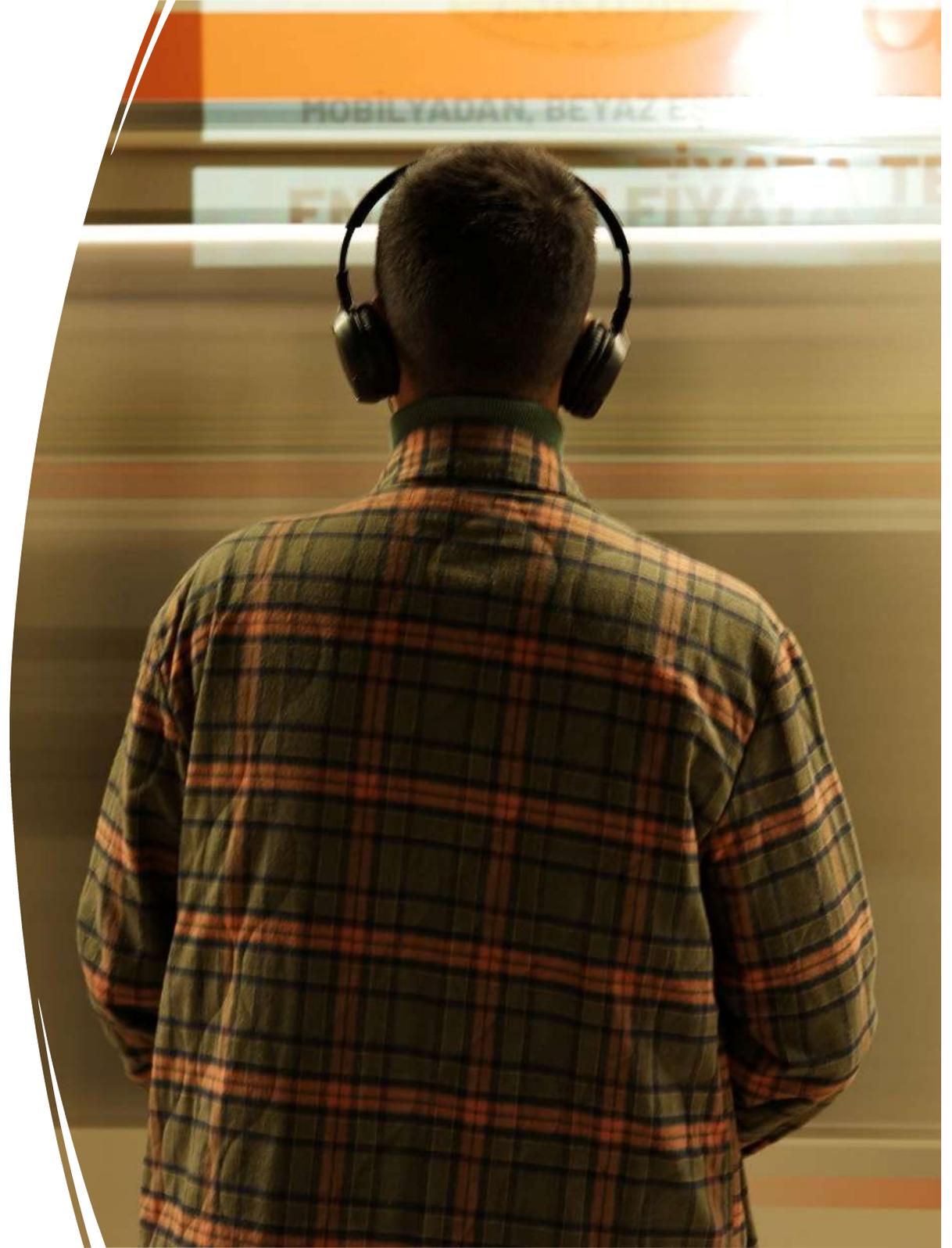
Space

- Space to breath
 - Programme
 - Pauses
 - Flexibility
 - Content
- Make space not sense



Stillness

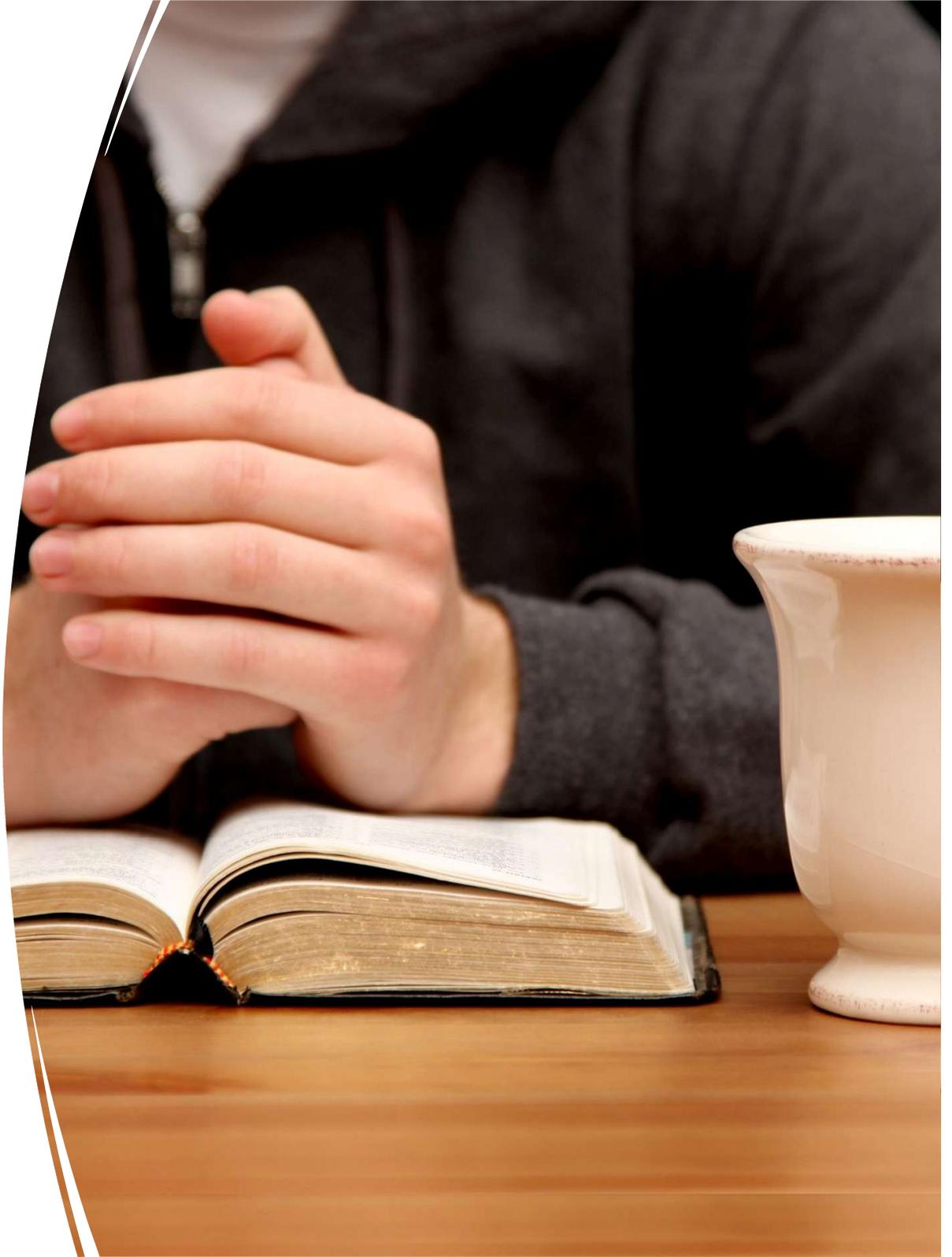
- Stilling exercise
- Your own stillness
- A still space/room
- What might disrupt



Silence

- Focus
- Avoid distractions
- Balance in prayer
- Balance in the day

A silent way to
speak and a noisy
way to say nothing





Transitions

- How to move through the day
- How will an activity be impacted by the previous
- Review of prayer

Thresholds

- Moving into prayer
- Moving out of prayer



Rituals

‘Just as we gather together the ingredients of a meal before we start to cook, so we should prepare ourselves and our prayer space before we move towards the Divine’

A causeway is revered as an especially sacred place in the Celtic mind and heart. It is a place of transition, a means of passing from where you are to where you desire to be...

Walk quietly across the causeway, as if you were walking into the sacred space of silence and prayer. Is there anything specific, any issue in your life, that you are carrying with you today from the mainland to the island? If so, simply let it be there, without any deliberate effort to 'resolve' it. Allow the stillness of the holy place to receive you, welcome you, enfold you. And as you sink into the stillness, allow the tide to come in and encircle you in your island-space.

Slowly the causeway disappears, submerged by the rising tides. You are alone with God on the island of your prayer.

Eventually the tide turns. Your time of prayer is over. The water recedes.

The causeway begins to reappear. It is time for the return journey, back to the mainland. Perhaps you are eager to return, relieved that the time of prayer has passed, if it has been difficult or dry. Perhaps you are reluctant to return, wishing that the island-time could last for ever.

Either way the mainland beckons you. It is time to re-connect to the place of your lived life...

What happened on the island that will change the way you make choices and relationships on the mainland?

Taste and See – Margaret Silf

Thresholds

- Preparation
- Entry into prayer
- Exit from prayer
- Review



Thresholds

- Preparation
 - Physical environment
 - Time
- Entry into prayer
 - Presence of God
 - Grace
- Exit from prayer
 - Colloquy
 - Our Father
- Review
 - Move



Your own prayer

- Pray
- Plan and lead from your own experience

