

Create a Home Altar



An altar signals, “this is sacred space.” We can create a place in our homes to remind us God is present, to be the location where we gather as a family to connect in faith, or where someone might sit alone for quiet or faith reflection.

To create a home altar cloth (a sort of centerpiece for your sacred space), you can decorate a white cloth or towel (a tea towel works well) in a way that points you to God and reminds you that you are God’s beloved child.

Consider the following questions as you create your personal or shared sacred space and home altar cloth:

- **What colors, symbols, pictures, and words** help you remember you are a child of God? Do you have a favorite **bible verse**? Draw or write them on your cloth!
- **What items** – bibles, crosses, candles, communion chalice, Heart Start bowl, special mementos or keepsakes – remind you of God’s love? What would help your home altar feel like a sacred space to you? Gather them!
- **Where in your home** would you like your personal or shared sacred space to be? Are you able to leave items set out, or do you want to put them away each day?
- **How often** (daily, weekly, some other frequency) and **when** (morning, lunchtime, dinner, bedtime snack, other) would you like to spend time in your sacred space?
- **What** will you do in your sacred space? Pray, write in a journal, read the bible, talk with your family, or something else?

Take a picture of the home altar or sacred space you create, and share it with us!

Email it to katie.strand@sotv.org.