

DESIGNING YOUR OWN SACRED SPACE AT HOME

The likelihood of having a consistent daily time with God increases when you have a space set aside for this purpose.

Where should my space be?

The most important thing when considering a place set aside as sacred space is to find that spot in your home where you are most likely to remain undisturbed. Some people use a room that is not frequently used by others. Some people set aside a space (corner, table or chair) in a room, where others in the house know that when you are there you should not be disturbed for this is your “time with God”. Some have one space for part of the year and another space for the rest of the year. This may be true for you if your space tends to get too cold or too hot during certain seasons.



Some people pick a chair and end table, others prefer to sit on the floor on a meditation cushion or lean against a pile of large pillows.

Some people have their space in the basement, in the attic or third floor, in the spare or guest room, in a corner of their bedroom, on their porch or patio or in their yard. There is no wrong place to have your sacred space, as long as it works for you. Some people have even chosen to clean out a closet in their house and make that their “prayer closet”.

What should I put in my space?

What goes in your sacred space is truly a personal matter. Some people will keep it very simple – they only put their Bible and a cup of coffee there. Others put pictures of people and places that are important to them. Many choose to have a candle there, which they light during their time with God. Others put items from nature there.

Here are some questions you might want to ask yourself as you design your own sacred space.

1. What symbol/representation of God, Jesus, the Holy Spirit or my faith would I like to have in this space?
2. What word or words might I need to see when I come into this space? (Some people will put up a placard with a quote or write a key word on a rock and then put it in their sacred space.)
3. What is the likelihood that I can allow the items that are important to me to remain there? (Having to put up and take down the space each time is not conducive for an easy flow in your daily times with God.)
4. What is very sacred or special to me? How can I incorporate that into my sacred space?

On this page, we have shared a few examples of sacred spaces of members of St. James Church. Our goal is not for the purpose of replication, but rather that through them you might find inspiration and find your own creative juices beginning to flow.

Additional Support

If you desire additional support in the designing and implementation of your sacred space, please feel free to request coaching from the Rev. Lynn P. Lampman by either emailing her at lplampman@comcast.net or phoning her at 610.446.3036.

