

Lent 2021
Care
Hope
Pray



How to create a Sacred Space in your home for Lent

Derry Diocesan Catechetical Centre



Your own Lenten Sacred Space

A Sacred Space is any space or area that has been dedicated to a sacred and holy purpose.

The space can be used for prayer and meditation. It can be small or large. You can use a small corner area of your house.

The space can be used to pray during Lent and to ask for God's help.

Setting up

Create a Sacred Space in a small part of your house. If you cannot get all the resources below, be inventive and creative and do your best. For example, if you do not have a Bible, print or write a short bible verse and place on the Sacred Space.

What you will need

- A Chair/small table
- Purple Coloured material
- A Cross
- A Candle
- A Bible
- Foliage or flowers of the season

Pray regularly – alone or with other members of your family for your own special intentions and for those in need.



For more prayers and ideas for Lent
visit: catecheticalcentre.org/lent