

Prayer Experience - Creating a Prayer Space

St. Ignatius speaks to the value of our space, place, and posture of prayer in the Spiritual Exercises (#73-79).

The space and place within which we pray matters. Intentionally creating our space and place for prayer allows us to access more readily our inner stillness and silence so we can fully be present to God.

You could be outside in the garden or in a corner of a room. It doesn't have to be a large space or complicated, just a place where you feel comfortable and peaceful.

You will need to be able to close off outside noise and interference as best as you can so that you are not distracted.

Find a comfortable chair or place some cushions on the floor to create this space. Other things you may include in your prayer space are:

- a table or place where you can lay a cloth
- candle
- bible
- cross
- you may wish to include your own religious symbols and something from nature.

Keep the space very simple but worthy.

'Noble simplicity' as *Sacrosanctum Concilium* says.

The sound of running water from a fountain, if you have one, adds another dimension to the environment. If you wish, light some incense. In this way, you are catering for all your senses.