

# Five Prayer Stations for your home

Here are five prayer stations to use in your home, from 'Stations' by Simon Bailey.

They are designed to take you into prayer in the place where you live so that it becomes a place of pilgrimage.



## Go into the main living area, the living room

Sit down. This is the base of your life ...

This is where you live out your human existence, living and crying, listening and singing, talking, thinking, arguing, planning ...

Say: **Living God, living and strong, Loving and gentle, Pour mercy upon us.**

**Pray for** those who share your life; those who are isolated and lonely.

## Go into the place where you cook, the kitchen

Stand by the cooker, the fridge or the washing machine ...

Perhaps put the kettle on ...

Life goes on here in a slightly different way – preparation, cleaning up, work, baking, washing, storing, and again, talking, thinking, planning ...

A busy place, an easy place to wait and pray while hands are busy with other things ...

Say: **Living God, living and strong, Loving and gentle, Pour mercy upon us.**

**Pray for** the service that is undertaken in this room and the care that is shown; pray a blessing upon the arrogant and proud who never serve and are afraid to care.

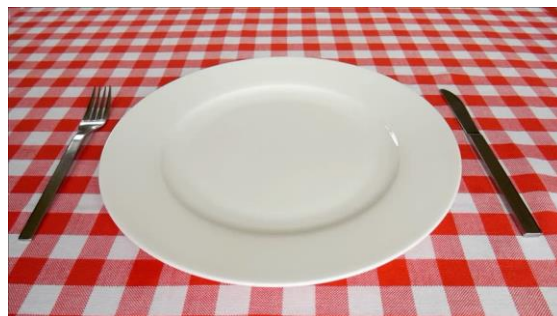
## **Go to the place where you normally eat, the dining area**

Sit down where you normally eat meals ...

Meals are more than sustenance; they are human celebration, feast and joy, friendship and sharing, welcome for strangers and the bonding of friends ...

Say: **Living God, living and strong, Loving and gentle, Pour mercy upon us.**

**Pray for** the chance to share more; pray for the hungry and the poor.



## **Go into the place where you wash, the bathroom**

Fill the sink. Splash the water on your face ...

This is the place of refreshment and cleansing, restoring freshness, like the first splash of cold water in the morning. Bathing and washing are full of echoes of inner cleansing and renewal ...

Say: **Living God, living and strong, Loving and gentle, Pour mercy upon us.**

**Pray for** a refreshed and renewed spirit; pray for those who feel guilty and dirty, stale and corrupt.

## **Go to the place where you sleep, the bedroom**

Lie down on the bed ...

This is the place for sleep and rest, for the ending of the day.

It can also be the place for love or for sickness. It is a very personal place – a place of dreams or restless nights, of tears and pain. With the thought of sleep there is always the near or distant echo of death and final rest ...

Say: **Living God, living and strong, Loving and gentle, Pour mercy upon us.**

**Pray for** rest, a quiet mind, a good death; pray for the bedridden, the restless, the loveless.