

Sacramentals in the Home

1 |

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We all probably know someone (or are that someone) whose house is filled with holy images and statues. While that may not be everyone's taste, there is nevertheless something very important about having physical signs and symbols of faith in our homes, for they help elevate our hearts and minds to God's presence. Sacramentals, as such holy signs and symbols are called, are aids on our spiritual journey. They help keep us focused on receiving the Sacraments, the physical signs instituted by God that give us grace.



Sacramentals such as crucifixes, statues, and holy images also help remind us to pause and pray. Having a designated area—a special table, the kitchen table, or even a corner of the family room—where the family gathers for prayer is an especially helpful way to reduce distractions and to focus on God. Family members can experience sacramentals by being invited to light the prayer candle (a sign of Christ, the Light of the World), add incense to a small piece of charcoal (a sign of our prayers rising to Heaven), or sign themselves with Holy Water (a sign of our Baptism). Bibles, prayer books, and rosaries are examples of additional sacramentals that can draw family members ever closer to God in prayer.



As we begin this season of Lent, take an inventory of the sacramentals that grace your home and your family prayer table or prayer area. Display sacramentals that are meaningful to your family and speak of your Catholic faith. Be reminded at every turn of God's presence within and among you.