

## Table Guide- 21 Days of Prayer

### Week 1 - Relational Detox

This guide is to help your Table spend an hour praying together as part of [21 Days of Prayer and Fasting](#). You can opt to [create your own prayer meeting](#) or do a [Discovery Bible Study](#) on a passage of your choice. Tables are encouraged to attend our in-person prayer meetings together as well as [Forge](#), our 24-hour prayer gathering on January 30-31.

#### Preparation:

1. Consider meeting in a space with an environment that helps create an atmosphere conducive to prayer. You can put on soft instrumental music in the background during prayer time.  
Recommended artist: [Soaking in His Presence](#) (available on YouTube or streaming services)
2. If you are leading the meeting, pray in advance to prepare your heart and to listen for any promptings/leadings from the Spirit as to what God may want to do in your time.
3. Make sure everyone has something to write and journal with. It's also important to remember to keep any times of spoken prayer simple, brief, and honest.

Spend time in prayer as a group together using the P.R.A.Y. format: Pause. Rejoice. Ask. Yield.

#### Pause

- “Be still and know that I am God.” - Psalm 46:10  
Set a timer for 3 minutes to spend resting in God’s presence. Every time you become distracted, return your attention to Him (this will happen a lot - our world and phones have trained us!).
- Spend 3 minutes practicing Breath Prayer, where we sync our inhale/exhale with the truth of Scripture from [Matthew 11](#):

*Inhale: Father, I praise You.*

*Exhale: Your love is revealed to Your children.*

*Inhale: Jesus, You give rest to my soul.*

*Exhale: Your burden is easy and light.*

#### Rejoice

- Take turns speaking out thanksgiving, completing the sentence, “God, I thank You for \_\_\_\_.”
- Read [Psalm 133 NLT](#). Harmony is when a musical note complements another, making the sound even more enjoyable. Write out the relationships you’re thankful for - that bring out the best in you. What are the ways God has used each of these people to impact you? What unique role have they played in shaping who you’ve become? Pray blessings over each of their lives. (10 mins)
- Pair up and share about one person from your list. (5 mins)

#### Ask

- Share with your partner: Who is someone you know with a need? Share so they can offer a prayer for them. Keep sharing briefly to ensure there is time to pray.
- Read [Philippians 2:5-11](#). Write the names of the relationship(s) that are causing you the most pain or stress. In light of Philippians 2, ask “Jesus, how are You calling me to love this person?”

#### Yield

- Leave 3 minutes in space for the group to ask:
  - “God, what do You want me to know today?” Write it down.
  - “Are there any ways You are prompting me to take action and/or change?”
- Pair up with your partner, share what God is prompting, and pray for them to live this out!