

Table Guide- 21 Days of Prayer

Week 2 - Spiritual 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. table.org/forge

Table Talk

- What's a sound that automatically annoys you?
- Checking in: How is it going with building a habit of prayer? Include any challenges or ways that God has been at work.
- Spend time in worship through song. Recommended: [Holy Spirit](#) by Bryan and Katie Torwalt.

Praying

- Make sure everyone has a Bible (preferably physical), pen, and a journal/ paper.
- 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)
- This week's time in prayer is based on an ancient form of praying the scriptures called *Lectio Divina*, which is Latin for "divine reading." This is a way to slow down and align our hearts to God's through Scripture using the acronym BREAD: Be still. Read. Encounter. Apply. Devote.

Be Still. Put away devices or distractions and get into a comfortable but attentive position. Take a moment to let the noise of your mind settle, becoming present to God. Invite the Holy Spirit to guide your time.

Read [1 Timothy 6:2-19](#), which is about the ways materialism can pollute our soul. Read it again slowly. Notice what stands out to you in the passage and write it down. It can be a verse, a phrase, or just a word.

Encounter. Journal a reflection about how God's Word is revealed to you through this text. Where does this connect with my current life and circumstances? What might God want me to know about Himself, myself, or others? Is God revealing a lie or truth He wants me to notice and respond to?

Apply. Generally beginning with the words "I will..." write out an actionable way you can apply this truth to your life.

Devote. We can't obey God without the Holy Spirit's help. Finish by writing a prayer that commits yourself to God as you live out His purpose and will.

Conclusion

Pair up with someone else and share about what you've written, including any action steps. Then, share one way you can pray specifically for that person (we often think of how to pray for people we know, but try to make the request about the people in your group this time). Pray for their need and action step!