

## Table Guide- 21 Days of Prayer

### Week 3 - Physical Detox

This guide is designed for a Table to spend time in prayer for [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](http://table.org/forge)

#### Table Talk

- What's the good part of being snowed in for you?
- Checking in: Share anything meaningful from your time with God during our 21 Days thus far.
- Spend time in worship through song. Recommended: [Great Are You Lord](#) by All Sons & Daughters.

#### 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 will focus on the gift of our bodies that God has made in His image, using the P.R.A.Y. format (Pause, Rejoice, Ask, Yield).

#### Pause

- Rest in silence for a minute, recognizing God's presence among us.
- Have someone read [Psalm 139:1-14](#)
- Journal a prayer inspired by this Scripture for a Breath Prayer that connects your inhale/exhale with a line of the Scripture.

#### Examples:

*Inhale: Where can I go from Your Spirit?*

*Inhale: Father, I praise You.*

*Exhale: You are always with me.*

*Exhale: I am fearfully and wonderfully made.*

#### **Rejoice.** Take turns praying aloud as you feel led on the following prompts.

- Thank God for the amazing ways He has designed us in His image.
- Thank God for the ways you see Him at work within your group and the Table Church.
- Thank God for how you see His beauty in creation.

#### **Ask.**

- Take turns asking God to meet the needs of those in material poverty in our community.
- Take turns praying over anyone who may need healing, physical or otherwise.

**Yield.** Spend 5-8 minutes reflecting/journaling on these prompts individually, asking God to guide you. Afterwards, share what God is highlighting to you.

- Read [Romans 12:1-2](#)
- In what ways do my life habits worship God? Where do I need to make adjustments?
- In what ways is God prompting me to care for my body?
- Where could I make space to delight in the good gifts He gives me?