

the table

[in Jesus' name]

For this week's devo time, you'll need a quiet, comfortable place that's free from distractions. Make sure you have a Bible, a pad of paper/journal and a pen.

Prayer takes practice. This week we're going to practice **The Presence of God**.

Day 1

Begin each day this way:

To begin, sit comfortably with both feet on the floor and your hands relaxed on your knees. Breathe fully through your nose and deeply into your diaphragm (belly). Take 20 deep slow breaths.

Let yourself relax and slow down. This should take 5 – 10 minutes.

As you begin to quiet yourself, distractions will come. Make sure your phone and other devices are turned off/silenced. When urgent thoughts come to mind, simply write them down. Imagine capturing those thoughts onto paper so they become separate from your present experience.

At the end of your prayer time, the list can become a prayer list, the beginning of a to-do list, or just a list of distractions to throw away.

Slowly **READ** Psalm 46:10 and John 17:3. **READ** the verses again four or five times, paying special attention to each word.

IMAGINE yourself at a table. **FEEL** its surface. The room is warm and comfortable. What does the room look like? **SEE** yourself at the table sitting with three persons. As you look up, they seem to be clothed in translucent light. You hear a voice saying,

"I am the Lord your God.

This week I invite you to know Me better by joining Me at this table."

TAKE a moment to express any fears, anxieties, and struggles which you're facing today. **IMAGINE** placing them on the table and leaving them there.

EXPRESS gratitude for one or two things in your life.

Day 2 -- Begin as in Day 1.

Slowly **READ** Hebrews 4:14-16 and John 10:1-18.

IMAGINE yourself at the table. As you look up, you see the face of the person sitting to your left. The person smiles and says,

"I am the Lord Jesus Christ. Do not be afraid.

I am the First and the Last.

I am the Living One; I was dead,

and behold I am alive for ever and ever!

I am the Great High Priest and The Good Shepherd.

You are my sheep."

READ Hebrews 4:14-16 again. **WRITE** everything these verses say about Jesus. Now **READ** John 10:1-18 and **IMAGINE** Jesus at the table saying those words to you.

THANK Jesus for being the Good Shepherd and the Great High Priest.

Day 3 -- Begin as in Day 1.

Slowly **READ** John 14:16-18 and John 16:5-16.

IMAGINE Jesus at the table with you as he introduces you to the person on the right. He says,

"This is the Spirit, and this is what He will do."

Slowly **READ** John 16:8-15 and **IMAGINE** Jesus describing the work of the Spirit in your life. *Based on these words, what kind of relationship will you have with the Holy Spirit?*

THANK the Holy Spirit for His role in your life.

Day 4 -- Begin as in Day 1.

Slowly **READ** John 14:6-14.

IMAGINE Jesus and the Spirit at the table. Jesus says to you,

"I came that you might know the Father. You can approach the Father with confidence when you go in My name."

READ John 14:6-14 again and John 17:1-3.

What do these verses say about Jesus relationship with the Father?

What do these verses say about your relationship with the Father?

THANK God for being your Father.

Day 5 -- Begin as in Day 1.

Slowly **READ** John 17:20-26.

IMAGINE yourself at the table. At the center is a loaf of bread and a cup of wine. **TAKE** a few moments to look into the faces of the others who are sitting at the table. **REFLECT** on what you've learned about each person of the Trinity and your relationship to each of them.

IMAGINE Jesus saying,

"I have prayed for you."

Again **READ** John 17:20-26. **REALIZE** that Jesus was praying this prayer, in part, for you. *How do you feel about Jesus praying for you?*

IMAGINE Jesus saying,

"I want you to know Me, My Father and the Spirit better.

I invite you to make time to come to this table every day.

I have so much I want to show you."

How will you respond to this invitation?

THANK Jesus for His invitation.