

# the table

## [that they may know]

*This week, we continue to practice **The Presence of God**.  
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.*

*You are wanted. God wants you. He wants to know you and have a relationship with you. Indeed you were created to have a love relationship with God. Prayer is an invitation into this love relationship.*

*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.  
Begin each day this way.*

*Listen to hear the Trinity speak directly to you as you personalize the Scriptures.*

### Day 1 – READ Zephaniah 3:14-20.

Imagine God the Father saying this Scripture to you. Personalize the verse using your name. For example: "*Sing aloud, my child (insert your name).*"  
Imagine God the Father tells you this. Read aloud the personalized Scripture.

### Day 2 – READ Romans 8:31-39.

Personalize this passage as though the Holy Spirit is saying this to you.  
"If God is for **me** who shall be against **me**? What shall separate **me** from the love of God? Read this aloud and hear the Holy Spirit speaking to you.

### Day 3 – READ Colossians 1:15-20.

Imagine Christ saying these things about Himself to you. Imagine he says, "*I am the image of the invisible God...*" Try the same activity with Revelation 1:8.

### Day 4 – READ John 15:12-17.

Imagine Jesus saying these words to you. Ask Him to reveal one person with whom you've struggled to love. Ask Him to show you how to love him/her.

### Day 5 – READ Hebrews 8:8-12.

A covenant is a deep relationship in which two parties agree to walk together. What does this Scripture say about the covenant God makes with us in Christ? How will it change us from the inside out?

January 19/20, 2013

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