

Your Table Today

Feel the nearness of God

Read this verse aloud at your table tonight.

Psalm 145:18

*"The Lord is near to all who call on Him,
to all who call on Him in truth."*

Discuss the question below.

Is there a place you like to go when you want to feel closer to God? Describe that place.

Great Prayers to Learn by Heart From the Jewish Tradition: The Shema

"Hear, O Israel: The Lord our God, the Lord is one."

From the Christian Tradition: The Jesus Prayer

"Jesus Christ, Savior of the world, have mercy on me."

(Try saying either of these prayers while breathing slowly in and out.....a great way to create spiritual alertness and open your mind and heart to God's presence.)



God guided the people of Israel through the wilderness as a cloud by day and a pillar of fire by night. Since that time a lighted flame has been a symbol of God's presence.

Consider adding a candle to your table top and lighting it each evening during dinner.

PRAYER

It's an easy conversation!

Turn your dinner conversation into an extended prayer to God.
Take turns filling in the blanks below.

Dear God,

1. Today was a _____ day.
2. I did _____.
3. It was _____.
4. I'm feeling _____.
5. Let's talk again soon, God.

Love, _____

5 Finger Prayers



Try this as a way to unite your table group in prayer. Ask one person to lead the prayer by reading each of the prayer topics listed on the fingers in turn. After each topic is read, open it up to those gathered at the table to name specific people or situations they want to pray for. Close the prayer with a whole table, "Amen!"