

21 Days of Prayer and Fasting

Table Guide, January 12-18

From January 6-26, The Table Church will be joining followers of Jesus around the globe starting in the year with *21 Days of Prayer and Fasting*. We are inviting our church to join together to pray every morning at 6 AM, live on the Table Church app (also available on demand), and [committing to personal prayer and fasting](#).

We have provided a weekly video resource for Tables to grow by practicing prayer together. You can also plan a prayer meeting yourself. While some may feel nervous to pray, this is a great space to practice and grow outside of our comfort zones together! If doing a Discovery Bible Study is more appropriate for your Table, you can find that below, as well as a suggested passage.

[1-hour Guided Prayer \(Click Link to Video\)](#)

[How to Plan a Prayer Meeting](#)

Discovery Bible Study

(Suggested passage: [Luke 11:1-11](#))

Table Talk (1/3 of meeting)

- What are you thankful for? What's a challenge you're facing?
- How did it go with your "I will" statement from our last meeting?
- Did you share what we talked about with anyone?

Discover (1/3 of meeting)

- Read the passage.
- Have someone re-share this in their own words.
- What stands out to you?
- What does this Scripture say about God?
- What does this Scripture say about people?

Go do it (1/3 of meeting)

- According to this study, what are you doing well? What do you need to change?
- How can you specifically live out this passage in the next few days? (Everyone creates an "I Will" statement)
- Who are you going to tell about what you discovered?
- Who can you invite to our Table? Pray for them.

Discussion Guidelines:

1. Everyone shares in sentences, not paragraphs.
2. Focus only on what this passage is saying, not on other passages.
3. Share from your perspective – we won't argue or give advice.
4. Give everyone time to respond. Silence is OK.
5. The facilitator will facilitate discussion, not teach.