



A BEGINNING-FAITH GUIDE

Welcome to the Table

Seven days for the very beginning of faith

"The table was always His."

BEFORE YOU BEGIN

You said yes. Or maybe you're still deciding, and you're reading this to see what a life with Jesus might feel like from the inside. Either way, you're welcome here.

This isn't a course to pass or a checklist to finish. It's seven short mornings, one at a time, meant to be read slowly with a cup of something warm nearby. Each day has a verse, a few honest thoughts, one small thing to try, and a prayer you can pray in your own voice.

There is no wrong pace. If a day takes you a week, that's fine. The table isn't going anywhere.

Let's begin.

DAY ONE

You Are Known

You have searched me, Lord, and you know me.

Psalm 139:1 (NIV)

Before you knew His name, He knew yours. That is where faith begins. Not with you finding God, but with the quiet truth that you were already found.

There is a particular loneliness in being known only partly. The version of you that shows up for other people, tidy and capable, is not the whole of you. God is not acquainted with only the tidy version. He knows the 3 a.m. thoughts, the old regret you've never said out loud, the hope you're almost afraid to name. He has seen all of it. And He drew closer, not further away.

Sweet friend, you do not have to explain yourself to Him. You are already understood.

Today, try this. Sit quietly for two minutes and finish this sentence, honestly: "God, what I most want You to know about me is..." You don't have to fix it or tie it up. Just say the true thing.

Father, thank You that I was known before I ever knew You. Help me believe I am safe with You. Amen.

DAY TWO

You Are Forgiven

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9 (NIV)

Many people come to God carrying a bag they've packed for years. Every failure, every unkindness, every thing they'd undo if they could. They set it down at the door and then, out of habit, pick it back up on the way in.

Here is the good news of your second morning. In Christ, the bag is not just set down. It is gone. Confession is simply agreeing with God about what's true, and then letting Him do what He promised: forgive, and make clean. Not scold. Not keep a record. Clean.

You may still feel the weight for a while. Feelings are slow to catch up to facts. Trust the fact. You are forgiven.

Today, try this. Name one thing to God that you've been carrying. Say it plainly. Then read the verse again, slowly, and let the last three words land: "from all unrighteousness." All of it.

Father, I've carried this long enough. Thank You for taking it. Teach me to walk without it. Amen.

DAY THREE

Learning to Pray

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6 (NIV)

If you've ever worried that you don't know how to pray, let that worry go today. Prayer is not a performance with rules about posture and vocabulary. It is talking with Someone who loves you and is already listening.

Notice what the verse says: in every situation. The burnt dinner and the frightening diagnosis both belong in the conversation. Nothing is too small to mention and nothing is too big to bring. You can be honest. You can even be angry. God can hold all of it.

Start where you are. A single sentence whispered over the kitchen sink is a real prayer. He hears it the same as the eloquent ones.

Today, try this. Pray three short lines, out loud if you can. One thing you're thankful for. One thing you need. One person on your heart. That's it. You just prayed.

Father, I'm new at this, and I'm glad You don't mind. Thank You for listening. Help me keep talking to You. Amen.

DAY FOUR

Learning to Read God's Word

Your word is a lamp for my feet, a light on my path.

Psalm 119:105 (NIV)

A lamp for your feet is not a floodlight over the whole road. It's enough light for the next step. That's usually how God's Word works. It rarely shows you the entire journey at once. It shows you where to place your foot today, and that turns out to be enough.

If you've never really read the Bible, the Gospel of John is a good place to begin. It was written so that people could come to know Jesus, and it reads like someone telling you about a friend they love. Don't rush to understand everything. You're not studying for a test. You're getting to know a Person.

Keep it simple. A few verses, read slowly, is worth more than many chapters skimmed.

Today, try this. Open to John 1 and read just the first fourteen verses. When something stands out to you, stop there. Ask God one honest question about it. Then close the book and carry that one thing into your day.

Father, light the next step. I don't need the whole road today. Just show me where to go from here. Amen.

DAY FIVE

You Were Never Meant to Walk Alone

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

Hebrews 10:24–25 (NIV)

Faith was never designed to be carried by one person in a quiet room. It grows at tables, in conversations, in the ordinary company of people who are walking the same direction. You need them, and one day soon, someone will need you.

This is why we keep pointing you past The Sacred Table toward a church near you. We can send you words and pray for you from here, but we cannot sit beside you on a hard Sunday or bring you soup when you're sick. A local church can. Look for one that loves the Bible, loves people, and would be glad to save you a seat.

If the thought of walking into a new place feels daunting, that's okay. Most people feel it. Go once. Sit in the back if you like. You don't have to have it all figured out to belong there.

Today, try this. Think of one person who might walk this road with you: a believing friend, a neighbor, a coworker. Send them a short message and tell them where you are. If you don't know anyone yet, ask God to bring you one, and start looking for a nearby church you could visit this month.

Father, I don't want to do this alone. Lead me to people who love You, and help me be brave enough to show up. Amen.

When Faith Feels Hard

I do believe; help me overcome my unbelief!

Mark 9:24 (NIV)

A father once brought his suffering child to Jesus and said these exact words. Notice he didn't wait until his faith was strong and certain. He came honest and divided, believing and doubting in the same breath. And Jesus did not turn him away. He helped.

There will be mornings when God feels close and mornings when He feels far, and the second kind does not mean you've done something wrong. Faith is not a feeling that stays at high tide. It's a direction you keep facing, even on the days the water is low.

So on the hard days, pray the honest prayer. "I do believe; help me with the part of me that doesn't." That's not weak faith. That may be the most real prayer there is.

Today, try this. If something in you is doubting, don't hide it from God. Tell Him the exact thing that feels hard to believe. Then ask Him, plainly, to help. Honesty is not a threat to faith. It's how faith grows up.

Father, some of this is hard for me to believe. I'm not going to pretend otherwise. I do believe. Help me with the rest. Amen.

There Will Always Be a Seat

My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.

John 14:2-3 (NIV)

On this last morning, hear the promise underneath all the others. Your place with God is not a trial run. Jesus spoke of a home already being prepared, a seat with your name on it that no one else can fill and nothing can take away.

Seven days ago you may have wondered whether you truly belonged at this table. Here is the answer, and it will still be true a year from now on your worst day: the seat is yours. Not because you've been good enough this week, but because He set it for you Himself.

This is only the beginning. Keep talking to Him. Keep reading a little. Find your people. And when you forget, as we all do, that you're wanted here, come back and read this verse again.

There will always be a seat. The table was always His.

Today, try this. Look back over the week. Write down one true thing you didn't believe seven days ago that you're beginning to believe now. Keep it somewhere you'll find it again. It's the first line of your story with God.

Father, thank You for making a place for me. When I forget I belong, remind me. I'm not walking alone anymore. Amen.

What now?

Keep going. Find a Bible-believing church near you and visit this month. Keep a simple daily rhythm: a few minutes of reading, a few honest words of prayer. And whenever you need someone to pray with you, we would be honored to.

Reach us at thesacredtableco.com/prayer-requests



Scripture quotations taken from The Holy Bible, New International Version® (NIV®). Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.