SCRIPTURE & STILLNESS / NO. 01

An Invitation to *Taste & See*

Read Psalm 34:8 in your Bible

A MOMENT AT THE TABLE

God's goodness is not reserved for easy seasons. This psalm invites us to come close enough to discover His care, even when life feels unfinished. A table does not need to be elaborate to become a place of welcome. A quiet prayer, a shared meal, or a moment of gratitude can remind us that we are not forgotten. When today's needs seem louder than tomorrow's hope, we can bring both to Him. Taking refuge does not mean pretending everything is fine. It means choosing to trust the One who remains faithful.

A PRAYER

Dear Jesus, thank You for nourishing me and for providing daily bread for those I love. I confess that I do not always make the best choices for my body and my home. Please forgive me for the times I have overlooked Your goodness or relied on my own understanding rather than trusting You. Teach me to choose wisely, to be thankful, and to trust You with my daily needs. Help me care well for myself and my family so we may be strengthened for the future You have for us. I yield my habits, my health, and my home to Your loving plan and for Your glory. In Jesus's name, amen.

A free companion resource to The Table of Grace · Published by Selevant, LLC
All rights reserved.
For personal and noncommercial ministry use. Permission granted to download, print, and share unaltered copies with copyright notices intact. No modification, resale, or commercial use without written permission from Selevant, LLC.

GUIDED JOURNAL / NO. 01

Quiet at the Table

Finding God's goodness in the ordinary

Re-read Psalm 34:8 in your Bible

A MOMENT IN PRAYER

P — Praise: Thank God for who He is.
R — Repent: Confess honestly and receive His forgiveness.
A — Ask: Bring your needs and the needs of others.
Y — Yield: Surrender and trust His plan.

01 PRAISE — Where did I notice God's goodness today?

02 REPENT — What do I need to bring honestly before the LORD?

03 ASK — What need can I place before Him today for myself or someone else?

04 YIELD — Where is God inviting me to trust Him more fully?

MY PRAYER TODAY

A free companion resource to The Table of Grace · Published by Selevant, LLC
All rights reserved.
For personal and noncommercial ministry use. Permission granted to download, print, and share unaltered copies with copyright notices intact. No modification, resale, or commercial use without written permission from Selevant, LLC.