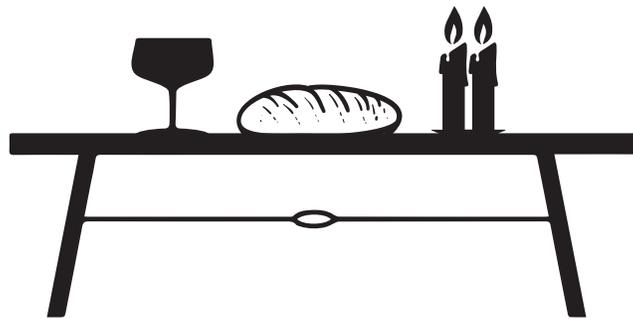
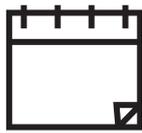


THE TABLE



the
WELL



*And he said to them,
“The Sabbath was made for man,
not man for the Sabbath.
Therefore, the Son of Man
is Lord even of the Sabbath.*

Mark 2:27

Dear Friends,

We are so excited that you have chosen to embark on this amazing journey with us. This guide is designed to help you celebrate **THE TABLE** as a regular part of your week. As the Pastors of THE WELL, we believe we are called to reestablish the order that God desired at creation and Jesus reclaimed at the cross. He chose us to be apart of His **FAMILY**, and more than anything longs to have relationship and communion with His family. He gifted us with **REST** by instituting a day set apart. Rest is a gift from the Lord that we encourage you to receive. His design was for us to be children closely connected to the Father and His Family in relationships that bring *Shalom* {The Peace of God } and Rest. We were to live under His Yoke....

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30

Despite the fall of man in Genesis 3, the Lord chose to continue His plan for a family on the earth. Through the life, death and resurrection of Jesus, the Father reestablished all that was lost at the fall. He now calls us to **THE TABLE of COMMUNION** to remember what the life of Jesus redeemed for us as believers, and as we remember Him, He offers wholeness, forgiveness, shalom and healing.

We are calling our WELL FAMILIES to come to **THE TABLE of COMMUNION** with us and to set aside **SACRED SPACE** each week to **REST**. We believe before we can engage our community, we must first engage our **FAMILY**. In this Sacred Space, we are asking that you bring your family back to the table of the Lord for communion weekly. We believe God's blessings come with it - *we are not asking you to be legalistic*. In this season, it may be that you have one night you light your candles with pizza and juice in a technology free zone and begin to bless your space and family. We encourage you to take a step! As with anything new, it may feel a little awkward at first - just give it some time and allow it to gain traction in your life.

Where order is restored, blessings are released!

We have some helpful resources for you: A book of prayers for your home and family, a video on our website www.thewellmccomb.com/thetable. We will be praying alongside you and your family as you participate in **THE TABLE of COMMUNION** and engage in this sacred day of rest!

Blessings & Shalom!

Pastors Todd and Rochelle Foster

THE SABBATH & SHABBAT DINNER

One could think of Shabbat as a mini Passover. Remembering that they were slaves in Egypt, also recalled to the minds of the Hebrew people that God is their deliverer. It also reminded them (as it should remind us) that true freedom only comes from following Him.

The concept of Sabbath continues in the New Testament where we see Jesus declare that He is the “Lord of the Sabbath” (Matthew 12:8). This means that Jesus rules and reigns over this sacred day even into the establishment of the New Heavens and the New Earth! Scripture tells us, ‘From one New Moon to another and from one Sabbath to another, all mankind will come and bow down before me’ (Isaiah 66:22-23).

THE SABBATH IS A DAY THAT GOD HIMSELF SET ASIDE FOR REFLECTING, RESTING, FAMILY, FELLOWSHIP AND THANKSGIVING.

The Shabbat dinner is a joyful and festive dinner where we begin the Sabbath. This special dinner begins with lighting the candles. The purpose of lighting the candle is to illuminate your dwelling and to increase peace and harmony (shalom bayit) in the home. Yeshua (Jesus) is the light of the world, and by lighting the candles at the beginning of the Sabbath, we usher in His presence and welcome Him as our guest of honor. When our guest arrives for dinner, He brings peace (Shalom) into our home.

SHABBAT ELEMENTS:

(*All items can be found at major supermarkets)

- Candle (2)
- Wine or grape juice
- Challah Bread or matzah (2)
- Cup for communion

ORDER OF SHABBAT:

1. Prayer of Welcome
2. Lighting of Candles
3. Communion
4. Prayer of Blessing & Affirmation
5. Dinner

More details on the order of Shabbat can be found in the Shabbat Dinner Guide and in the Shabbat training video on the Celebration App & YouTube Channel.

SHABBAT DINNER GUIDE

*Shabbat dinner service flow follows
The Lord's Prayer in
Matthew 6:9-13.*

**WELCOMING THE
SABBATH INTO
YOUR HOME**

GENESIS 2:3

So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

DEUTERONOMY 5:15

You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.

MARK 2:27

And he said to them, “The Sabbath was made for man, not man for the Sabbath. Therefore, the Son of Man is Lord even of the Sabbath.”

ISAIAH 66:22-23

For as the new heavens and the new earth
that I make
shall remain before me, says the Lord,
so shall your offspring and your name remain.
From new moon to new moon,
and from Sabbath to Sabbath,
all flesh shall come to worship before me,
declares the Lord.

1. LIGHTING THE CANDLES

Scripture read out loud:

Our Father in heaven,
hallowed be your name
Your kingdom come,
your will be done,
on earth as it is in heaven.
Matthew 6:9-10

ACTION: Light the candle

Declaration from leader:

“Lord, we welcome you into our home and we thank you for this day of rest. We thank you that you have set apart this day to meet with us. And by your Word, sanctified and commanded us to be a light to our world. And above all we thank you for Jesus, our Messiah, the Light of the World.”

Response from table:

“Jesus, we thank you.” Or ‘Amen’



2. COMMUNION

Scripture read out loud:

Give us this day our daily bread and
forgive us our sins,
as we have forgiven those who sin against us.
Matthew 6:11-12

ACTION: Serve Communion

Declaration from leader:

Taking the BREAD: “Blessed are you, Lord our God, King of the universe, who brings forth bread from the earth. And we thank you Lord Jesus for your body that was given for us and given unto us so that we can be whole.”

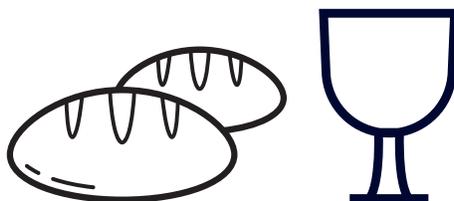
(After this declaration, everyone may eat the bread.)

Taking the JUICE: “Blessed are you, Lord our God, King of the universe, who brings forth the fruit from the vine. And Lord Jesus we thank you for your blood of the covenant which was poured out for the removal of our sins.”

(After this declaration, everyone may drink the juice.)

Response from table:

“Jesus, we thank you.” Or ‘Amen’



3. PRAYER OF BLESSING & AFFIRMATION

Scripture: read out loud

And do not lead us into temptation,

But deliver us from the evil one.

For Yours is the kingdom and the power and the glory forever.

Amen.

Matthew 6:13

ACTION: Lay hands and pray blessing over your family (or friends)

Prayer of blessing from leader:

‘The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace’ (SHALOM) Numbers 6:24-26 ESV

Prayer of blessing from table:

(Spouse/ family members place hands on the head of household and pray aloud)

**‘The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace.’ (SHALOM)
Numbers 6:24-26 ESV**

**NOW ENJOY YOUR DINNER
AND FAMILY TIME!**

“SHABBAT SHALOM”

PRAYERS

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HOME BLESSING

Heavenly Father,

Just as Solomon dedicated the temple to You, I dedicate this home and property to You (1 Kings 8). It shall be a house of prayer, a house of praise and worship to You my Lord. May all that is done within the walls and property of this house be used to glorify You, Lord. Like Joshua before me, I declare that, “As for me and my house, we will serve the Lord” (Joshua 24:15). In the Name of Jesus I pray this Prayer of dedication of our/my home.

Amen.^{xii}

Father,

We praise You for providing this dwelling place, our home. Wherever we lie to rest our heads, we thank You. Like Joshua before me, I declare that me and my house will serve the Lord (Joshua 24:15). I pray your blessing on my home. May this home be filled with Your love everyday, Jesus. Keep our home safe. Protect our dwelling from fire, flood, wind, invasion, and theft. Let our house be a safe place to restore what has been lost, and for those who need Your love to find it. We ask for a legacy of love that carries over to the furthest generations of our family and the families of all who walk through our door.^{xiii}

Amen.

BEDROOM BLESSING

Jesus,

Bless this room with serenity and peace. May this room be a refuge from the cares of this world. May all who enter leave their cares behind and sense Your presence in this place. Send Your angels to guard this room, just as You sent angels to guard the people of God as they left Egypt (Exodus 23:20). May its walls be a reminder of the safety and security that comes from You! May its windows be a reminder that You see into our souls and understand our every need! May its door remind us that You are always standing at the door of our hearts waiting to be welcomed in.^{xiv}

Amen.

PRAYER FOR MARRIAGE

Father,

Just as You brought Adam and Eve together and blessed their union, Father we ask Your blessing on our marriage. We invite You to be the center of this marriage. We acknowledge that apart from You we can do nothing (John 15:5). We ask You Lord, to show us how to be considerate of one another's needs and wishes and feelings (Ephesians 5:21-33). Help us to be understanding and forgiving of one another's weaknesses. Help us to walk in forgiveness, always remembering that You have forgiven us (Ephesians 4:32). Help us to show Your mercy and grace to each other and to keep no record of past hurts or failures (1 Corinthians 13:5). Thank You Father for my spouse. We believe that You have called us together to glorify You and serve You.

In Jesus Name, Amen

PRAYER TO HAVE A BABY

Heavenly Father,

You know our deep desire for a child. We want to be a mother (or a father). We want to build a family together. Just as Hannah cried out for a child and You blessed her with Samuel, hear our prayer, O Lord, for a child (1 Samuel 1). Your Word says in Psalm 127:3, "Children are a heritage of the Lord and the fruit of the womb is His reward." Psalm 84:11 says, "No good thing will He withhold from them that walk uprightly." Just as You opened the wombs of Sarah, Leah, Rachel, Hannah and Elizabeth, we are believing that You will bless us with a baby.

In Jesus Name, Amen.

(Sarah- Genesis 21:1-7; Leah- Genesis 29; Rachel-Genesis 30; Hannah-1 Samuel 1; Elizabeth-Luke 1)

PRAYER FOR A HEALTHY BABY

Lord God,

“This is what the Lord says—your Redeemer, who formed you in the womb: I am the Lord, the Maker of all things, who stretches out the heavens, who spreads out the earth by myself” (Isaiah 44:24 NIV). God, You see my baby in my womb. You know his/her every detail, every muscle, every bone, every bit of his/her beautiful body, mind, heart, and soul. Guard, protect, and guide this pregnancy. Grant me peace throughout this pregnancy, and help me surrender every worry and fear to You. I pray for a safe and healthy delivery.

In Your Name, Amen.

PRAYER FOR INFANTS

King Jesus,

Bless my baby. I thank You for the gift of my precious baby. Just as as Your hand protected Moses in the brushes of the Nile (Exodus 2:1-5), and as You sent Your angels to watch over Daniel and his friends (Daniel 3), send Your angels to watch over my child. Keep my baby healthy and strong. I want my baby to truly know You, to know Your loving kindness and tender mercies. Heavenly Father, I ask that my child be set apart for You, that he/she would do whatever is pleasing in Your sight, and I ask You to prepare a way for him/her to serve you.^{xv}

In Your mighty Name, Amen

PRAYER FOR CHILDREN

Lord,

Make Your face shine upon my children and be gracious to them. Lift up Your countenance upon them and give them peace (Numbers 6:23-26). I pray that they will love You, Lord, with all their heart, with all their soul and with all their mind, might and strength and love their neighbor as themselves (Deuteronomy 6:5, Mark 12:30, Matthew 22:37-39).

Just as Samuel as a child was dedicated to You, so I give my children back to You. I pray that my children will seek You, Lord, and shall not lack any good thing (Psalm 34:10).^{xvi} I believe these things in Your name.
Amen.

PRAYER FOR CHILDREN: DECLARATION OF THE ARMOR OF GOD

(Speak this over your child.)

You are a leader, not a follower. God is for you, not against you. He has great big plans for your life, and you will become all that He has called you to be. He has not given you a spirit of fear but of power, love and a sound mind (2 Timothy 1:7). In Jesus Name, I pray.

(Pray together or over your child.)

Today, we put on the armor of God: (Ephesians 6:10-17)

- We put on the helmet of salvation, for You are our salvation.
- We put on the breastplate of righteousness, for You are our righteousness.
- We gird our loins with the belt of truth, for You are our truth. We put on our gospel shoes, so that we will always be ready to share Your message of peace, for You are our peace.
- In one hand we take the sword of the Spirit, which is the word of God.
- And in the other hand we take the shield of faith which is able to extinguish all the flaming missiles of the evil one. For greater is He that is in us than he that is in the world (1 John 4:4).

We thank You for Your armor and for Your Word, which promises that no weapon formed against us shall prosper and every tongue that rises up against us in judgement will be condemned. For this is our heritage of the saints in Christ Jesus, Amen (Psalm 127:3).

PRAYER FOR CHILDREN: FRUIT OF THE SPIRIT

Lord,

Today we pray that the fruit of Your Spirit would grow abundantly in our lives and that we would show love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control to the world around us. Let us be a light to those we come in contact with and be led by Your Holy Spirit with eyes to see and ears to hear what You want us to do today.

Amen.

CHILDREN'S BEDTIME PRAYER

Father God,

I plead the blood of Jesus over my home, over my heart and over my mind. I thank You, Lord Jesus, that You are with me always and protect me always, when I sleep and when I wake (Psalm 139:7-12).

In Jesus name, Amen.

PRAYER FOR TEENAGERS

Lord,

Bless my son(s) and/or daughter(s). I pray, Holy Spirit, that You will protect my teenager(s) from the evil one (John 17:15). Help them to overcome the many temptations that they face. Just as the teenagers in Babylon -- Shadrach, Meshach and Abednego -- stood strong for You (Daniel 3:16-18), help my teenagers to stand strong for You. Put Godly people in their path. Remove evil influences and those who would lead them into temptation. Reveal Yourself to them and show them that You are the source of abundant life (John 10:10). Help them to know how much they matter to us and to You. Give them confidence in who You made them to be and how loved they are by You. May they seek after You and know that You have a plan and purpose for their lives. They belong to You Father. Hold them tight Lord Jesus.^{xvii}

Amen.

PRAYER FOR THE SINGLE PARENT

Lord,

Only You know the challenges I face each day as a single parent. I am often exhausted and overwhelmed. Just as You ministered to Elijah in his exhaustion, I trust that You will take care of me (1 Kings 19). Strengthen me like You strengthened Elijah to respond and react to each challenge as You would have me to respond. Let me be as patient and gentle with my children as You are with me. I am thankful for extended family and my church family. I trust You, Father, for my daily bread to provide for my kids. Give me wisdom and grace for the many hats I wear as the head of this family. I know I can do all things through Christ who gives me strength (Philippians 4:13). Even in my weakness, You make me strong and brave (2 Corinthians 12:9-10). I will be content in this season of singleness and I trust You for my future mate, if that is Your plan for my life. When my heart is overwhelmed, lead me to a safe place of trust in You (Psalm 61:2-3). In Jesus name I pray.^{xviii}

BLESSING FOR WIFE

Father,

I thank You for my wife. I praise and honor her. She is more precious to me than all the wealth in this world. I trust her with my whole heart, without reserve. She is strong and resourceful and cares for her family well. Her children love and respect her. She is a woman who fears You, Lord. Pour out Your blessings on her. Give her all the good things she deserves. (Proverbs 31:10-31)
In Jesus name, I pray. Amen.

BLESSING FOR HUSBAND

Father,

I thank You for my husband. His trust is firmly in You. Because of You, he is steady in the storms of life. He is strong and courageous. He is a man of integrity who always seeks to do what is right. My heart is drawn to his kindness and compassion for others.

He leads and loves our family well. Heavenly Father give him increase and favor in all he does (Psalm 112:1-9).

In Jesus name, I pray. Amen.

SINGLE FEMALE

Father,

I stand on the promises of Your Word. You tell me, “No good thing will You withhold from them that walk uprightly” (Psalm 84:11). I trust in Your goodness. You only give good gifts to Your children (Matthew 7:11). Your goodness and mercy will follow me all the days of my life (Psalm 23:6). Just as You blessed Mary with a righteous and Godly man in Joseph, I am believing that You will bless me with a Godly man to be my husband. In the good and powerful name of Jesus, I pray. Amen.

SINGLE MALE

Father,

I stand on the promises of Your word. You tell me, “no good thing will You withhold from them that walk uprightly” (Psalm 84:11). I trust in Your goodness. You only give good gifts to Your children (Matthew 7:11). Your goodness and mercy will follow me all the days of my life (Psalm 23:6). Just as You blessed Issac with his heart’s desire in Rebekah, (Genesis 25:20-24) I am believing that You will bless me with a Godly woman to be my wife. In the good and powerful name of Jesus I pray. Amen.

SOURCES

^{xiii}B Broadbent, Richard. “Prayers.” Christian World Ministries. 112

^{xiii} Crosswalk.com. 2018. Retrieved from: <https://www.crosswalk.com>

^{xiv} Broadbent, Richard. “Prayers.” Christian World Ministries. 97-98

^{xv} Ibid,146

^{xvi} Ibid, 127

^{xvii} Ibid, 60-61

^{xviii} Ibid, 63

