
Set The Table

A new tradition for your family to experience the presence of God together

Devotional
written & illustrated by

L A U R E N B U R R I S Y O U N G

Copyright © 2025 by Lauren Young. All rights reserved.
No part of this publication may be reproduced, distributed,
or transmitted in any form without permission.
Book Cover and Illustrations by Lauren Young.

Unless otherwise noted, scripture is taken from the Holy Bible, New Living
Translation, copyright 1996. Used by permission of Tyndale House
Publishers Inc., Wheaton, Illinois.
All rights reserved.



*"Look! I stand at the door and knock.
If you hear my voice and open the door,
I will come in and we will
share a meal together as friends"*
Revelation 3:20

Contents

Intro

Welcome
Study Story
Study Idea
Dinner Planning Checklist

Devotionals

Month 1- Showing Up for You Month 8- Convicting You
Month 2- Living in You Month 9- Answering You
Month 3- Guiding You Month 10- Changing You
Month 4- Never Leaving You Month 11- Going Before You
Month 5- Surprising You Month 12- Calling You
Month 6- Reminding You
Month 7- Filling You

Extra Resources

Prayer of Protection
Holy Spirit Moment Journal
Holy Spirit Heart Download Prompt
Connect with us

This is a devotional
to bring your family
back together.

To connect around the table.
To worship our King Jesus.

To learn how to be
Holy Spirit led.

To experience the presence
of God in your home
together as a family and
individually in your
own quiet spaces.

We are simply
setting the table
for HIM to come.





*Shepherding the heart of your child
and their view on
faith, God, and the spiritual
is an ultimate honor.
Treat it tenderly.*

God's presence
can be everywhere
and
if we open our hearts
to experiencing it,
we can feel it
through the
simplest things.



Month 1

Showing Up For You

We are embarking on a new family tradition. Sharing a monthly meal together in the presence of God. So why the dinner table? Why did we choose the table for our family study? Did you know that in the Bible the table and sharing a meal is deeply intertwined with experiencing the presence of God? In the Bible, time and time again, the table is where HE shows up.

What is God's presence exactly? Think of it as the feeling like Jesus being right with you. Bringing you joy, peace, comfort and guidance.

Want to learn something interesting? Let's talk about the culture of the dinner table in the Middle Eastern area where Jesus spent his estimated 33 years of life. During that time period and in those lands, sharing a meal with someone or allowing them to sit at your table was a very big deal. It showed respect and trust. It was not done lightly. It represented a bond and a relationship. The table was considered a sacred space of connection. In Jewish tradition, eating together at the table was seen as a holy act. It makes this idea of our monthly family dinner study make even more sense. We are saving a seat for God at our table during this study.

Road to Emmaus is a well-known Bible story from Luke Chapter 24. After Jesus was resurrected, just three days after his crucifixion, two villagers (also Jesus followers) were walking and talking about what had happened to Jesus as he died on the cross. Jesus came up to them and walked alongside them, curiously asking details about what they were discussing. The entire walk, these two people never realized they were right next to Jesus. Well, that is until the table.

The Message Bible says this about the resurrected Jesus: "And here is where it happened: He sat down at the table with them. Taking bread, he blessed and broke it and gave it to them. At that moment, open-eyed, wide-eyed, they recognized him. And then he disappeared" (pg 181)

Showing Up For You-Month 1

You see they were experiencing the presence of Jesus. Even on the road before they realized it, Jesus was there. They didn't see it until they sat at the table and God showed them.

"They said to each other, "Didn't our hearts burn within us on the road as he explained the scriptures to us?"-Luke 24:32

The presence of God is about being able to feel, see and hear him moving in your midst. Moving in your life. God's presence can be everywhere and if we open our hearts to experiencing it, we can feel it through the simplest things. This includes breaking bread over the dinner table with our family.



Showing Up For You-Month 1

Dinner Study Questions:

1. Read Luke Chapter 24:13-34 out loud

2. Why do you think the table is a good place to experience Jesus?
(we are focused together, less distractions, grouped for one purpose)

3. What do you think the presence of God feels like?
(emotions, glory & beauty, dreams, inner voice, joyful)

4. When did you maybe feel the presence of God but not realize it,
similar to the villagers on the Road to Emmaus?
(This could be anything like feeling hopeful even though you should not be,
or feeling peaceful after prayer during a nervous situation, feeling loved
after a hug or beautiful moment.)

Family Prayer

Father, we set our family dinner tradition at your feet. We pray that you fill our table, our house, our family with your spirit and that you open our hearts to what you want to share. We pray for protection over our family dinner and that our time together at the table may honor you in every way. May our hearts be open to you Lord.

*“The Spirit of God,
who raised Jesus from
the dead,
lives in you.*

*And just as God raised
Christ Jesus from the dead,
he will give life to your
mortal bodies by this same
Spirit living within you”*

-Romans 8:11



Thank you for sharing
the table with us!



Connect

@setthetablestudy



Contact

setthetablestudy@gmail.com



Share your table

#setthetablestudy



Visit

www.setthetablestudy.com

