

"You Prepare A Table Before Me..."

Workbook

Day One

1. This week we look at what this "table" is and what you can expect to see/receive at this "table". Read and journal

Gen 22:1-3

Ex 19:19-21

Matt 17:1-2

Where did all three of these passages take place? _____

What was received when those who were called "up" followed? _____

The flat pastures atop mountains are called "Tablelands" and it is here that the shepherd take his sheep to feed on lush green pastures. These passages are examples of how the Shepherd feeds His sheep on "Tableland". As Christians we often call the "mountaintop" experiences". One of the things we receive at that "table" is a fresh or new revelation. Write about a specific "mountaintop" experience when you experienced a new or fresh revelation of who and what God is. _____

2. Read and journal

Deut 34:1-3

Is 2:2-4

Matt 5:1-3

What did the Shepherd provide in all three of these passages? _____

Teaching/Feeding is another result of "mountaintop" or Tableland seasons. Write about a time that you were fed/taught during a "mountaintop"/"Tableland" season. _____

3. Read and journal

2 Kings 6:16-18

Is 25:5-7

Ezekiel 34:13-15

What was provided in all of three passages above? _____

Restoration, encouragement, inspiration are all common results of a "mountaintop" experience. Write about a time that you received restoration, encouragement, inspiration during a "mountaintop" experience. _____

Write a prayer thanking and praising God for the gift of the "Tablelands". Thank Him specifically for some of the experiences you just wrote about. Spend time celebrating those special seasons and the Shepherd who provides them. Ask Him to renew and refresh your hunger for His Table. Write down anything He shows you. _____

Day Two

1. Today we begin to look at the “hazards” involved with “tableland” seasons. We will at three “hazards” over the next three days. Today we will specifically look at “weeds”.

Read and journal

Matt 25:33-45

It's easy to fall into an attitude of apathy when you are feasting on the “mountaintop”. When we are fed, encouraged, receive a fresh revelation of our Shepherd it is in order that we respond by reaching out to a lost and dying world. How could the Shepherd be leading you to use your “mountaintop” experience to reach out the lost and hurting/

Are you? If not, why? How could you be better using your experience to reach out? _____

2. Read and journal

Luke 12:16-21

John 21:15-17

Another common "weed" on the mountaintop is "ease". It is the Shepherd's intent that having been "fed" that we will in turn "feed His Sheep". Are you "feeding" His sheep? _____

How could the Shepherd be leading you to function within the Body(church) to "feed" His sheep? _____

Are you? If not, why? How could you be better using your mountaintop experiences to "feed" His sheep? _____

3. Read and journal

I Co 4:9-14

II Co 5:1-8

The last "weed" we will look at is "emotions". Not bad in

and of themselves, we can become dependent upon emotions. Many mountaintop experiences are charged with intense emotions and we begin to expect that and to allow them to influence our perception. Based on the passages you just read, what are we to rely on/walk by?

How should our emotional responses to circumstances influence our worship and fellowship with the Shepherd?

Write about a time that you experienced the emotional “high” of a mountaintop experience and what it was like when that season was over.

Do you expect to be “emotionally affected” every time worship or are fed?

Have you allowed your emotions to influence your moments around the table? (“I don’t “feel” like worshipping/studying the Bible/going to Church...)

Write down what God is showing you about your emotions and how they may be influencing your 'Tableland' experiences. _____

Write a prayer asking the Shepherd to search your heart and reveal to you any root of these weeds. Confess any convictions you have had while looking at these passages and ask Him to remove these weeds. Commit to reaching out and feeding as He has commanded and ask for clear direction in these areas. Confess any dependence on "emotion" and commit to seeking His tableland regardless of your "feelings". Thank and praise Him for His diligence in protecting you from "weeds". Write down anything He reveals to you. _____

Day Three

1. Today we look at the “enemies” (predators) that are hovering in the “Tableland”. Read and journal

Eph 6:12-13

I Pe 5:8

Who is the ultimate predator? _____

What does he do? _____

What type of “warfare” are you engaged in? _____

Can you successfully defend yourself from this predator? _____

Do you feel like you are alert enough to the threat of this predator? _____ How could you be more alert and

prepared for an attack? _____

2. Read and journal

Job 1:6-12

Luke 22:31-34

Why did Satan target Job and Peter? _____

Growing, fruit-bearing, witnessing, reaching the lost...these are the things that attract attack from Satan. When/where are you most likely to be attacked? _____

Who are the "enemies" hovering around the "tableland"?

Write about a time that you were attacked by the enemy during or immediately following a tableland/mountaintop season.

3. Read and journal

Matt 2:11-13

Acts 16:5-8

What does the Shepherd/Spirit do in these instances to protect against the "predator/enemy"?

Could the sheep have known about the enemy's plans?

Write about a time when you were warned by the Shepherd or delivered by the shepherd from a threat/attack by the enemy.

The safest place to be when a predator is about is close to the Shepherd. Write a prayer thanking and praising God for His vigilant protection. Ask Him to show you/make you sensitive to any predatory threats. Ask Him to protect you and commit to following His guidance. Commit to staying close through prayer and studying His word. Write down anything He shows you.

Day Four

1. Today we will focus on the vital water supply provided by the Shepherd. Read and journal

Hosea 6:2-4

John 4:10-14

John 7:37

What is your "water supply"? _____

What is the source/origin of the "water" (John 7:37)? _____

According to Hosea 6:3, what are you commanded to do?

Are you doing what you need to in order to find and receive "water"? _____

What is the scripture showing you personally? _____

2. The "water" supply is available in several ways.

Read and journal

John 16:13-15 _____

Ps 119:25-28 _____

Eph 2:19-22 _____

Beside each scripture, write down the source of "water".

Are you receiving all the "water" you need from each of

these sources? _____

What sources do you need to be accessing more? What specific changes do you need to make to receive the level of water you need to stay healthy and fruit-bearing? _____

3. Water supplies can become overgrown, clogged or tainted.

Read and journal

2 Chr 7:14

James 4:8

What do you see in these scriptures that could produce clogs, overgrowth or tainting? _____

What do you see prescribed in these scriptures to deal with clogs, overgrowth or tainting? _____

How is the Holy Spirit speaking to you personally through these scriptures? (Be specific)_____

Write a prayer thanking and praising the Shepherd for His unlimited and ever present supply of “water” through His Spirit. Ask Him to show any supplies that are clogged, overgrown or tainted. Take time to allow Him to search your heart and reveal His mind to you. Agree and confess anything that He impresses on you and submit to His direction. Commit to keeping the “supply lines” clear and vital. Write down anything He reveals to you._____

Day Five

1. In closing this week, we will look at the cost to Shepherd for "preparing a table" for His sheep and protecting them from the "enemies"

Read and journal

Rom 8:26-27

Phil 2:7-8

He 2:16-18

He 4:14-16

List the traits of our Shepherd _____

What did He have to experience in order to be our Shepherd? _____

What did He give up to be our Shepherd? _____

What does He do for you as your Shepherd? _____

2. To bring this all back to the “table”...

Read and journal

John 13:1-17

Phil 3:10

The “table” we celebrate is the “Lord’s Supper. It was the last meal the Shepherd shared with His disciples.

What did that “table” symbolize? _____

What did it cost the Shepherd to provide that “table”?

What does that “table” have to show you personally about “tablelands” and what you should expect if you want to to experience them? _____

Be sure and take time to update your Shepherd/Sheep grid.

Write a prayer praising and thanking the Shepherd for all He gave and all He does for you. Ask Him to show you any areas of your life where you have not submitted to the requirements of eating at His "table". Ask for a fresh vision of His "table" and it's call on your life as well as the abundance it provides.

Recommit to pursuing His tablelands wholeheartedly and joyfully. Write down anything He reveals to you. _____
